



# TAPPINGQ&A

## Strengthening Relationships

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### Tool 1 and 2 – Worthy of having in a relationship

- I'm worthy of \_\_\_\_\_ in a relationship (or this relationship)
- Truth test (I can't, I am not allowed to, It is unsafe to) in a relationship (or this relationship)

### Tool 3 – Talk about, Talk to, Talk as if

- Steps
  - 1) Choose the relationship you want to work on
  - 2) Tapping the whole time
  - 3) Imagine you have direct access to their heart and mind through the whole process
    - i) Knowing what you are communicating will be received with your intention
  - 4) Talk about what is going on
    - i) This is what is happening...
    - ii) This is how I feel
  - 5) Talk to them
    - i) Encouraging
    - ii) Instructive
    - iii) Complaining
  - 6) Talk as if
    - i) Explain their action by guessing what their subconscious reasoning for taking action is
- Context/Application
  - a) Long session for long term relationship
  - b) All three steps in 10 minutes
  - c) About today, to tomorrow, as if the next day
  - d) One person today, another tomorrow

### Tool 4 – Personification of the relationship

1. Tapping the whole time
2. Pick a relationship
3. Pick a characteristic of the relationship
4. See a simulation of the relationship through the lens of that characteristic
5. Tap for the emotion about the initial image
  - a. Use the tool that works best for you
6. Change the simulation to how you would like it to feel
  - a. Tap for the emotion about the initial image
7. Tune in to simulation of relations through the lens of the characteristic
  - a. If there is still emotion return to set 5



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b. If there is not a strong emotion return to step 3 with a new characteristic

### Characteristics of a good relationship

- Trust
- Communication
- Respect
- Honesty
- Loyalty
- Empathy
- Support
- Understanding
- Equality
- Compatibility
- Shared values
- Open-mindedness
- Independence
- Forgiveness
- Patience
- Humor
- Emotional intimacy
- Physical intimacy
- Vulnerability
- Compassion
- Teamwork
- Cooperation
- Flexibility
- Compromise
- Appreciation
- Kindness
- Encouragement
- Listening
- Non-judgmental attitude
- Conflict resolution skills
- Trustworthiness
- Reliability
- Personal growth
- Shared interests
- Quality time together
- Space and autonomy
- Mutual support in achieving goals
- Shared responsibility
- Shared decision-making
- Resilience
- Adaptability
- Friendship
- Intimacy
- Sense of humor
- Affection
- Emotional stability
- Emotional intelligence
- Self-awareness
- Boundaries
- Acceptance
- Tolerance
- Constructive criticism
- Encouragement of individuality
- Flexibility with change
- Financial compatibility
- Compatibility in lifestyle choices
- Constructive problem-solving
- Willingness to learn and grow together
- Celebration of each other's successes
- Consistency
- Appreciation of differences
- Conflict resolution without hostility



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- Emotional availability
- Trust in each other's judgment
- Shared sense of purpose
- Genuine interest in each other's lives
- Encouragement of personal passions and hobbies
- Ability to compromise without sacrificing values
- Respect for personal space and boundaries
- Demonstrating acts of kindness and thoughtfulness
- Being present and attentive to each other
- Sharing household responsibilities
- Willingness to apologize and make amends
- Ability to handle disagreements respectfully
- Willingness to seek help or counseling when needed
- Feeling safe and secure in each other's presence
- Shared values regarding parenting (if applicable)
- Willingness to share and express feelings
- Trusting each other's judgment
- Being a source of comfort and support during challenging times
- Celebrating each other's individual accomplishments
- Demonstrating mutual respect in public and private settings
- Maintaining a healthy balance of give and take
- Continual effort to keep the relationship strong
- Demonstrating love and affection regularly
- Respecting and valuing each other's opinions
- Demonstrating mutual respect in disagreements
- Willingness to compromise on important decisions
- Willingness to adapt to each other's changing needs
- Demonstrating gratitude for each other's contributions
- Willingness to forgive and move forward from mistakes
- Active interest and involvement in each other's lives
- Encouragement of personal growth and self-improvement
- Showing up for each other during important life events
- Demonstrating trust in each other's abilities
- Willingness to try new things and explore together
- Maintaining a healthy work-life balance
- Demonstrating respect for each other's personal boundaries
- Building a strong foundation of friendship
- Continuous effort to nurture and strengthen the relationship.