

Module 4

Defining Self Love for YOU

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My Definition of Loving Myself

Life isn't perfect when we love ourselves. Birds don't whistle ahead of us and the sun shine wherever we go.

Life still happens, the good, the bad, and the boring.

But when we love and accept ourselves for who we are, we can handle it a lot better!

In this module, you are going to get a clear picture of how you would feel when you fully love and accept yourself.

It's not a fairy tale vision of your life, but how you could feel living your current life.

And yes, life does often seem more enjoyable after we are very comfortable with ourselves, but that's a side effect.

Then we are going to learn how to use the choices methods to start to tap on manifesting these feelings.

In the worksheet below, imagine how life would feel if you fully loved and accepted yourself exactly as you are.

This will help you understand what you are aiming for, give you a destination for your adventure.

Self-Love Destination Worksheet

When I get up in the morning I feel

When stressful things happen, I feel

When I need to make a decision, I

When I make a mistake, I

When I do something well, I

When someone else needs me, I help except when

I have these regular habits (free, NOT mani/pedi, massage, etc) to take care of myself

Instructions for Tapping for Module 4

1. Review what you wrote and say it out loud. While reading them, make a note of any sentences that make you feel anxious, that feel impossible, that bring up negative emotions and write them in Table 4A. You do not need to write them all, just those that stir emotions up.
2. For each one say out loud: I help people except when it is at the expense of myself or my family, or I help people only when I feel it is for their highest and best good and not enabling poor decisions or behavior. Or I only help people who are also helping themselves. Whatever you want your parameters to be. As you say it, rate how uncomfortable it makes you feel to say that 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 difficult to stick to 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 Vision statement on Table A that has the highest number. If there are multiple statements 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 vision statements you will be tapping on above the first table on Table 4B where it says Statement : _____
4. Think about how acknowledging that statement you just wrote down makes you feel. What emotions does it bring up? Unfair, selfish, futile, impossible? Using that chart, make a list of all of the emotions that come up just for this ONE statement (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 say I want to (statement)" (eg. I feel selfish when I say I will only help people who are helping themselves). 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.
7. Now we are going to structure our tapping a little differently with the Choices Method. With the choices method, you select how you choose to feel at the end of the setup phrase.

- a. Use the following template for the setup phrase for tapping:
Even though I feel (interfering emotion) about (statement) , I choose to feel surprisingly (accepting emotion) instead.
Example: Even though I feel selfish to say I'm only going to help people when they help themselves, I choose to feel surprisingly peaceful about it instead.
 - b. Choices has a different phrasing pattern (still all the same tapping points) so see the Choices Method Instruction in this chapter for the structure.
 - c. After at least 3 rounds of tapping on the one emotion using the Choices method, repeat the phrase out loud "I feel (emotion) when I say (statement)." Check in with what the number of your intensity level is now. It is okay if it goes up, down, or stays the same.
 - d. Keep repeating steps B-D on the emotion you identified above until it is down to a 2 or lower.
 - e. 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. 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 statement are down to 0-2.
8. THEN, go back to Table A of your Vision Statement chart, and in the second column, re-rate each statement on a scale of 0-10 (say out loud). 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.
 9. Pick the trait that is highest now, and repeat steps 1-4, completing the chart of emotions that come up for the second statement and tapping on each of them.
 10. Continue with steps 1-3 until each quality has an intensity number down to a 0-2.
 11. If you are feeling stuck with any certain statement or emotion, remember your two additional tapping techniques that can be helpful:
 - a. Clearing Memories - tap on negative memories of times related to this statement.
 - b. Where I Feel It in My Body – tap on the physical sensations that you feel as a result of these emotions.

Choices Tapping Method

This is how to do tap using Choices.

- a. Repeat the set up phrase 3x while tapping on the karate chop point.
- b. Tap one round through the sequence of 8 tapping points using the interfering emotion as the reminder phrase.
- c. Then tap one round through the sequence of 8 tapping points using the positive feeling as the reminder phrase.
- d. Then tap a third round through the sequence of 8 tapping points alternating the interfering emotion and the positive feeling as the reminder phrases per point.
- e. Make your last tapping point is positive, so if you are at your normally last point and find yourself on the negative, tap on one more point with the positive. The idea behind this is that you are letting go of the negative in the first round, instilling the positive on the second round, and then retraining your brain so that if the negative comes up again, the next thought is the positive.
- f. Example: Even though I used to feel selfish if I only helped people who I also can count on, I choose to feel surprisingly peaceful doing that instead.
 1. Repeat set up phrase 3x while tapping on karate chop
 2. Tap one round of the 8 points repeating “this selfishness” at each point.
 3. Tap a second round through the 8 points repeating “feeling peaceful” at each point.
 4. Tap a third round alternating negative and positive.

a. Eyebrow:	this selfishness
b. Side of eye:	feeling peaceful
c. Under eye:	this selfishness
d. Under nose:	feeling peaceful
e. Chin:	this selfishness
f. Collarbone:	feeling peaceful
g. Under arm:	this selfishness
h. Top of head:	feeling peaceful (ends on positive)

Table 4A: Vision Statements that make me uncomfortable

[illegible]

Statement : _____

Statement : _____

Statement : _____

Statement : _____

Statement : _____

Statement : _____

Table 4C: Phrase Generator for Positive Feelings

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

Even though I used to feel (interfering emotion) about (sentence), I choose to feel surprisingly (positive feeling) instead.

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 used to feel _____ about _____, I choose to feel surprisingly _____ instead.

Even though I used to feel _____ about _____, I choose to feel surprisingly _____ instead.

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