

TAPPING AWAY YOUR ADDICTION

Freedom and Confidence
in Yourself Await You

KATHY E. WILLIAMSON

Tapping Away Your Addiction

**Freedom and Confidence
in Yourself Await You**

Kathy E. Williamson

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This book demonstrates an impressive personal improvement tool. It is not a substitute for training in psychology or psychotherapy. Nothing contained herein is meant to replace qualified medical advice. The author urges the reader to use these techniques under the supervision of a qualified therapist or physician. The author and publisher do not assume responsibility for how the reader chooses to apply the techniques herein.

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Introduction

Many addicts successfully detox off their substances, stay clean for a while, but when the cravings attack them, they give in and end up abusing again. It seems the cravings are one of the biggest obstacles to staying clean. I will discuss some other major obstacles later in this book.

Until now, a person had to use Suboxone, Subutex, Methadone, or just pure willpower to not give in to these cravings. This book will explain to you a proven scientific method that can stop your cravings in five minutes. You can use this whenever the cravings attack you. If you're in a public place and the urge to drink or do drugs pops up, you can excuse yourself and go into the restroom or find a private place and use this technique to stop those cravings. You can then return to your activity without being distracted by any cravings or anxieties.

Perhaps you don't deal with cravings, but anxieties and uncontrollable emotions seem to overtake you and you don't know how to handle them. This technique also helps you relieve those anxieties and out-of-control emotions.

If this is such a proven technique, then why haven't addicts heard about it before? Because this technique is a little out of the ordinary, it is neglected by many who don't understand how powerful it is. If you could see how this technique dramatically helps Veterans going through the agony of PTSD, you would quickly become a believer.

I personally have not used it for cravings, because I've been clean from my ten year addiction to pain pills since 1990. My experience with it came over a problem with my computer that got me emotionally upset. Although I am very computer savvy, I had a software program that got me totally upset and frustrated because I didn't know at that time that it was not compatible with what I wanted it to do. After numerous attempts at various times to fix the problem, I soon became so upset that I wouldn't even turn on my computer any more. Just the act of doing that brought up the previous anxieties of dealing with that software problem.

So I used this technique, not knowing if it was going to help on such a small issue I was going through. The next time I turned on my computer, I was amazed that I was calm on the inside. I even tried working on resolving the software program problem, and I still remained calm. I was totally amazed! Once I did some further research and found out why the software program wouldn't do what I wanted it to do, I stopped trying to fix it.

After that, I felt like I found a hidden treasure that I needed to tell everyone about it. I went online and found out that this technique also helps addicts with their cravings, anxieties, emotional issues, physical pain, and whatever other issues interfere with living a happy life.

Since my passion is to help addicts get clean, stay clean, get out of the relapse cycle, and discover how to build an awesome future for their lives, this technique is one of the most valuable tools for addicts.

Before we get into explaining what this technique is, I'd like to share with you my viewpoint on addictions. It's completely different than what most addicts are being taught today. If by chance you don't agree with my viewpoint, don't let that stop you from using the powerful technique taught in this book.

I was addicted to pain pills for ten years and have been clean since 1990. I believe addictions are a symptom of underlying problems—not the problem itself. They are not a disease nor are they genetic. Once the underlying issues are resolved (and the cravings are resolved), the addict never has to go back to the addiction. In my book *My Friend Is An Addict – What Can I Do? Use the Roadmap Out of Addiction™ to Influence Your Friend and to Take Back Your Life* I go into the process of identifying what those underlying issues are – even if they're simply boredom in life!

One tip I can give you here is that once your cravings have stopped, what will you turn your thoughts toward? Many stay stuck on feeling guilty or ashamed about their past, their addiction, or even their current situation in life. By the way, you can use Tapping to help you with those issues too. I encourage you to take your dreams for your life off the shelf. What is your passion in life? What is it that you thoroughly enjoy doing that you would stay up late at night or jump

up out of bed early in the morning to go do it? How can you bring that activity into your life at least once a week? How can you take your passion and use it as a means to reach out to love and serve others the rest of your life?

The first section of this ebook deals with tapping away your problems. The second section helps you instill hope and confidence for an awesome future.

Tapping is just one of the skills to help addicts and others live better lives. For a complete description of my Roadmap Out of Addiction, check out the above-referenced book. It is available on Amazon in paperback and in Kindle format. While the book was written for the friends and families of addicts, addicts can also achieve the freedom they are seeking from their lifestyle of addiction.

