Module 2

Accepting Your Bad

Contents

Instructions for Tapping for Module 2

1. In Table 2A, list all of the character traits that frustrate, irritate, upset, and/or hurt you about yourself. For example: lazy, impatient, pushover, lack of follow through, overweight, messy, negative, complainer, sedentary, overeater, stupid. You may have specific situations where this is true so you can be more specific. For example, lazy with physical exercise, lazy at cleaning the house. Write everything down that you can think of. You can add to it later also.

2. For each one say out loud: I am (character trait) – eg. I am a pushover. As you say it, rate the intensity of how you much frustration/pain that issue causes you on a scale of 0-10 and put that number in the second column (we will use the other columns later). Zero means that it doesn't bother you at all. 10 means it is extremely upsetting and bothers you all the time. Don't fuss too much about whether you have the right number, just pick the first one that comes in your head. Repeat for every trait you listed.

3. Choose the trait on Table A that has the highest number. If there are multiple traits with the same number, pick the one that is bothering you the most right now. We will get to all of them so if there are several that are the same, just pick one. Write which of the character traits you are choosing to tapping on above the first table on Table 2B where it says Character Trait # _____ : _____

4. Think about how the trait you just wrote down makes you feel. What emotions does it bring up? Anger, frustration, guilt, embarrassment, sadness? Using that chart, make a list of all of the emotions that come up just for this ONE character trait (we will get to the others later). See included list of emotions for help if you are having a hard time deciding.

5. Rate each emotion you wrote in the first chart by saying out loud "I feel (emotion) when I am (character trait)" (eg. I feel embarrased when I overeat or I get angry when I am messy). 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.

6. Choose the emotion with the highest number. Again, if there are multiple emotions with the same number, choose the one that is bothering you most at the moment.

    a. Use the following template for the setup phrase for tapping:
        Even though I feel ___(emotion)_____ because/when I am _____(character trait)_____, I completely and deeply love and accept myself.
        Example: Even though I feel angry because I am a pushover, I completely and deeply love except myself.

b. Repeat the above 3x using the identified emotion and character trait 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 frustration)

d. After at least 3 rounds of tapping on the one emotion, repeat the phrase out loud "I feel (emotion) when I am (character trait)." 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 guilty when I am impatient with my children). 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 list for the one Character Trait are down to 0-2.

7. THEN, go back to Table A of your Character Trait chart, and in the second column, re-rate each trait on a scale of 0-10 (say out loud I am (character trait), eg. I amimpatient. 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.

8. Pick the trait 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.

9. Continue with steps 1-3 until each character trait has an intensity number down to a 0-2.

10. If you are feeling stuck with any certain trait or emotion, there are two additional tapping techniques that can be helpful:

a. Clearing Memories - tap on memories of times when you exhibited those traits.

b. Where I Feel It in My Body – tap on the physical sensations that you feel as a result of these emotions.

Table 2A: Character Traits that bother me

Character Trait	0-10	0-10	0-10	0-10	0-10	0-10	0-10	0-10	0-10	0-10	0-10	0-10
1.												
2.												
3.												
4.												
5.												
6.												
7.												
8.												
9.												
10.												
11.												
12.												
13.												
14.												
15.												
16.												
17.												
18.												
19.												

Table 2B: Emotions - How Those Character Traits Make Me Feel

Character Trait # _____ : _____

I FEEL _____ because of the trait	0-10	0-10	0-10	0-10	0-10	0-10	0-10	0-10	0-10	0-10	0-10	0-10
1.												
2.												
3.												
4.												

Character Trait # _____ : _____

I FEEL _____ because of the trait	0-10	0-10	0-10	0-10	0-10	0-10	0-10	0-10	0-10	0-10	0-10	0-10
1.												
2.												
3.												
4.												

Character Trait # _____ : _____

I FEEL _____ because of the trait	0-10	0-10	0-10	0-10	0-10	0-10	0-10	0-10	0-10	0-10	0-10	0-10
1.												
2.												
3.												
4.												

Table 2C: 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)___ because/when ___(name)___ is ___(character trait)___, 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 _____ because/when   I am _____ , I completely and deeply love and accept myself.

Even though I feel _____ because/when   I am _____ , I completely and deeply love and accept myself.

Even though I feel _____ because/when   I am _____ , I completely and deeply love and accept myself.

Even though I feel _____ because/when   I am _____ , I completely and deeply love and accept myself.

Even though I feel _____ because/when   I am _____ , I completely and deeply love and accept myself.

Even though I feel _____ because/when   I am _____ , I completely and deeply love and accept myself.

Even though I feel _____ because/when   I am _____ , I completely and deeply love and accept myself.

Even though I feel _____ because/when   I am _____ , I completely and deeply love and accept myself.

Even though I feel _____ because/when   I am _____ , I completely and deeply love and accept myself.

Even though I feel _____ because/when   I am _____ , I completely and deeply love and accept myself.

Even though I feel _____ because/when   I am _____ , I completely and deeply love and accept myself.

Even though I feel _____ because/when   I am _____ , I completely and deeply love and accept myself.

Even though I feel _____ because/when   I am _____ , I completely and deeply love and accept myself.

Even though I feel _____ because/when   I am _____ , I completely and deeply love and accept myself.

Even though I feel _____ because/when   I am _____ , I completely and deeply love and accept myself.

Clearing Memories Technique

If you aren't able to clear one or more character traits 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. Character Trait that isn't down to a 0-1: _____

2. Memory that Supports the belief that this Character Trait 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?
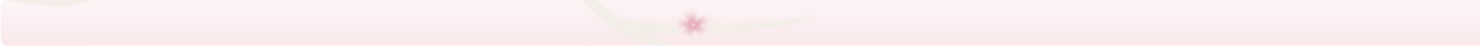
c. Repeat as much of the actual dialog as you can remember, including expressions and gestures that accompanied the dialog.

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 2D: Memories related to Character Traits

Character Trait # ____ : _____

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

Character Trait # ____ : _____

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

Character Trait # ____ : _____

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.