

How to set up every tapping session for success

Feel free to reach out to support@TappingQandA.com if you have questions about any of these steps.

1) Open To Any Outcome

- *The fact that I have some time to do some tapping is a good thing.*
- *I am open to whatever comes up during this tapping session.*
- *I might learn.*
- *I might heal.*
- *I might transform.*
- *Regardless of the outcome, just taking a few moments for my healing and transformation is good for my health and wellbeing.*
- *I am grateful for this time.*

2) Setting Your Healing Intentions

- *My intention for this process is to experience healing and transformation around this issue.*
- *My intention during this process is to learn to love myself more.*
- *My intention during this process is to experience only the memories, thoughts, and emotions that are helpful and healthy for me.*

3) Clear-ish Statement of Outcome

Version 1: Taking action

- *The action that I am not taking is...*
- *Not taking this action is causing me...*
- *Because I am not taking this action I am feeling...*
- *I would like to easily and decisively [insert action to take].*
- *I would like to take these actions [insert time frame].*
- *While taking this action I would like to feel...*

Version 2: Clearing past memory

- *I would like no longer to be impacted, influenced or controlled by this memory of...*
- *I would like to remember only the details about [memory] that are helpful and healthy for me.*

Version 3: Strong emotion in the moment

- *I would like to stop feeling [emotion] that is causing me to [negative outcome].*
- *I would now like to feel [emotion] so that I can [positive outcome].*
- *I would like this change or something better.*

4) Self-Compassion

- *I give myself permission to be easy and gentle with myself.*
- *I give myself permission to be easy and gentle with the fact that I am struggling with this.*
- *I give myself permission to be easy and gentle with the fact that I am still struggling with this.*
- *I give myself permission to be easy and gentle with the fact that I haven't worked on this issue sooner.*

5) Understanding The Healing Process

- *This is a healing process and not a healing moment.*
- *I give myself permission to allow the process to unfold in a natural way.*
- *I give myself permission to heal without needing to know the reason why I am the way that I am.*
- *I recognize that when I live in a new way with a new belief, I am not being thoughtless, careless, or reckless in creating change.*
- *I recognize the fact that this is a healing process. It is not an all-or-nothing process. I am open to the possibility of total transformation while recognizing it is a process.*