SECTION 1
Tapping Away Your Addiction

Chapter 1

What Is Tapping?

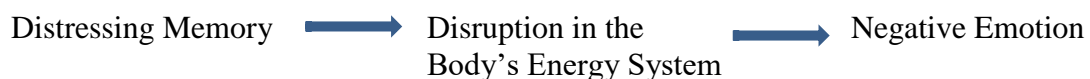
Tapping is an emotional version of acupuncture, except it doesn't use needles. It uses a two-prong approach wherein you (1) mentally "tune in" to specific issues while (2) stimulating certain meridian points on your body by tapping on them with your fingertips. A meridian is any of the pathways in your body along which vital energy flows.

The theory is that **the cause of all negative emotions is a disrupting in the body's energy system**. It's like your negative emotion gets stuck inside one or more of these meridian pathways and stays there until it is relieved by using Tapping. So no matter how much counseling you have, or praying you do, or whatever else you do to try to get rid of your negative emotions, they remain in your meridian pathways until dealt with.

This is great news because once you use Tapping, you can have very quick results. In fact, you do not have to replay in your mind every detail of what caused that negative emotion in the first place. Your negative emotion is not caused by your "memory" of that event. Your energy flow in your body got disrupted at the time of the event. Therefore, we do not need to go into great detail of your memories. This means that doing Tapping does not bring on more emotional feelings.

Yes, you will be asked to briefly recall your problem, which may bring on some discomfort, but that is all. Then we apply Tapping to that event and release the emotion that is stuck in your meridian pathway.

Through Tapping we deal with the cause of the disruption in your energy flow, not the resulting negative emotion. Think of it this way:



Most counseling methods try to treat the memory behind the negative emotion, but fail to deal with the disruption in the body's energy system.

This disruption in the body's energy system causes all kinds of problems. They include guilt, anger, fears, phobias, anger, grief, anxiety, depression, traumatic memories, PTSD, worry, guilt, and all limiting emotions in sports, business and the performing arts.

The medical profession has long known that emotional issues can affect our body chemistry and, in turn, can lead to everything from rashes and headaches, to addictions, impaired immune systems and cancer.

And since a lot of physical problems are caused by our negative emotions, once we deal with the underlying causes of our negative emotions, our physical problems go away.

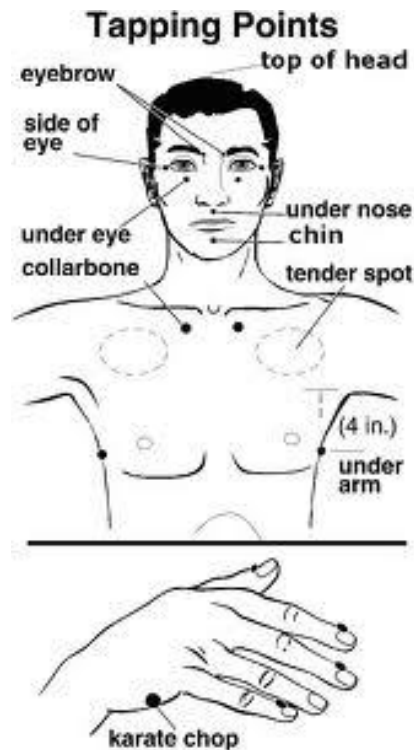
For more understanding of the theory of Tapping, here is the link to a website that provides further insights www.TheTappingSolution.com. There are videos and further trainings on his website.

Chapter 2

The Tapping Process

It helps if before you start you can identify the intensity of your emotional issue on a scale of 0 to 10, with 0 is no intensity at all and 10 is the highest intensity.

Here is a diagram that shows the tapping points on the body. You will be using your fingertips to gently tap on each of these points 6-7 times before proceeding to the next point. So if you use your right hand, use your index finger and your middle finger to do the tapping. When you do the Setup Phrase below, use these fingers to tap on the Karate Chop point on your left hand.



The Setup Phrase

The purpose of the Setup Phrase is to identify the problem, and to also accept yourself even though you have this problem. While continuously tapping the Karate Chop point on the side of the hand (see the diagram above), repeat the following statement three times:

“Even though I’m upset about _____ (name the problem), I deeply and completely accept myself and love myself.”

The Tapping Sequence

Tap about 6-7 times (estimate) on each of the energy points on the above diagrams, while repeating a brief phrase that reminds you of the problem. I’ll give you examples below and throughout the rest of this book.

