

30 Day Tapping Challenge Script Book

Gene Monterastelli



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Disclaimer

Tapping and EFT are new protocols and there is still much to be learned. This book is intended as information only. It is not capable of diagnosis and should not replace emotional, psychological, and/or medical care. Before you add anything new to your life including diet, exercise, or tapping, please consult your primary care physician.

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1) Tapping to give yourself permission to feel all of your emotions

I recognize that as a human I experience emotions...Emotions are one of the ways my internal guidance system communicates with me...There are times when this is really useful for me...And this is useful information to help me to get through my day...It can be useful information to navigate my healing process...But at the exact same time my emotions can feel overwhelming...They can be too much...They're even times when they feel a little embarrassing...I appreciate the fact that there's a part of me that resists my emotions...That doesn't want to feel bad...That doesn't want to be overwhelmed..That doesn't want others to see me as an emotional being...I give myself permission to know it is OK for me to feel my emotions...It's OK for me to be present in this moment...Knowing that it is safe to feel emotions...Knowing it is safe to be my authentic self...I don't have to love the deep emotions...I don't have to long for powerful emotions....But I can recognize my emotions are useful...It is OK for me to feel my emotions...It is safe for me to feel my emotions...I'm open to feeling my emotions fully in a safe and gentle way.

2) Tapping to trust your intuition

I recognize that I have internal guidance...That I have intuition and instinct...That move faster than the speed of my thoughts...I appreciate the fact that these are unfolding in this way...And that I'm able to tune into this insight...To get information...To get guidance....At the same time there is a part of me that doesn't trust my instinct...That doesn't trust my intuition...It might be because I don't know where it's coming from...It might be because I don't always hear it clearly...It might be because in the past it felt like my intuition led me down...I give myself permission to know I have a powerful internal guidance system...I have a beautiful internal guidance system...I have a useful internal guidance...It's a system that I give myself permission to trust...I give myself permission to be present to it...I can trust my intuition and be safe...I can trust my intuition and be healthy...I can trust my intuition and be prosperous...It is OK for me to trust my intuition...It is good for me to trust my intuition...It is healthy for me to trust my intuition in big ways and in small ways.

3) Tapping to love yourself more

It is appropriate for me to love myself...It is good for me to love myself...But a part of me resists doing exactly that...It's afraid what might happen if I love myself...I think it might go wrong...I might be careless if I love myself too much...I might stop evolving if I love myself too much...I might get really lazy if I love myself too much...I am worried if I love myself too deeply, I'm going to lower my standards...I'm going to stop caring...I'm going to stop trying...I will become casual and thoughtless...I recognize that I can love myself and still stay present...I can love myself and keep moving forward...I can love myself and keep transforming...There's also a part of me that doesn't think I'm completely lovable...It sees my mistakes...It sees my shortcomings...It sees what I am not capable of...I give myself permission to be gentle with myself...To know that I can be lovable and still be imperfect...To know that I am lovable and also still a work in progress...To know that I am lovable and still move forward in thoughtful and deliberate ways...I am lovable...I'm worthy of being lovable and worthy of loving myself more...I'm worthy of being open to that love...I'm worthy of accepting that love...I'm worthy of embracing that love...I give myself permission to love myself...I give myself permission to love myself more.

4) Tapping for releasing beliefs that no longer serve you

I recognize that my subconscious mind is filled with lots of beliefs...My subconscious mind is filled with lots of stories...Some of them are beliefs I have written...Some of them are beliefs that were given to me by my family...Some of them were beliefs that were given to me by my culture...I picked up these beliefs...Beliefs about myself...Beliefs about the world...Beliefs about transformation...I picked all of these beliefs up because I thought they were useful...I picked them up because I thought they would serve me in some way...The reality is they might've served me in the past...But they no longer serve me today...There are so many beliefs that I'm carrying that are no longer useful...There's a part of me that's afraid to let them go...There's a part of me that's afraid to get rid of them...Because there's a part of me that thinks that they are still useful tools...I give myself permission to let go of the beliefs that are no longer useful...Without judging myself for picking them up in the past...Without judging others for giving me those beliefs...Without feeling like I've been a failure for holding on to them so long...It doesn't matter when I picked them up...It doesn't matter how long I've held on to them...The only thing that matters is that I let them go...Let them go in big ways...Let them go in small ways...Just let them go...If at some point in the future, it is useful for me to pick these beliefs up again...I'm allowed to do exactly that...I can't imagine there'll be useful in the future...But if they are, I can pick them up...In this moment

all that matters is that I keep the beliefs that are useful for me...And I get rid of the beliefs that are no longer useful for me...I allow myself to do this in big and in small ways.

