#

# Workshop 5

#  O 🡪 OFFER Your Best

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## Notes Page for Workshop 5 Recorded Content

This worksheet is for use with the Workshop 1 Audio to help you focus on the important points.

1. It is about giving your best so that you have a sense of and in this relationship.
2. When you give your best, regardless of the outcome, you will know that you acted in integrity with yourself and with what is for the and good.
3. Just because you are doing something a certain way, even if you think it SHOULD help or it would help , you really want to ask is that what this person really needs from me, for their higher self.
4. So the challenge here is to identify what you think they need, but that is also , , and for your higher good as well.
5. If we are hoping to get something back by acting in a certain way, then you are setting yourself up not to give freely & enjoy the giving but to be controlled by their .

## Open Notes for Workshop 5

## Instructions

1. In Worksheet 5A, list in the first column of the top half what qualities/behaviors/emotions you know this other person would like to receive from you. What would make them feel good on a deeper level and is for BOTH of your highest good. List ones even that you already feel you demonstrate and they appreciate about you.
2. In the second column, ask yourself, am I giving this because I want a certain outcome? Will I feel like I failed or disappointed if they don’t feel or act in a certain way in return?
	1. If yes, transfer to the bottom half of Table 5A.
	2. If no, continue to 3rd column of the top half.
3. In the third column, choose Yes or No for whether this quality is already being given and received acceptably for both of you. Meaning they are satisfied with the way you demonstrate it and you feel good about giving it.
	1. If Yes is chosen and it is already acceptable, transfer it to TABLE 5A. This will be a list of all qualities you want to have in this relationship, whether you need to tap on them or not.
	2. If No is chosen and the quality is not being both given and received acceptably, transfer it to Worksheet 5B. Then answer the series of questions to identify how it can be changed to be acceptable.
4. Transfer items from Worksheet 5B to Table A once questions are answered.
5. In the second half of the first column of Worksheet 5A, list what qualities YOU would like to give in this relationship. It may or may not matter to the other person, but it feels important to you and you feel more integrity when you act in such a way.
6. In the second column, answer as you did in the first half.
7. If yes, transfer to the bottom half of Table 5A.
8. If a no in the second column, continue to 3rd column.
9. If the third column, answer as you did in the first half.
10. If Yes in the 3rd column, transfer it to Table 5A as described above.
11. If No, transfer it to Worksheet 5B and answer the series of questions to identify how it can be changed.
12. For Worksheet 5B, you are identifying how you might change the behavior to be given AND received acceptably, and also identifying your resistance and interfering emotions with demonstrating it differently.
13. Once you have each question answered in Worksheet 5B, transfer the quality/behavior, resistance rating, and interfering emotions to Table 5A.
14. In the bottom half of Table 5A:
15. Identify how you want the person to act or feel by your demonstrating this quality/behavior.
16. Rate on a scale of 0-10 how attached you are to causing that outcome. How bad do you feel if they don’t act/feel the way you want? 10 would mean you feel absolutely horrible.
17. Choose the one with the highest attachment and use the Phrase Generator in Table 5C to tap down the attachment. It will follow the pattern “Even though I feel I need to make (name) feel/act (desired outcome) by acting (your quality/behavior) , I choose to let go and feel good about offering my best.”
18. Tap down the attachment to a 0-1 and then reassess the remaining attachment to the other qualities.
19. Choose the quality with the new highest attachment and repeat the process until all qualities are down to 0 or 1.
20. Once all are down to a 0-1, decide whether you want to keep the quality on the list as something they need or something you want to give, and go through the same steps as you did with the others in Table 5A. Is it working for both parties as is?
21. If yes, just add to top of Table 5A.
22. If no,
* use Worksheet 5B to identify how to do it differently
* rate your resistance and interfering emotions
* transfer it to Table 5A
1. Now you should have all the qualities in the top part of Table A, without attachment to outcome. For those that have resistance, choose the one with the highest resistance and use the Phrase Generator in Table 5B to tap down the resistance. It will follow the pattern, “Even though I used to feel (interfering emotion) , I choose to easily give (name) ­ (positive quality) in a way we both feel good about.”
	1. You can also substitute the last part “in a way we both feel good about” with the exact way you plan to demonstrate it.
	2. Refer to Week 3 instructions if you need a refresher on how to do the Choices method.
	3. Tap each interfering emotion down to a 0 or 1, and then reassess the remaining resistance to the other qualities. Often reducing resistance on one will reduce resistance on others, especially if they are similar type emotions. I have added a couple of extra columns for writing in the new number.
	4. Choose the quality with the new highest resistance and repeat the process until all qualities are down to 0 or 1.
2. If you get stuck tapping for any of it and the resistance isn’t going lower, try the Where Do I Feel It in my Body technique and Clearing Memories that are related to the interfering emotion.
3. Once you have no resistance to giving that quality more or differently, you can choose to do Law of Attraction work where you spend time each day feeling how it would feel to display that quality toward this person. Note that this should be done independently, meaning the good feelings should not be about their appreciating you or giving you credit for it. Just the sheer joy of giving without reward.
4. Or you can do some tapping rounds solely on the positive where you repeat “I choose to easily give (name) ­ (positive quality) in a way we both feel good about.”, while tapping on the 8 sequence points.
5. Also, when you find yourself in a difficult situation that might normally trigger you, or acting in a way out of integrity with your choices, you can refer back to these qualities and “pivot” over to them. You can also do some tapping, “Even though I don’t know how to respond right now, I choose to find a way that is for both our higher good.”