Here’s the Sequence:

 Eyebrow (inner part of your eyebrow where it starts in the center of your head)
 Side of the eye
 Under your eye
 Under your nose
 Your chin (that indentation part of your chin)
 Your collarbone (find the prominent bone on our collarbone and tap just below it)
 Under your arm (for women, this would be where your bra fits)
 Top of the head (in the center of the top of your head)

Here’s an example:

Karate Chop: *Even though I’m very anxious right now and want to drink, I deeply and completely accept myself.*

 You could also say *“love myself,”* or *“I choose to do what’s right and not drink.”*

Repeat this for three times before moving on to tapping the other meridian points.

Tapping Points:

As you go through the tapping cycle, just continue to repeat the shorter phrases. You don't have to say the same phrase for each tapping point. You can change the wording as you feel fit.

Even though I'm anxious, I accept myself.

Even though I want a drink so bad, I love myself.

Even though I can't control my emotions, I love myself.

Even though I see drinking as the only way out, I choose not to do it.

If you know WHY you want to drink – what you want to escape from – use that in your tapping phrases also.

I want to drink because I can't stand the pain from my memory about _____.

But I choose not to because I love and accept myself.

I am so angry at _____ for what he/she did/said that I want to drink.

But I choose not to because I love and accept myself.

Sometimes as you go through your tapping, different negative events will pop up in your head. These are things that you need to tap on as soon as they pop up.

Tail Enders

When you tap, you may have objections come up in your thoughts. In fact, these may be your main problem. The objections can start out with “yes, but ...,” “that won't work in my life because ...,” “I tried to do this, but I failed because ...,” “these negative statements are true and I can't change them” It's very important that you recognize these tail enders and use Tapping to resolve them. If they are not resolved, they may hinder the effectiveness of your Tapping to resolve problems.

Repeat as Needed

After you have gone through the tapping sequence two or three times, stop and reassess where you are. Before you started you assessed where your emotional intensity was on a scale of 0-10. Now where are you at? If you still have some negative emotions, then repeat as follows:

Setup Phrase: *“Even though I still have some remaining negative feelings about _____ (the problem), I deeply and completely love and accept myself.”*

Tapping Points: *“Even though I still have some negative emotions about _____, I accept myself.”* And keep repeating some of the sentences you used in your previous sequence as you go through this tapping sequence.

If you want to know what the tapping sequence looks like on a real person, you can do a search on YouTube to find a video of someone doing it.

Sometimes when you tap on one of these points, you may feel an instant relief from your emotions. If so, you might want to continue tapping on that specific point as you finish your sequence of statements.

While using the suggested statements in this ebook, when you see three periods, move to the next tapping meridian in the sequence.

Chapter 3

Tapping For Cravings

Now that you know how to do the Tapping process, here are some statements to help you through specific issues addicts and recovering addicts deal with. Remember that the addiction is only a symptom of underlying issues. As you go through this process, when past situations, people, your own actions, your negative feelings, pop up, immediately begin to tap on those, even if it's in the middle of a tapping sequence.

You can even stop your tapping sequence and begin with that new topic by using it in a Setup Phrase and the continue.

If you begin to cry, don't stop the tapping. What are the thoughts behind your tears? Tap on those thoughts.

Cravings

Cravings can come from either a physical craving or a psychological craving. You will realize that once the craving starts, your thoughts are focused only on the craving and you keep thinking about it, telling yourself that you **MUST** have it in order to get rid of the craving. The craving can be for the "high" you get from the drug or the "escape" from your current emotional turmoil.

I want you to look at your circumstances or thoughts that are happening at the moment your craving first starts. Are you trying to avoid either some situation, a person, rejection, or some negative emotions from your past? If so, in addition to tapping for the craving, also tap for those specific situations or thoughts.

After you use Tapping to get rid of your cravings, you need something to change your thoughts toward. Starting in Chapter 14 I take you through the "Erase & Replace" process. You will learn how to identify your passion in life and develop an awesome future based upon it. This gives

you something to turn your thoughts toward—instead of focusing on your cravings, or “not” doing your addiction. When you end up focusing on your future 100% of the time, and you have erased your internal objections to you fulfilling your dream, then your desire for your addiction goes away as a byproduct. You will also be shown how to change your beliefs so you *can* live a happy and contented life!

Right now, let’s start with eliminating your cravings.

Setup Phrase: Even though I have this craving for _____, I completely accept myself and love myself.

Tapping Sequence: I’ve got this craving for _____ ... I just can’t help myself ... It’s got a hold of me ... I’ve got to have this _____ ... This craving has taken over everything ... I can’t even think about anything else ... This craving is too much for me ... This craving is controlling me.

Setup Phrase: Even though this craving has complete control of me, I choose to do what’s right and change my thinking.

Tapping Sequence: I’m better than this craving ... I don’t need this drug/alcohol ... I AM strong enough to overcome this ... I don’t need this drug/alcohol in my life ... I’m better than this disease ... My future is going to be better than my past ... I won’t screw up my life again! ... I’m taking control of my life right now.

Setup Phrase: Even though I still have some of my craving, I completely accept myself and love myself.

Tapping Sequence: Although I’ve given in in the past, I won’t today ... I deserve better in my life than doing drugs or alcohol ... I choose to take better care of myself ... My friend who is enticing me can go ahead and do drugs – but I won’t! ... I am the winner here, not the craving ... My craving will not control me – I control my life ... I have had it with drugs/alcohol, I am taking control of my life! ... I’m in charge of my life and my future.

Setup Phrase: Even though I still have a little bit of craving left, I choose to take complete control of my life right now.

Tapping Sequence: I am quite capable of turning away from this craving ... I choose to live a life free of drugs ... It feels good to be in charge of my life ... I'm afraid this feeling won't last ... But I'm in charge of my life, not the cravings ... I choose right now to ignore any craving that pops up ... I will no longer focus on these cravings ... I will think about my future instead.

If you had any other topic pop up while doing this tapping, tap on those topics until the anxiety from those issues are resolved.

Chapter 4

Tapping For Anxieties

When you feel anxiety come upon you, it's not always easy to know why you're feeling that way. That's okay. You can still use this process to eliminate those anxieties. But if you do now why you're anxious, tap on that specific reason.

Setup Phrase: Even though I'm feeling very anxious right now, I completely accept myself and love myself.

Tapping Sequence: This anxiety is making me want to use ... I don't know why I'm so anxious ... I just wish this anxiety would disappear ... I'm so afraid I'm going to end up using ... I want so bad to not go back to drugs ... I'm afraid I'm not strong enough to resist ... But I am strong enough to resist ... I choose to take complete control of my life.

Setup Phrase: Even though I'm still feeling anxious, I completely accept myself and love myself.

Tapping Sequence: I get anxious and I don't know why ... I don't want to be anxious any more ... I want complete control over my life ... I don't want to mess up my life any more ... But these anxieties just seem to take over ... Yes, I can get rid of these anxieties ... Yes, I can live daily without them ... I choose to live life without anxieties.

Setup Phrase: Even though I still have some anxieties left, I choose to take control over this situation.

Tapping Sequence: This situation is causing me anxieties ... I'm choosing to respond differently to this situation ... I will not let this situation control me any more ... I am in control of my life ... There's no reason to be anxious ... I can handle whatever comes up in my life ... Taking control of my life and not being anxious any more feels so great! ... It feels good to know I don't have to allow my anxieties to control my life.

Setup Phrase: Even though I'm afraid these anxieties will return, I choose to not allow them to return.

Tapping Sequence: I have been controlled by my emotions too long ... I choose to no longer be controlled by my emotions ... I do not have to be anxious about my future ... I do not have to worry about relapsing ... I am in control of my life ... I am developing an awesome future for me ... Nothing will stop me from going after my dreams ... I deserve to be happy and living a great life!

Again, if other topics or issues come up during these tapping sequences, tap on them.

Chapter 5

Tapping For Upsetting Emotions

You *can* control your emotions. Even when painful memories come up, you can stop them before you get into an emotional frenzy where you feel out-of-control.

Your emotions do not dictate how you live. Rather, you can take control of your emotions, learn how to handle them, and live a calm life. Sometimes you have to look at your beliefs behind your emotions. If you need to change your beliefs, but you don't, getting control over your emotions will take longer.

Setup Phrase: Even though I have a lot of emotional pain and am quite upset, I choose to love myself and accept myself.

Tapping Sequence: I'm just so upset, I can't stand it ... Why can't I ever control my emotions? ... My emotions always seem out of control ... Can I really control my emotions? ... Will it last? ... I've always been so emotional, I'll never change ... But what if I could change? ... I'm going to change. I'm tired of being controlled by my emotions.

Setup Phrase: Even though I'm still upset, I choose to completely love myself and adept myself.

