Module 5

Other People

Contents

Clearing Memories

1. In Table 5A, list all of the memories about other people that you remember that have anything to do with how you view yourself. This could be direct – someone saying "You are too _____"; It could be indirect "Your sister is so smart"; It could be a rejection or a failure that you have internalized to mean something negative about you (the boss didn't give you a promotion; the boy in high school who didn't like you back). There are so many possibilities here, write down any memories that come to mind, even if they don't make immediate sense.

2. Remember to write down a specific part of the memory, instead of my sister was always prettier, write down a time when you remember her getting a compliment or more attention. Remember getting the paper back with red marks all over it and judging yourself not smart enough. We are going to tap on that specific part of the memory.

3. Just like we learned in the memory technique, write it down like you are naming a movie. When I Went Dancing with my Friends; When My Mom Said My Sister was Beautiful.

4. There may be multiple parts of the memories, which should be tapped on separately: When I Got the Bad Paper; When I told my mom I got a Bad Paper.

5. For each one say out loud your title. As you say it, rate the intensity of how much connection/attachment you have to the memory and it's feeling of effect on you. Zero means that it doesn't bother you at all. 10 means it is extremely powerful. 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 memory you listed.

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

7. 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 person. 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 _____.

8. 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.

9. 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 memory you listed in Step 1 and re-rate it. If it is still higher than a 2, repeat this process for other related memories, or for different memories that prove you are unworthy.

10. Also, if you are down to a 3 or 4 and it isn't moving much, try the Where I Feel it in My Body technique in relation to the memory.

Table 5A: Memories that Seem to Prove I'm not Good Enough

Memory	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.									
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18.									