## Worksheet 5A: Qualities/Emotions They Want or You Want to Give

|  |  |  |
| --- | --- | --- |
| **Quality/Behaviors They Want** | **Will I feel I failed if I don’t get a certain outcome?** | **Already Working for Both of Us?** |
|  | ❑ Yes (transfer to Table A)❑ No (continue to next column) | ❑ Yes (transfer to Table A)❑ No (transfer to Worksheet B) |
|  | ❑ Yes ❑ No  | ❑ Yes ❑ No  |
|  | ❑ Yes ❑ No | ❑ Yes ❑ No  |
|  | ❑ Yes ❑ No | ❑ Yes ❑ No  |
|  | ❑ Yes ❑ No | ❑ Yes ❑ No  |
|  | ❑ Yes ❑ No | ❑ Yes ❑ No  |
|  | ❑ Yes ❑ No | ❑ Yes ❑ No  |
|  | ❑ Yes ❑ No | ❑ Yes ❑ No  |
|  | ❑ Yes ❑ No | ❑ Yes ❑ No  |
| **Quality/Behaviors I want to Give** |  |  |
|  | ❑ Yes (transfer to bottom of Table A)❑ No (continue to next column) | ❑ Yes (transfer to Table A)❑ No (transfer to Worksheet B) |
|  | ❑ Yes ❑ No  | ❑ Yes ❑ No  |
|  | ❑ Yes ❑ No  | ❑ Yes ❑ No  |
|  | ❑ Yes ❑ No  | ❑ Yes ❑ No  |
|  | ❑ Yes ❑ No  | ❑ Yes ❑ No  |
|  | ❑ Yes ❑ No  | ❑ Yes ❑ No  |
|  | ❑ Yes ❑ No  | ❑ Yes ❑ No  |
|  | ❑ Yes ❑ No  | ❑ Yes ❑ No  |

## Worksheet 5B: Quality/Behavior/Emotions They Need or You Want to Give

1. **Quality/Behavior/Emotion:**

They need it from me / I want to give this because:

I already display this by:

They would like me to display it by:

Have I been trying it my way for a while? Yes No

Would their way be good for both them and me? Yes No

If their way wouldn’t be good for either them or for me, and my way doesn’t seem to be working, what would a compromise look like that would be good for both of us? How could I modify what I already do, or what boundaries or limiters could I add?

What is my level of resistance to displaying it either their way or the compromise way (0-10)?

What interfering emotions come up from that resistance?

Transfer to Table 5A.

1. **Quality/Behavior/Emotion:**

They need it from me / I want to give this because:

I already display this by:

They would like me to display it by:

Have I been trying it my way for a while? Yes No

Would their way be good for both them and me? Yes No

If their way wouldn’t be good for either them or for me, and my way doesn’t seem to be working, what would a compromise look like that would be good for both of us? How could I modify what I already do, what boundaries or limiters could I add?

What is my level of resistance to displaying it either their way or the compromise way (0-10)?

What interfering emotions come up from that resistance?

Transfer to Table 5A.

1. **Quality/Behavior/Emotion:**

They need it from me / I want to give this because:

I already display this by:

They would like me to display it by:

Have I been trying it my way for a while? Yes No

Would their way be good for both them and me? Yes No

If their way wouldn’t be good for either them or for me, and my way doesn’t seem to be working, what would a compromise look like that would be good for both of us? How could I modify what I already do, what boundaries or limiters could I add?

What is my level of resistance to displaying it either their way or the compromise way (0-10)?

What interfering emotions come up from that resistance?

Transfer to Table 5A.

1. **Quality/Behavior/Emotion:**

They need it from me / I want to give this because:

I already display this by:

They would like me to display it by:

Have I been trying it my way for a while? Yes No

Would their way be good for both them and me? Yes No

If their way wouldn’t be good for either them or for me, and my way doesn’t seem to be working, what would a compromise look like that would be good for both of us? How could I modify what I already do, what boundaries or limiters could I add?

What is my level of resistance to displaying it either their way or the compromise way (0-10)?

What interfering emotions come up from that resistance?

Transfer to Table 5A.

1. **Quality/Behavior/Emotion:**

They need it from me / I want to give this because:

I already display this by:

They would like me to display it by:

Have I been trying it my way for a while? Yes No

Would their way be good for both them and me? Yes No

If their way wouldn’t be good for either them or for me, and my way doesn’t seem to be working, what would a compromise look like that would be good for both of us? How could I modify what I already do, what boundaries or limiters could I add?