5) Tapping for being OK with making mistakes

I make mistakes because I am a human..I am not perfect because I'm human...Sometimes my mistakes impact my life...Sometimes my mistakes impact others...It is a good thing that I try not to make mistakes...It is good if I am thoughtful and deliberate...It is good that I take responsibility...And at the same time, I recognize that I'm never going to be perfect...And always expecting myself to be perfect is a recipe for disaster...I'm always going to make mistakes...So if I expect myself to be perfect, then I'm just going to beat myself up in an un-useful way...Expecting myself to be perfect is not a good way to live...I can be OK with the fact that I make mistakes...That doesn't mean that I'm careless...It doesn't mean that I'm thoughtless...That doesn't mean that I stopped trying to prepare...I can be OK with feeling my mistakes...I can be OK with acknowledging my mistakes...I can be OK learning from my mistakes...Accepting my mistakes doesn't mean I'm lowering my standards...Accepting my mistakes doesn't mean I've quit trying...I can be thoughtful and still make mistakes...I can be deliberate and still make mistakes...I can do the best that I can and still make mistakes...I can be OK with that while still striving to do better.

6) Tapping for the fear of diminishing physical and cognitive abilities

I recognize the fact that time is passing...I recognize that I am aging...I am aging and because I am human...My body is changing...My brain is changing...My mind is changing...Even as I age, it is possible for me to do things that will make a difference...That will help me to heal faster...To actually do some things better...At the same time I recognize that as I age my body is changing...My abilities are changing...That's a little scary...That's a little overwhelming...Because I don't want to diminish...I don't want to break down...I don't want to be slower...I don't want things to be harder...That is a natural desire...And at the same time I have more experience...I have more wisdom...I have more expertise...Which makes it possible for me to respond to my change in a thoughtful and deliberate way...Every moment of my life, I've been changing...Every moment of my life I've been evolving...Sometimes that has been in minor ways...Sometimes that has been in large and dramatic ways...But it has been change...Nonetheless, I give myself permission to be gentle with the evolution...To know that some things are changing in a way that is slowing me down...Just because there is change, I can still appreciate life...I can still enjoy the moment...I can be authentically who I am in this moment...Which is different from every other moment...And that makes perfect sense...All that matters is how I choose to show up in this moment as I constantly change and evolve.

7) Tapping for the belief you are worthy of good things in your life

I recognize that I have been made for good things in my life...I have been made for success...I have been made for happiness...I have been made for fulfillment...I have been made for connection...There are times when I don't believe this...I believe it's possible for other people, but it's just not possible for me...I think have made too many mistakes...I am too imperfect...I have squandered too many opportunities...I have let the opportunities pass me by...I might've been worthy for good things at some point...But there's a part of me that doesn't believe that any more...I am worthy of goodness...I am worthy of happiness...I am worthy of success regardless of the mistakes I've made in the past...More importantly I am worthy of accepting that belief...It is safe for me to know I'm worthy success...It is safe for me to know I'm worthy of money...I'm not taking more than my fair share...I'm not taking from others...I am living a life where I'm worthy of transformation...Where I'm worthy of health...Where I'm worthy of healing...Regardless what I've done in the past...I am worthy of good things...No matter how I got to this moment, moving forward, I am worthy of good things...Because as a flawed human being, I was made worthy of good things...Happiness is my birthright...Wellbeing is what I am made for..And I give myself permission to embrace that.

8) Tapping for being open to abundance

I recognize that I have been made for goodness...I've been made for wellbeing...I have been made for abundance...There is a part of me that understands this...There's a part of me that knows that this is true...There's a part of me every moment of my day, working towards that abundance and working to allow that...At the same time there are parts of me that don't believe I'm worthy of abundance...That don't believe I'm worthy of transformation...That don't believe that I'm worthy of better...They are afraid that if I opened myself to abundance...I'm going to be let down..I'm going to be hurt...I give myself permission to know it is safe for me to enjoy abundance...I give myself permission to know it is healthy for me to experience abundance...I give myself permission to know that I was made for abundance in big ways and in small ways...I am made for abundance in my relationships...I am made for abundance in my professional life..I am made for abundance in my financial life...I am made for abundance in my spiritual life...I am made for abundance in my physical wellbeing...It is OK for me to accept abundance...It is appropriate for me to accept abundance...It is healthy for me to accept abundance in major ways and in minor ways...In all ways I am made for abundance...I give myself permission to release that resistance...I give myself permission to remove any of the barriers to experiencing abundance...I give myself permission to release any of the obstacles that are getting in the way of my transformation and are getting in the way of

my abundance...I am made for abundance...I am worthy of abundance...It is healthy for me to have abundance.

9) Tapping for jealousy when others change, transform and heal

I recognize that we all move at our own pace...We all move in our own way...There are other people in my life who are moving much faster than I am, or experiencing healing and transformation in a much easier way...And more quickly than I am....Or more deeply...It can feel as if I'm failing...It could feel as if I'm falling behind...It doesn't feel fair...I'm putting in the time...I'm putting in the effort...I'm putting in the energy...I'm just not getting the transformation that other people are getting...It seems so easy for them...It feels so impossible for me...I recognize my transformational journey is unique...My transformational journey is happening at the rate that it is happening now...There is nothing wrong with that...The part of me that wants it to be easier just wants better...The part of me that wants faster just wants better...The part of me that wants deeper transformation just wants better...I am so glad that there is a part of me that wants deeper transformation...That wants faster transformation...That wants longer lasting transformation...Every healing journey is unique...I give myself permission to allow mine to unfold in the way that is perfect for me...And in the way that is right for me...In the way that is healthiest for me...Everybody is worthy of transformation...Every transformational journey is unique...I give myself permission to allow mine to unfold in the way that is best for me

10) Tapping for insecurity

There is a part of me that doesn't feel fully confident...That doesn't feel fully secure...Either because I'm doing something new...Or I'm doing something outside my comfort zone...Maybe I just feel insecure in my own body...When I feel insecure it's because I'm worried about judgment...I'm worried about what other people think...I might be worried about what my family thinks...I might be worried what my coworker thinks...I might be worried what my partner thinks...I might be worried what the world in general thinks about me...And I acknowledge that this sense of insecurity is just trying to keep me safe...It is trying to point out the danger that exists in the world...Keeping me on guard against the people who might be judging me...Keeping an eye out for the places that I don't feel like I'm enough...I'm glad this part wants me to be safe...I'm glad this part wants me to be healthy...I'm glad this part wants me to navigate the world in such a way that I can be comfortable and confident...I recognize the fact that this part is just working too hard...I recognize that this part is a little bit overwhelming...It just wants me to be safe...But I can be safe without constantly being on guard...I can be safe without constantly questioning my value...I can be safe simply by being who I am...The insecurity just wants me to be safe...If I let go of the insecurity, it doesn't mean I will be thoughtless...It doesn't mean I will be careless...It doesn't mean I will be reckless...Then I can feel more comfortable inside of my skin without doing foolish things or overwhelming things...I give myself permission to trust that being myself is something that I can do safely.

11) Tapping for asking for what you are worth

I recognize that part of me doesn't believe it is safe for me to ask for what I am worth...It believes that I will be judged if I ask for what I'm worth...And it believes that I will be ostracized if I ask for what I'm worth...Because I'm afraid I will be seen as greedy...I'm afraid I will be seen as selfish...I'm afraid that I'm going to look bad...There's also a part of me that questions if I'm actually worth what I'm asking for...That wonders if I'm allowed to ask... That wonders if I I am deserving...There are lots of places in my life in which I'm willing to give others what they are worth...Because I can see the true value in what they are providing...It's really easy for me to miss my value...It's really easy for me to miss what I'm offering as being something useful and something that makes a difference...I give myself permission to know...I am worthy of asking for what I'm worth...I deserve to get what I am worth in big ways and in small ways...The part of me that is worried just wants me to be safe...The part of me that is worried just wants me to be healthy...I give myself permission to know it is OK to ask for what I am worth.

12) Tapping for focus

I give myself permission to know it is OK to focus...I give myself permission to know that it is safe for me to focus...I give myself permission to know that it is possible for me to focus...Focusing is not a penalty...Focusing is not a chore...Focusing isn't something that I have to do...It's not a burden that has been put upon me...But it is something that I have access to...In some moments it's easier...And in some moments it's harder...When my focus is waning, it's easy to feel frustrated...When my focus is waning it's easy to feel overwhelmed...When my focus is waning it's hard for me to remain present in big ways and in small ways...I give myself permission to know I don't have to focus perfectly...I don't have to focus all the time...Sometimes I just have to improve my focus by a small percentage and in order to make a huge difference...I give myself permission to let go of anything known, unknown or hidden that is hurting my ability to focus...To move past those things...To let go of those things and just to allow myself to be in this moment...To focus on what is in front of me...Knowing that if my attention needs to drift...That if I need to do this in a slightly different way...I'm allowed to do exactly that...It's good that I'm focused...It's possible for me to be more focused without strain and without effort...I let myself drift naturally towards my innate ability to focus.

13) Tapping for feeling frustrated when working with people who process more slowly than you do

I recognize that sometimes I move quicker than the people around me...I understand things faster...I understand things more deeply...I see how everything fits together...I'm ready to take action...I'm ready to move forward...But the people around me don't get things as quickly...They don't have the same experience...They don't see the depth...They don't understand the nuance...They're moving much slower...Their understanding is limited...Just because they haven't done this as much as me...Or they don't think in the same way I think...It's so frustrating when I am ready to move...When I am ready to take action...When I am ready to go forward...I don't want to wait...And I don't want to waste time...But I recognize that we all do things at different rates...We all do things in different ways...We all do things at different speeds...I give myself permission to be easy and gentle with myself as I move forward at a different rate than everyone around me...I'm sure there are times when others are frustrated with me because I'm not moving as fast as them...We are in this together...I give myself permission to be gentle with myself...I give myself permission to be patient with others when I am frustrated that they are not getting things as quickly as I am.

14) Tapping for feeling unworthy

I recognize that there is a part of me that feels unworthy...That feels like I am taking more than my fair share...It feels like I already have more than enough...That feels like I am being greedy if I ask for more...That feels like I should get nothing more....Because I feel this way, even on a small, subconscious level I hold myself back...I prevent myself from taking action...I prevent myself from putting myself out there...I prevent myself from asking for what I am worthy of because the truth of matter is I am worthy...I'm worthy of love...I'm worthy of happiness...I am worthy of success...I'm worthy of moving forward...I am worthy of better...And I am worthy of more...I give myself permission to know it is safe for me to recognize my worthiness...It is healthy for me to recognize my worthiness...It's actually essential that I recognize my worthiness because when I recognize myself as worthy...I am able to accept the goodness in my life...I'm able to embrace the goodness in my life...I'm able to allow more goodness to come in...I give myself permission to know I am worthy...not because of anything that I do...But because of how I have been made...I am made worthy...I am intrinsically worthy...I give myself permission to recognize that worthiness.

15) Tapping to allow yourself to feel joy

I recognize that sometimes it's hard to feel joy...Sometimes it's not comfortable to feel joy...Sometimes I don't feel like I'm allowed to feel joy...There is so much suffering...There is so much struggle...I feel bad when I feel joy...I feel as if I'm doing something that I shouldn't be doing because other people don't have the same opportunity...Other people are in pain...Other people are struggling...There's also a part of me that is afraid that if I allow myself to feel some joy...Then I'm going to put myself in a position where I will get too comfortable...I'm going to enjoy the joy too much...I'm going to stop trying...I'm going to stop moving forward...I'm going to stop putting effort into things that are important...I'm going to rest on my laurels as I only experience joy...I give myself permission to know it is possible for me to experience joy and to keep taking action...To experience joy and strive for more...To experience joy and to recognize better is still possible...I am capable of feeling joy...I'm allowed to feel joy...It is safe for me to feel joy now and in the future.

16) Tapping to break through creative blocks

I recognize that there are times in which creativity is easy...Times when ideas flow naturally..When I am fully present to what is going on in a gentle and natural way...There are also the times where I feel stuck....Like there are no ideas left...As I try and think...And as I try and work...It feels as if I'm just banging my head against the wall...It feels as if it is impossible for me to move forward...As if there are no ideas left and no matter how long I work, nothing new will come...But that's simply not the case...There are not a limited amount of ideas...I have not used up all of my ideas..It is possible for me to be creative...To be thoughtful...To be deliberate...Even when I feel stuck...Creativity is a process, not a moment...It's not just about inspiration...But instead about being thoughtful...Being deliberate...Keeping after it...I have been stuck before and then came up with ideas...I have felt hopeless before and then overcome that...I give myself permission to know that it is possible for me to keep having ideas...Even when I feel stuck...To keep moving forward in big and small ways...It is possible for me to be creative once again....Even when I'm stuck, my creativity still exists...Ideas will come...Ideas always come...I am open to ideas flowing once again.

17) Tapping to release the need to justify your thoughts, choices, and beliefs

There is a part of me that feels like I need to justify myself...That feels like I need to explain myself...Explain my choices...Explain my thoughts...Explain my beliefs...Explain my actions...I recognize that the reason that I want to do this is because I want to be safe....I want to belong...And this part of me believes I will be safer if the people around me understand where I'm coming from...This part of me believes I will be healthier...This part of me believes I will be understood...This is a part of me that wants me to be connected to others...I'm glad this part of me wants me to be safe...I'm glad it wants me to belong...But I also recognize that I don't have to justify my choices to belong...I don't have to justify my thoughts to be accepted...I give myself permission to think what is good for me to think...I give myself permission to do what is right for me...I give myself permission to take the actions that are right for me...Knowing that I'm doing them for me...Creating my life with every choice...Not having to justify myself to others...Not having to explain myself to others...Simply being me is enough...Simply being me is safe...I give myself permission to do exactly that.

18) Tapping for needing to feel like you are right

There's a part of me that likes to be right...That likes to be validated...That likes to know what I have to offer is useful...That the effort I have put in has been worthwhile...I want other people to notice because it's hard when I'm dismissed...It's hard when I am unrecognized...It's hard when it feels like my contributions are being underestimated...At the same time a part of me wants to be validated...Even though I don't actually have to be validated...There's a part of me that is desperate to be right...Because it's afraid that I don't fit in...It's afraid that I don't have anything of value to offer...It's afraid that I'm not valuable or that I'm not seen as valuable...Therefore I have to be right so I can validate myself...So I can validate my effort...So that I can be seen as worthy...So that I can be seen as good enough...I am good enough without having to be right...I am good enough without having to be perfect...I am good enough without having to be acknowledged...I understand my desire to be right...My desire to be seen as valuable...It's good to be valued...It is good to be recognized by others...But I don't have to be seen as right...I don't always have to be right in order to be worried in order to be valuable.

19) Tapping for trust to get through difficult times

I recognize that it is hard to feel hopeful when things are not going well...To keep moving forward when there are so many things out of our control...There are so many things that are difficult when the world feels unmanageable...This can suck our hope...This can suck our joy...This can suck our energy...I recognize that even in difficult times...It is possible to make good, thoughtful choices...It is possible to move forward in a deliberate way...It is possible to move in a way that doesn't make life feel so impossible...Simply having hope and simply having trust is not enough...Hope does not make difficult times go away...I am required to be thoughtful...To be deliberate and to take action...By taking action, life feels more manageable...I learn more about my circumstance and then I figure out how I can move forward...I give myself permission to be easy and gentle with myself...I should be easy and gentle with the process, knowing that even in these difficult times it is possible to move forward...It is possible to be thoughtful...It is possible to be hopeful and it's possible to be deliberate...And I give myself permission to be all of these things in big and small ways...Knowing that if I do so, it will be possible for me to be happy, to be healthy, and to be whole...Even in the face of struggle and difficult times.

20) Tapping for the fear of failure

There is a part of me that is afraid I'm going to fail...That is afraid that it's all going to go wrong...That I'm going to miss opportunities...I'm going to let other people down..That I'm not going to live up to my potential...I'm going to hurt others with my failures and because I'm afraid of failure...I hold myself back...I don't take clear action...I overcompensate for the things that might go wrong...I worry too much about getting it exactly right...And because I fear failure so much, I hold myself back...That makes it harder for me to succeed...I know my fear of failure is trying to keep me safe...I know my fear of failure is trying to keep me healthy...I know my fear of failure is trying to keep me out of trouble...But it is just working way too hard...It is holding me back...It is preventing me from taking action...Giving up my fear of failure doesn't mean that I'm thoughtless...It doesn't mean that I'm reckless...It doesn't mean that I'm careless...It doesn't mean I go rushing in without caring for myself...It doesn't mean I act in a thoughtless way...It doesn't mean that I am opening myself up for danger...I can be thoughtful...I can be deliberate...I can be safe without feeling crippled by this overarching fear of failure...I can be aware of what's in front of me...Keeping myself safe without being overwhelmed by failure.

21) Tapping for loneliness

There is a part of me that knows that I am made for connection...There's a part of me that knows that I should be sharing the human experience...There's a part of me that hates the feeling of loneliness...It is one of the worst feelings that I can have...Because it is the opposite of the human experience...I made for connection...I made for sharing experiences with others...When I'm lonely, not only do I feel disconnected...It also feels as if connection will never happen...It feels as if I will always be separate...It feels as if I will always be different...It feels as if I will always be alone...I recognize the fact that when I am alone and I'm feeling loneliness...It's the hardest time for me to reach out...It's the hardest time for me to try to connect...But when I'm feeling alone, that is the time that is most important...That is the time is when I need to try it...That is the time in which I need to put in effort...I recognize that when I feel lonely, it isn't actually forever...Even though it feels like it's going to last forever...I am made for connection...I am worthy of connection...I give myself permission to feel connection...I give myself permission to have connection with others...Even though loneliness feels like it will last forever...It won't actually last forever.

22) Tapping for the disappointment of not having an issue resolved yet

I appreciate the fact that I'm aware of what I am struggling with...And I appreciate that I have tools to help me...I appreciate the fact that I have a desire to heal...And a desire to move forward and transform...There are times when transformation doesn't happen as quickly as I would like...It doesn't happen as effortlessly as I would wish...Sometimes it just feels like I am stuck...I'm not moving forward at all...But I'm not going to be here forever...I give myself permission to know it is possible for me to move forward in a thoughtful way...To move forward in a deliberate way...Knowing that transformation is a process that sometimes does not go as quickly as I would like...I also recognize that transformation is not an all-or-nothing proposition...Transformation isn't about completely eliminating an issue...Even though I am not as far along as I would like to be, transformation is happening...I am healing...I am moving forward...Step by step...The frustration that I am feeling is just that part of me that wants to experience healing...That wants me to move forward in a thoughtful way...That wants me to move forward in a deliberate way...Knowing that it is possible for me to create healing in order to create transformation, even if it is not as quickly as I would wish.

23) Tapping for hopelessness

I recognize that when I feel hopeless, I feel hopeless...I feel like there are no chances for me...And no possibilities for me to move forward...That no matter how hard I try...I'm not going to succeed...I'm not going to move forward and my current state is always going to be like this...My current state is never going to change....It makes sense that when I feel hopeless...I just want to give up...I don't want to try, because I don't want to waste energy...I don't want to waste time focusing on something that isn't going to work...But just because I feel hopeless in this moment, doesn't mean I will be hopeless forever...Just because I feel stuck in this moment...Doesn't mean that I'm going to be stuck forever...I give myself permission to be gentle with myself...Knowing that I don't have to figure this out all at once...Knowing that I don't have to have all of the answers right now...Knowing that I don't have to have it all figured out...Instead I'm allowed to take one simple action...Even if it's small, even if it doesn't feel like it's going to make a difference by taking that one small action...I am positioning myself to create a little momentum...To start to gather some energy...To start to cultivate belief...I don't have to be fully committed in order to move forward...I don't have to have total belief to move forward...I just need enough to take the next action...I give myself permission to do exactly that...To have a small amount of hope...Knowing that a small amount of hope can slowly kindle into motivation and moving past this feeling of hopelessness.

24) Tapping for shame that is holding you back

I recognize that I have made mistakes...That I have made poor choices...Sometimes I haven't taken any action at all when I should have...And I feel bad about that...Sometimes my sense of shame isn't about the choices that I'm making...It's about what I think of myself...Shame says that I'm not worthy...Shame says that I'm not good enough...Shame says I'm taking too much...Shame says I don't deserve any more than what I already have...But shame is a liar...I am worthy...I'm worthy of happiness...I am worthy of health...I am worthy of better...I am worthy of more...I'm worthy of transformation...Shame says I'm not good enough and that's a lie...Shame says I've taken too much and that is a lie...I recognize I'm made for goodness....I recognize I'm worthy of better. I recognize I'm worthy of more...I give myself permission to let go of the lies that shame is telling me.

25) Tapping for doubt

I know that there is a part of my system that wants me to be safe...That wants me to be healthy...That wants me to move forward in a natural and gentle way...I appreciate that my sense of doubt is just trying to keep me safe by questioning what is in front of me...By questioning my assumptions...And by questioning my plan...It's good that I'm thoughtful...It is good that I am deliberate...It is good that I am not trying to rush ahead in a thoughtless or careless way...I give myself permission to know it is possible for me to move forward in a thoughtful way without being consumed by my doubts...Without being overwhelmed by my doubts...Without having my doubts control everything...Reducing my doubt does not mean I am reckless...Reducing my doubt does not mean I'm careless...I can trust myself...I can trust my actions...I can trust the way I move forward...And still be aware of what might go wrong...Still paying attention to the pitfalls that may be in front of me...That's all my doubt is trying to do...I can pay attention to pitfalls while still taking measured and consistent action.

26) Tapping for forgiving others

There is a part of me that is afraid that if I forgive the people who have hurt me...What I'm actually saying is they're allowed to hurt me again...And what I'm actually saying is I'm letting them off the hook....Saying is they don't have to take responsibility....What I'm actually saying is they're allowed to do it again...What I'm actually saying is I'm not learning any lessons from this...But that's not what forgiveness is...Forgiveness is not letting someone off the hook...Forgiveness is not giving them a pass...Forgiveness is not saying I want it to happen again...Forgiveness is not saying there are no lessons to be learned...When I choose to forgive, what I'm actually saying is I no longer want to be stuck emotionally in the past...That I am still remembering that I am still learning...I have my guard up in the future...But I'm not reliving the moment over and over again...And when I hold a grudge, I am putting myself in a position where I remain stuck in the past...I give myself permission to forgive, not for their sake, but for mine...So I'm no longer carrying this burden...I choose forgiveness.

27) Tapping to feel confident about sharing your work

I recognize that I feel afraid to share what I've created...I am afraid to share my work....I've put in time...I've put in effort...And it feels personal because I've invested so much of myself in it...I am worried about how other people will respond to me...How other people will judge my work...What others are going to think about me...I'm glad that there is this part of me...That wants me to be safe from judgment...That wants me to be safe from ridicule...That wants me to be safe from scorn...I recognize the fact that not everybody will like what I produce...Not everyone will appreciate my work...Even though that is the case, it is still safe for me to put my work out there...Because even if they don't engage with it, even if they don't like it, it's not a judgment on me...It simply means what I have created is not a good fit for them....There's nothing that I can create that will be right for everyone in the world...Because there's nothing in the world that everyone agrees on...And that's OK...I give myself permission to create....I give myself permission to share...Knowing that it is OK to not have everyone think that what I've created is perfect.

28) Tapping for when you feel distracted and unproductive

I give myself permission to know that I want to be productive...And I want to get things done...And that I want to move forward...But I want to be able to cross things off my to-do list in a thoughtful and productive way...Sometimes I find myself in a groove where I'm getting so much done or my tasks feel almost effortless...But there are other times where I'm distracted...There are other times where I'm really unproductive...Where I do everything except the tasks I think I should be doing today...When I am unproductive and when I am distracted...I'm also really disappointed in myself because I know I should be doing better...I know I should be doing more....I recognize the fact that being productive isn't about always being productive or being focused...Isn't about being focused all of the time...Being productive only means I have to do what is next...Only means I have to do the next thing...It doesn't mean I have to be focused forever...When I'm done with the task...I can relax...I can take a deep breath...I can move forward in a deliberate way....I give myself permission to recognize I'm going to be distracted from time to time...I'm sometimes going to be unproductive...When that happens, I can take a deep breath...I can do a little tapping...I can regain my focus and do what is coming next...That's all I have to do in order to get back on track....As frustrating as being unproductive is, it's not the end of the world...I give myself permission to be easy with myself.

29) Tapping for the struggle of caring for a physically or mentally ill loved one

I want what is best for my loved ones...I want them to heal...I want them to transform...I want them to stop being in pain...I want their lives to be better...I recognize that the help that they need is outside of my control...As I provide care for them, much of the care that I am providing is in the form of support and comfort...It's making life easier for them in the moment, but might not be providing deep transformation...There are times when this burden feels unfair...That I'm having to stop my life to care for someone else...When it feels unfair, I feel guilt for feeling like it is a burden...It is OK for me to feel like it's unfair...It's a very human emotion...That is the part of me that recognizes I want my life to be better...That recognizes I want my life to be easier...That recognizes that I would like to move forward in a way that I can live the life that I want to live....At the same time, there's a part of me that knows that I want to be helpful and I want to be caring...I give myself permission to know it is OK to be frustrated....It's OK to feel overwhelmed...It's OK to be disappointed at my own missed opportunities...Those are human emotions that I am allowed to feel...When I am providing care for someone else, it sometimes feels like a burden because it takes time and effort...And I'm allowed to acknowledge all of my feelings around that.

30) Tapping for the belief that you are worthy of being heard

There is a part of me that is afraid that I'm going to fail...It is afraid that it's all going to go wrong...And then I will miss opportunities...And I will let other people down...That I'm not going to live up to my potential...Then I'm going to hurt others with my failures...And because I'm afraid of failure, I hold myself back...I don't take clear action...I overcompensate for the things that might go wrong...I worry too much about getting it exactly right...Because I fear failure so much, I hold myself back...That makes it harder for me to succeed...I know my fear of failure is trying to keep me safe...I know my fear of failure is trying to keep me healthy...I know my fear of failure is trying to keep me out of trouble...But it is just working way too hard...It is holding me back...It is preventing me from taking action...It is giving up..My fear of failure doesn't mean that I'm thoughtless...It doesn't mean that I'm reckless...It doesn't mean that I'm careless...It doesn't mean I go rushing in without caring for myself....It doesn't mean I do things in a thoughtless way and open myself up to danger...I can be thoughtful...I can be deliberate...I can be safe without this overarching fear of failure crippling me...I can be aware of what's in front of me...Keeping myself safe without being overwhelmed by the fear of failure.

About the Author



Gene Monterastelli was born in Casper, WY and graduated from the Catholic University of America in Washington, DC. Currently he is a Brooklyn, NY based practitioner who works with clients one-on-one and in groups from all over the world. He regularly leads training on the art of delivery of tapping through TappingArtOfDelivery.com.

He specializes in helping people to use tapping to eliminate self-sabotaging behavior so that they can consistently take the action they want. He has a special place in his practice (and his heart) for families with children who have been diagnosed on the autism spectrum.

Gene is the editor of TappingQandA.com, a site offering more than 1000 free resources on tapping. Since 2009 he has hosted the Tapping Q and A podcast with over 500 episodes in its archive. He is the author of *Surefire Stress Busters*, *How to Save the World and Retire*, and *Comprehensive Anger Management*. He loves to answer the most common (and uncommon) questions about tapping and EFT and can be contacted through his website TappingQandA.com.

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