Module 3

Accepting Your Good

Contents

Instructions for Tapping for Module 2

1. In Table 3A, list ALL of the good things about yourself. **Whether self-recognized or recognized by others**. It could be character traits: kind, funny, good listener, helpful, loyal, quick-witted, smart, educated, artistic (how specifically), caring, hard-working, athletic. It could be skills: good card player, good speller, keep a clean house, up on current events, good at my job, good with animals, good with children, great dancer, good conversationalist, good with plants. Write everything down that you can think of. You can add to it later also.

2. For each one say out loud: I am (quality) – eg. I am helpful. As you say it, see how uncomfortable it makes you feel to acknowledge it out loud on a scale of 0-10 and put that number in the second column (we will use the other columns later). Zero means that you feel perfectly comfortable acknowledging it. 10 means it feels extremely wrong to you to acknowledge it. Don't worry 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 quality on Table A that has the highest number. If there are multiple traits with the same number, just pick one. 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 3B where it says Quality # _ : _____

4. Think about how the acknowledging that quality you just wrote down makes you feel. What emotions does it bring up? Dismissive, embarrassment, boastful, silly? Using that chart, make a list of all of the emotions that come up just for this ONE quality (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 acknowledge my (quality)" (eg. I feel silly when I acknowledge out loud I'm good with animals). 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)___ when I acknowledge _____(quality)_____, I completely and deeply love and accept myself.
   Example: Even though I feel embarrassed to say I'm a good writer, 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 embarrassment)

d. After at least 3 rounds of tapping on the one emotion, repeat the phrase out loud "I feel (emotion) when I acknowledge (quality)." 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 silly when I own being a good cook). 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 Quality chart, and in the second column, re-rate each trait on a scale of 0-10 (say out loud I am (quality), eg. I am funny. 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 quality and tapping on each of them.

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

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

a. Clearing Memories - tap on memories of times when you felt wrong acknowledging something good about yourself or when someone else made you feel bad.

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

Table 3A: Good Qualities about 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.												

Table 3B: Emotions – Resistance to Acknowledging this quality

Quality # _____ : _____

I FEEL _____ about acknowledging this quality	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.												

Quality # _____ : _____

I FEEL _____ about acknowledging this quality	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.												

Quality # _____ : _____

I FEEL _____ about acknowledging this quality	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 3C: 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)____ about acknowledging ____(quality)____, 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 _____ about acknowledging _____, I completely and deeply love and accept myself.

Even though I feel _____ about acknowledging _____, I completely and deeply love and accept myself.

Even though I feel _____ about acknowledging _____, I completely and deeply love and accept myself.

Even though I feel _____ about acknowledging _____, I completely and deeply love and accept myself.

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