What is my level of resistance to displaying it either their way or the compromise way (0-10)?

What interfering emotions come up from that resistance?

Transfer to Table 5A.

1. **Quality/Behavior/Emotion:**

They need it from me / I want to give this because:

I already display this by:

They would like me to display it by:

Have I been trying it my way for a while? Yes No

Would their way be good for both them and me? Yes No

If their way wouldn’t be good for either them or for me, and my way doesn’t seem to be working, what would a compromise look like that would be good for both of us? How could I modify what I already do, what boundaries or limiters could I add?

What is my level of resistance to displaying it either their way or the compromise way (0-10)?

What interfering emotions come up from that resistance?

Transfer to Table 5A.

## Table 5A: Qualities/Emotions They Need or You Want to Give

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Quality/Behavior/Emotions | Resistance to Change (0-10) | Interfering Emotions | RerateResistanceafter tapping | RerateResistance after tapping |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
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|  |  |  |  |  |
|  |  |  |  |  |
| Qualities for Which I want a Specific Outcome | Level of Attachment (0-10) | How I want Them to Act/Feel | RerateAttachment | RerateAttachment |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

## Table 5B: Phrase Generator for Offering Your Best

1. Use the following basic template for those items listed in the top half of Table 5B. You may need to tweak it a little depending how you wrote the quality/behavior. Tweak it so that you feel comfortable with the sentence:

Even though I used to feel (interfering emotion)­, I choose to easily give (name) ­ (positive quality) in a way for both of our higher good.

1. 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 |  | , I choose to easily give |  |  |  | in a way for both of our higher good. |
| Even though I used to feel |  | , I choose to easily give |  |  |  | in a way for both of our higher good. |
| Even though I used to feel |  | , I choose to easily give |  |  |  | in a way for both of our higher good. |
| Even though I used to feel |  | , I choose to easily give |  |  |  | in a way for both of our higher good. |
| Even though I used to feel |  | , I choose to easily give |  |  |  | in a way for both of our higher good. |
| Even though I used to feel |  | , I choose to easily give |  |  |  | in a way for both of our higher good. |
| Even though I used to feel |  | , I choose to easily give |  |  |  | in a way for both of our higher good. |
| Even though I used to feel |  | , I choose to easily give |  |  |  | in a way for both of our higher good. |
| Even though I used to feel |  | , I choose to easily give |  |  |  | in a way for both of our higher good. |
| Even though I used to feel |  | , I choose to easily give |  |  |  | in a way for both of our higher good. |
| Even though I used to feel |  | , I choose to easily give |  |  |  | in a way for both of our higher good. |
| Even though I used to feel |  | , I choose to easily give |  |  |  | in a way for both of our higher good. |
| Even though I used to feel |  | , I choose to easily give |  |  |  | in a way for both of our higher good. |
| Even though I used to feel |  | , I choose to easily give |  |  |  | in a way for both of our higher good. |
| Even though I used to feel |  | , I choose to easily give |  |  |  | in a way for both of our higher good. |

## Table 5C: Phrase Generator for Attachment to Outcome

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

Even though I feel I need to make (name) to feel (desired outcome) by acting (quality/behavior) , I choose to let go and feel good about offering my best.

1. 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 I need to make  |  | to feel |  | by acting |  | , I choose to let go and feel good about offering my best. |
| Even though I feel I need to make  |  | to feel |  | by acting |  | , I choose to let go and feel good about offering my best. |
| Even though I feel I need to make  |  | to feel |  | by acting |  | , I choose to let go and feel good about offering my best. |
| Even though I feel I need to make  |  | to feel |  | by acting |  | , I choose to let go and feel good about offering my best. |
| Even though I feel I need to make  |  | to feel |  | by acting |  | , I choose to let go and feel good about offering my best. |
| Even though I feel I need to make  |  | to feel |  | by acting |  | , I choose to let go and feel good about offering my best. |
| Even though I feel I need to make  |  | to feel |  | by acting |  | , I choose to let go and feel good about offering my best. |
| Even though I feel I need to make  |  | to feel |  | by acting |  | , I choose to let go and feel good about offering my best. |

# Congratulations!

Congratulations, you have completed the 5 Steps of the TANGO System for Happier Relationships™. I am certain if you followed along and did your tapping that you will have experienced some important shifts, made discoveries about yourself, the other person, and your relationship, and now have more of a sense of peace about it.

# Where to Go From Here

Options:

1. Do nothing – probably will be some improvement for awhile, but old habits are easy to slip back into.
2. Start over with course and do it again on same person – on my own.
3. Start over with course and tap on different person – on my own.
4. Join group program to continue focusing on acknowledging and processing my emotions. Have group support and commit to focusing on keeping all of my relationships healthy.
5. Other: