

Module 1

Give Yourself Permission

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Instructions for Tapping for Module 1

1. Say out loud each of these sentences:
 1. I love myself
 2. I accept all of me
 3. I am lovable
 4. I deserve to love myself completely
 5. Other similar sentences that resonate with you: _____
2. For each sentence above, as you say it out loud, become aware of how you feel. What emotions does it bring up? Embarrassment, impossibility, dismay, hopelessness, sadness, guilt, hurt? Using chart 1A, write in all of the emotions that come up. You can reference the list of emotions in the intro chapter for help if you are having a hard time recognizing or naming them.
3. Rate each emotion you wrote in the first chart by saying out loud “I feel (emotion) when I say _____ (sentence) _____. What number on a scale of 0-10 comes up for you as far as the intensity of that emotion? Put that number in the second column for each emotion you have written down. Remember to go with your gut instinct.
4. Choose the emotion with the highest number. If there are multiple emotions with the same number, choose the one that is bothering you most at the moment. Write that in to Table 1B, the Phrase Generator. Here’s how to tap with the Phrase Generator:
 - a. Use the following template for the setup phrase for tapping:
Even though I feel _____ (emotion) _____ when I say _____ (sentence) _____, I completely and deeply love and accept myself.
Example: Even though I feel silly when I say I love myself, I completely and deeply love myself.
 - b. Repeat the above 3x using the identified emotion while tapping on the karate chop point (side of hand).
 - c. Tap through each of the 8 tapping points for at least 3 rounds repeating the reminder phrase “this _____ (emotion) _____. (this silliness)
 - d. After at least 3 rounds of tapping on each of the 8 points for the one emotion, repeat the phrase out loud “Even though I feel _____ (emotion) _____ when I say _____ (sentence) _____. Check in with what the number of your intensity level is now. It is okay if it goes up, down, or stays the same.

- e. Keep repeating steps B-D on the emotion you identified above until it is down to a 2 or lower.
 - f. Once it is down to a 2 or lower, review all of the remaining emotions in the table and re-rate them by using the same phrase generator (I feel like a liar when I say I love myself). Often tapping one emotion will lower the others. Put the new numbers in column 2. Repeat steps A-F until all of the emotions on the are down to 0-2.
5. THEN, go back to Table 1A, and in the second column, re-rate each trait on a scale of 0-10 (say out loud “I feel ____ (emotion) _____ when I say ____ (sentence) _____”). Write that number in the 2nd column. You want to re-rate all of them, even though you have only worked on one. Often you will find some of the others neutralize a little.
6. Pick the emotion that is highest now, and repeat steps 1-4, completing the chart of emotions that come up for the second trait and tapping on each of them.
7. Continue with steps 1-3 until each character trait has an intensity number down to a 0-2.
8. If you are feeling stuck with any certain emotion, there are two additional tapping techniques that can be helpful and there are instructions at the end of this chapter:
 - a. Clearing Memories - tap on memories of times that contributed to your emotions/ belief.
 - b. Where I Feel It in My Body – tap on the physical sensations that you feel as a result of these emotions.

Table 1A: Emotions that come up for me when I say I love myself

[illegible]

Table 1B: Phrase Generator

1. Use the following basic template. You may need to tweak it a little depending how you wrote the character trait. Tweak it so that you feel comfortable with the sentence:

Even though I feel (emotion) when I say (phrase from Instruction 1), I completely and deeply love and accept myself.

2. You can use the following to help organize your phrases. BUT, remember to say them with feeling, not just read them.

Even though I feel _____ when I say _____, I completely and deeply love and accept myself anyway.

Even though I feel _____ when I say _____, I completely and deeply love and accept myself anyway.

Even though I feel _____ when I say _____, I completely and deeply love and accept myself anyway.

Even though I feel _____ when I say _____, I completely and deeply love and accept myself anyway.

Even though I feel _____ when I say _____, I completely and deeply love and accept myself anyway.

Even though I feel _____ when I say _____, I completely and deeply love and accept myself anyway.

Even though I feel _____ when I say _____, I completely and deeply love and accept myself anyway.

Even though I feel _____ when I say _____, I completely and deeply love and accept myself anyway.

Even though I feel _____ when I say _____, I completely and deeply love and accept myself anyway.

Even though I feel _____ when I say _____, I completely and deeply love and accept myself anyway.

Even though I feel _____ when I say _____, I completely and deeply love and accept myself anyway.

Even though I feel _____ when I say _____, I completely and deeply love and accept myself anyway.

Even though I feel _____ when I say _____, I completely and deeply love and accept myself anyway.

Even though I feel _____ when I say _____, I completely and deeply love and accept myself anyway.

Even though I feel _____ when I say _____, I completely and deeply love and accept myself anyway.

Where You Feel It In Your Body Technique

Once you get the intensity level of your emotion down to around a 5, I like to focus on where you feel it in your body. Here are some instructions to help guide you through this process. See Table 1E to organize.

- Say your phrase out loud from the phrase generator, eg. I feel like it's impossible when I say I love myself.
- Tune in to where in your body you can feel that impossibility. This may take a second. Repeat the phrase out loud a few times to help tune in.
- Once you feel that feeling somewhere in your body, answer as many questions as you can:
 - a. What does it feel like (pressure, tension, heaviness, burning, stabbing...)?
 - b. What color is it?
 - c. How big is it?
 - d. What shape is it?
 - e. Is there depth to it or is it flat?
 - f. Is there a temperature?
 - g. Is there a texture or is it smooth?
 - h. Is it solid or more like a light or a gas?
- Then your setup phrase would be:

Even though I feel this ____ (emotion) ____ in my ____ (location) ____, I completely and deeply love and accept myself.
- For your reminder phrases while tapping through the points, you can use the various descriptors that you named. For example

This blue heaviness in my shoulder

This blue round heaviness

Smooth blue heaviness

The size of a football

This blue ball of heaviness

All of this blue ball of ____ emotion ____

Right in my shoulders

- Tap through several rounds describing exactly how it feels and looks like, and then re-rate your intensity of your original statement. If it is still a 3 or above, I like to do a second round, describing it again. Often times it will have shrunk, changed color, moved...so it is good to go through the whole process each time.

Clearing Memories Technique

If you aren't able to clear one or more emotions to a 0-1, chances are there are some specific memories that are stuck in your body somewhere that are keeping the charge. This chart will help you tap on those memories.

1. Emotion that isn't down to a 0-1: _____

2. Memory that Supports the belief that this Emotion is 100% True:

- a) This should be a memory that lasts for 3-5 minutes, not a bunch of memories together.
- b) Give it a name like you are naming a movie: "When Mom told me not to think too much of myself" memory.
- c) There may be multiple parts of the memories, which should be tapped on separately:
When I Was Excited I Got A Good Grade; When Mom said those words; When Dad didn't defend me

3. Give the Memory a number of 0-10 of how much anxiety and/or emotion it brings up for you. _____

4. Setup phrase will be: Even though _____ (name of memory) _____, I completely love and accept myself.

5. You are now going to tap through points while you are telling the story out loud. Pretend you are telling the best friend that ever existed, who wants to know every single detail of what you said and thought and felt. Leave NO detail out. Another way to think of it as if you are describing a movie of the event to a blind and deaf person (well they can hear you talking, but they can't hear the movie, ha). Things to include:

- a. When was this? Year? Month? Season? Day? Time of day? How old were you both?
- b. Describe the setting. Indoors, outdoors? Dark? Light? Which room? Where were you standing or sitting? Where was the other person?

- c. Repeat as much of the actual dialog as you can remember, including expressions and gestures that accompanied the dialog.
 - d. Start talking with what was going on right before the emotions starting coming up.
i.e. I just came in the kitchen door from school.
 - e. As you tell the story, any time you start to feel emotions rising and or physical sensations, stop telling the story and just tap on that feeling, saying “this ____ (name of emotion) ____” or “this pain in my chest” until that has subsided. Then pick up where you left off.
 - f. Focus on how you FEEL during the memory. Then she said _”xxxx”_ and I felt _ (emotion) _ because _____.
6. After you have told the whole story, start over and tell the story again, going through steps 4 and 5. You may remember things that didn’t occur to you the first time around.
7. Repeat the process as many times as you need to until you can tell the story as if it happened to someone else or are able to laugh about it. (this can easily take 5 times of telling the story). Once you have released the charge, go back to the character trait you listed in Step 1 and re-rate it. If it is still higher than a 1, repeat this process for other related memories, or for different memories that are evidence of this character trait. Or, try the Where I Feel it in My Body technique.

Table 1C: Memories related to Emotions around Loving Yourself

Emotion # ____ : _____

Memory Name	0-10	0-10	0-10	0-10	0-10	0-10

Emotion # ____ : _____

Memory Name	0-10	0-10	0-10	0-10	0-10	0-10

Emotion # ____ : _____

Memory Name	0-10	0-10	0-10	0-10	0-10	0-10

Even though ____ (name of memory) _____, I completely love and accept myself. (3x)

Then tap through the sequence of points, describing everything as if to a best friend.

Table 1D: Where I feel it in my body

Emotion	Location in body	Sensation (burning, stabbing, pressing...)	Color	How big/shape?	Texture (smooth, blobby?)

You can use the following to help organize your phrases, or use the instructions. BUT, remember to say them with feeling, not just read them. Sentence may need to be tweaked depending on how you described the feeling – it should kinda sound like a run-on sentence.

	sensation	color	texture	size/shape	location	
Even though I feel this					in my	_____ , I completely love and accept myself.
Even though I feel this					in my	_____ , I completely love and accept myself.
Even though I feel this					in my	_____ , I completely love and accept myself.
Even though I feel this					in my	_____ , I completely love and accept myself.
Even though I feel this					in my	_____ , I completely love and accept myself.