Tapping Sequence: I always get upset around _____ (person) ... I can't control my emotions, or can I? ... I can take back my power over my life, rather than let that person control me ... I choose to remain in control of my emotions ... I no longer allow my emotions to dictate what I can or can't do ... It feels good to know I can be in control of my life ... I'm on my way to being healed ... It's time in my life to make major changes and controlling my emotions is a major step.

Setup Phrase: Even though I am still a little bit upset, I choose to take control over my emotions.

Tapping Sequence: My emotions no longer control me ... That person will no longer control me ... That situation will no longer control me ... I can handle my emotions ... I no longer rehash my painful memories ... I am now focused on looking at my future ... I have an awesome future ahead of me ... The rest of today is going to be great!

Setup Phrase: Even though I still have a tiny bit of being upset, I completely love and accept myself

Tapping Sequence: I've been so emotional my whole life, but I now choose to no longer live that way ... When the bad memories come up, I will not let them control me ... I choose to think on positive things instead of focusing on the negative in my life ... My life is getting better every day ... I no longer let emotions control me ... I am in total control of my emotions ... I've replaced negative emotions with positive ones ... I now live in complete control of my life.

Chapter 6

Tapping For Panic Attacks

If the tapping sequences on anxieties do not resolve your panic attack, these sequences should help you. If you know what event or situation brings on the panic attacks, I suggest you do the tapping sequences before you do that event, and while you're doing that event. For example, if you get a panic attack by leaving your home, then do the event before you leave and as you're walking outdoors and down the street.

Setup Phrase: Even though I'm having this panic attack (or, Even though I have a panic attack every time I _____), I completely love myself and accept myself.

Tapping Sequence: I don't need this panic attack ... I can handle whatever is going on in my life ... There is no reason to panic ... I am completely capable of handling things ... I feel like I can't breathe ... I feel like I can't walk any further ... I've got to go back to my house/room ... I can't handle being in public.

Setup Phrase: Even though I'm still having this panic attack, I completely love myself and accept myself.

Tapping Sequence: I can't go there (situation _____) ... But what if I could ... I am in complete control of my life! ... Nothing is going to happen to me ... I can remain calm and proceed further ... I don't need to have a panic attack ... I no longer need to be afraid of anything ... I can do this!

Setup Phrase: Even though I'm still a little panicky, I choose to remain calm and confident.

Tapping Sequence: What if somebody makes fun of me? ... What if I fail and make a fool of myself? ... Are they any better than me? ... No – in fact, I'm a very loving person ... Nothing will

happen that I can't handle ... I can handle anything that happens ... I have a lot to offer to people ... I am a very loving person and people enjoy being around me.

Setup Phrase: Even though I'm still a little panicky, I choose to completely love and accept myself

Tapping Sequence: I choose to not let people or situations overtake me ... I am in control of my life and I love it! ... I am no longer panicky ... In fact, there is no reason to have any more panic attacks ... I choose to relax and enjoy my life and the current situation ... I can handle this situation/person without having to use drugs or alcohol ... This situation/person will not cause me to relapse ... I'm in control of my life and I choose a life free of drugs/alcohol.

Did any topics come up while you were tapping? Tap on those issues.

Chapter 7

Tapping For Fears

Fears come in a variety of forms, intensities, types, and affect people in different manners. Whatever your fear is, replace it for the example I'm using below.

Setup Phrase: Even though I'm fearful that I'm going to relapse if I (go visit my family), I completely love myself and accept myself.

Tapping Sequence: I've been clean for _____ but I'm afraid I'll relapse if I go visit my family ... I can't handle my family's remarks ... I can't handle how they make me feel ashamed for my past ... It's like walking on egg shells when I'm with them – waiting for the bomb to drop ... I'm afraid I won't be able to handle my emotions when I'm there ... I've almost convinced myself that I won't be able to handle being there ... I am so afraid of failing myself and end up relapsing ... I don't have the strength to handle all their emotional drama about my life.

Setup Phrase: Even though I'm still fearful about visiting my family, I choose to handle things differently

Tapping Sequence: I am in complete control of my life ... I refuse to give my power to my family and allow them to upset me ... I do have the strength to make it through the visit ... Their comments about me or my life are just their opinions ... I know I am on the road to recovery and I won't let them get me off track ... I cannot change them – I can only change myself ... I am on the right road to change myself ... I do deserve to live a life full of happiness, contentment, and excitement about my future.

Setup Phrase: Even though I'm still feeling a little bit afraid about visiting my family, I completely accept myself and love myself

Tapping Sequence: This will be my first time I'm going to stand up for myself – I'm scared ... I can do this – I've got the willpower to choose to do what's right ... I used to be codependent upon my family but today I refuse to allow them to be the people running my life ... Today I choose to take complete control of my life ... Since I am in control, I need not fear ... I can do this and not lose control ... It feels good to be in control ... All my fear is gone.

Setup Phrase: Even though I have a little fear left about visiting my family, I choose to be calm and confident

Tapping Sequence: It's okay for me to show to my family the “new me” ... If they won't believe that I'm on the road to recovery this time, that's their problem ... I know who I am and that I can do this ... There is nothing to be afraid of ... There is nothing they can do to make me feel bad about my past ... I am calm and confident about my upcoming visit with my family ... Yes, I can do this ... I feel so good because I am in control of my life!

Some other fears you may be dealing with include:

- I'm afraid rehab won't work for me
- I'm afraid I'll never be able to stay clean
- I'm afraid of how I might physically feel when I go off the drugs
- I want to go visit my friends who are still using, but I'm afraid I might end up using
- I'm afraid of being alone if I leave my friends who are addicts
- I'm afraid I won't be able to handle life if I quit my drugs
- I'm afraid I won't be able to handle my emotions if I quit my drugs
- I'm afraid I won't be able to have enough will power to do what's right to get my life back into living a normal life again
- I'm afraid I won't be able to handle my physical pains (for a medical condition I have) if I go off my drugs
- I'm afraid of losing my kids if I relapse one more time
- I'm afraid no one will love me if I'm not spaced out on drugs

You can probably add your own fears to this list.

Chapter 8

Tapping For Shame / Hate Yourself

Nobody grows up with the goal of becoming an addict. But once we do become one, then we are our own worst enemy. We end up beating up ourselves. We are so full of shame, guilt, and pain over how our addiction affected family members, other loved ones, and our friends. Sometimes our guilt and shame are reinforced by hurtful comments from those we love. We must deal with our self-talk to stop our rehashing of how bad we are.

We don't need anybody to help us feel this way. It just seems to come naturally. Which is the problem. We've been dealing with it for so long that we soon believe that this is who we are and we will never change. We end up hating ourselves. But we must change, beginning with this false belief.

You are not what you do! Your actions and habits do not determine “who” you are. It's time to take back control of your identity. What has happened in your past—is in your past. Even if it happened this morning. It's now time to move on to rebuild your self-esteem, along with building a better life for you. Starting in Section 2 I go into how you can use this same Tapping process to plan your future. But for right now, let's deal with some of the emotions that arise from feeling shame and guilt over your past, especially your addictions.

Setup Phrase: Even though I feel ashamed for being an addict, I accept myself and love myself.

Tapping Sequence: I can't believe I let myself get to this point in my life ... I feel so ashamed that I let down my family ... I feel so ashamed that I let myself down ... I am so ashamed that I can't get my life back under control ... I feel so guilty for doing what I knew was wrong to do ... I am so ashamed that I don't want to be around my family or former friends ... I just can't get over feeling ashamed ... My life has caused so much pain to my [spouse] [children] [friends].

Setup Phrase: Even though I still feel a lot of shame, I choose to lay this aside and move on with my life.

Tapping Sequence: This shame over my past stops today ... I am now on a road to recovery ... I am proud that I am taking the necessary steps to get my life back in order ... I refuse to be down on myself any more ... I refuse to allow others to cause me to feel shame and guilt over my past ... I choose to move on with my life ... I choose to believe I can have a better life starting today ... Yes, this feels good to get rid of the shame.

Setup Phrase: Even though I still feel some shame, I completely love myself and accept myself

Tapping Sequence: My future is not determined by my past ... I refuse to carry this shame and guilt into my future ... Others may not understand how I am transforming my life, and that's okay ... I believe in myself ... I can have a great future ... Failure does not mean that "I" am a failure ... I choose to quit rehashing my past and how badly I screwed up my life ... Yes, I choose to make better choices for my life, starting today.

Setup Phrase: Even though I hate myself for what I've done with my life, I now choose to accept who I am, aside from what I "do."

Tapping Sequence: I made some wrong decisions in my life but now I choose to make better decisions ... I can recover and build an even better life than what I had before I became an addict ... Inside me is a great person, who has a lot to offer this world ... I am not defined by my previous decisions to abuse drugs ... I choose to love myself starting today ... I am better than my past ... I can have an awesome future! ... I choose to live life to its fullest starting today – no matter what anybody else says.

When someone makes a comment that hurts you and you begin to feel ashamed, immediately find a physical place where you can go so you can go through the above tapping sequence. If you need to, write these tapping sequences in the notes section of your cell phone (an app such as

Evernote is free and is simple to use). You do not need to let anybody's comments tear you down any more—especially your own negative self-talk!

You must become disciplined in using the Tapping process immediately. Why? Because we became so comfortable living in our pity-party that it feels “good” to go back into it. It's time to change and that starts today. You can do it!

Chapter 9

Tapping For Nightmares / Flashbacks

People who deal with nightmares on a regular basis sometimes end up using drugs or alcohol to help them cope. Yet it can lead to an addiction if the nightmares are not resolved. Nightmares are a classic example of how an event gets stuck inside an energy meridian in the body and does not respond to typical counseling or psychotherapy.

Nightmares are called such because of the scary scenes in the dream, which result in a heightened negative emotional state. A person can awaken from the nightmare suddenly, feeling a state of emotional upheaval, feeling panic, and possibly even thrashing around in bed. The best time to do Tapping for nightmares is when you first awaken from the dream.

If you remember the specifics of the nightmare, repeat the scene in detail, while tapping through the sequence. Do this a couple of times, inserting throughout your sequence, “But I choose to be calm and confident.”

Is your nightmare similar to anything in your history? Childhood? Being in the Armed Forces? Being in war? Being confined against your will? If you can recall a specific event (or repetition of particular negative incident) that your nightmare might be related to, then tap on that event, describing the scene, inserting throughout your sequence, “But today I choose to be calm and confident.”

Setup Phrase: Even though I’m scared and feeling panicky, I choose to be calm and confident.

Tapping Sequence: This nightmare has gotten me all upset ... But I choose to be calm and confident ... This was only a dream, it can’t do anything to affect my real life ... While I was not in control while in the nightmare, in real life right now, I am in full control of my life ... The scenes from the nightmare no longer have control over me ... The people chasing me, or the

monster chasing me have no control over me ... The monster represents _____ (if you know)
... But the monster does not have control over me or my life.

Setup Phrase: Even though I have these nightmares quite often, I choose to be calm and confident

Tapping Sequence: I don't need to know the meaning behind these nightmares ... By doing this tapping, I am releasing whatever got trapped in my energy meridians ... I choose to no longer be concerned about these nightmares ... Whatever these nightmares represent in my life, I now release those strongholds ... My life is going to be so much better since these nightmares are no longer part of my life ... What has happened in my past that was something I could not control at the time, no longer affects my ability to control my life today ... I choose to remain calm and confident ... I'm excited that my nightmares will no longer be part of my life.

Setup Phrase: Even though I have flashbacks, I choose to remain calm and confident.

Tapping Sequence: These flashbacks are stuck inside my energy meridians and after tapping, they will no longer be a part of my life ... I don't need to completely understand all these flashbacks and what they mean ... I choose to let go of them ... Even though these flashbacks bring me a lot of anxiety, especially if I think I have to re-live the event, I choose to let it go without having to look at each detail of the event(s) ... These flashbacks are scary and get me totally upset ... I choose to let go of them ... I feel good knowing that these flashbacks will no longer be a part of my life ... Even if flashbacks come back for other event(s), I am confident that doing tapping at that time will also take away those flashbacks too.

Setup Phrase: Even though I have flashbacks and sometimes they bring back physical pains, I choose to remain calm and remain pain-free.

Tapping Sequence: I'm so frustrated by having these flashbacks and the physical pain they give me ... I didn't do anything to deserve these flashbacks ... I am ready for these flashbacks to stop ... Even though they keep reappearing, I completely accept myself and love myself ... I

understand the memory of the event does not go away, but I no longer have flashbacks that put me in either physical pain or emotional pain ... These flashbacks no longer need to appear in my life anymore ... I'm done with these flashbacks ... I look forward to living my life without being interrupted by these flashbacks and the physical pains they bring.

Nightmares and flashbacks also come in varying intensities. If you are not able to get relief from the above tapping sequences, [click here](#) for an article to check out that might give you some more insights on statements to tap on.

If you have PTSD, there is a book [EFT For PTSD](#) that you can get from Amazon. It will give you more tapping sequences and insights for resolving your PTSD.

Chapter 10

Tapping For Self-Harm / Cutting

People who do self-harm, whether it is cutting or some other way of damaging the body tissue without the conscious attempt to commit suicide, do so for a variety of underlying reasons. It may be a strategy:

- To cope with unbearable emotional and/or psychological pain
- A way to survive
- To release overwhelming emotion
- To punish self
- To gain some control when feeling out of control
- To regain feelings when numb or disassociated

Self-harm is commonly associated with the following mental health issues:

- Post Traumatic Stress Disorder
- Dissociative Identity Disorder (Multiple Personality)
- Eating Disorders
- Substance Dependency
- Clinical Depression
- Personality Disorders

I share the above to help you begin to look at why you might be doing self-harm. Sometimes all you know is that it *releases* your pent-up emotions, or it makes you *feel* again when you have emotionally numbed yourself from the overwhelming things going on in your mind.

In using Tapping for self-harm matters, it usually clears up the self-harm if the underlying issues/traumas can be identified. [Click here](#) for an article where EFT is used on a 15 year old who had been cutting.

As you can see from this article, sometimes there is more than one traumatic event that needs to be dealt with.

Before you begin to use Tapping on yourself for any self-harm issue, spend a few minutes reflecting on what traumatic events from your past keep popping up in your head. You don't have to re-live each event. Just write down on paper a sentence or two to remind you of each event.

When a person suffers from overwhelm or PTSD, just dealing with the current feeling will not resolve the issues. Think of a table with four legs. The table top is the current feeling. Each leg represents an event that led to that feeling. The good news is that once you begin to use Tapping for each individual event, sometimes the whole table (feeling of overwhelm) collapses before you finish, even if there are specific events you did not use Tapping on. Therefore, it is not necessary to continue to tap on the remaining events. However, should those events that were not addressed return in the future and bring on unwanted feelings, then you will need to use Tapping on them.

Also within that article is a link to learning the "Movie Technique." This is a more advanced method of Tapping, which is beyond the scope of this ebook. However, if you desire to learn it, this may increase the effectiveness of using Tapping for self-harm and other issues.

Begin your Tapping by choosing one of the events you listed on your paper.

Setup Phrase: Even though I was in a terrible car accident that killed one of my children, I choose now to be over this and to heal.

Tapping Sequence: I can still hear the cars crashing into each other ... I can hear the screams of my two children ... But I can't hear anything from my oldest daughter ... Although I am hurt myself, my heart is racing as I'm frantically trying to awaken my oldest daughter ... We're all crying, but I can't get my daughter to wake up ... I'm screaming at her to wake up! ... I see other

people running over to help us, but I feel so helpless ... I don't know what to do to make my daughter wake up

Setup Phrase: Even though I'm still upset over this accident, I choose to love myself.

Tapping Sequence: My daughter is gone ... I feel so empty ... I'm so angry at the other driver who ran the red light ... I'm so angry at myself for not being able to save my daughter ... I'm so angry at the world – it's not a safe place to be ... I choose to begin to release all my anger ... I don't know how, but I choose to release my anger at the driver of the other car ... I choose today to let go of these anxieties and fears and move on with my life.

Setup Phrase: Even though I still have some resentment over this incident, I choose to let go and learn to love life again.

Tapping Sequence: I can't bring my daughter back ... I know she is in heaven, a much better place, and I'll see her one day ... I release her and all my anxieties from the accident ... I choose to be the best mother I can for my children ... I am no longer angry over something that I can't change how it turned out ... I choose to lay aside any guilt I have ... I choose to open my heart to love again ... I choose to embrace life and live it to the fullest.

Setup Phrase: Even though I still have thoughts about this accident, I choose to not let them control my life any longer.

Tapping Sequence: The pain from these memories is now bearable ... I no longer need to self-medicate myself by using drugs or alcohol ... I now release my love to enjoy life again ... I will cherish the memories of my daughter ... I will honor my daughter by being the best mother I can to my other two children ... I choose to live my life out of love and compassion ... Every day I will feel blessed to be alive and full of love ... I am now calm and confident.

If you have other events that need to be resolved, use the Tapping sequences on each of those events.

Sometimes a person who does cutting is dealing with fear of what would happen if she allowed herself to feel all the emotional pain from her past traumatic events. The good news about Tapping is that you can even do a tapping sequence to deal with those fears.

Setup Phrase: Even though I am afraid to let myself feel any painful emotion, I choose to accept myself and love myself.

Tapping Sequence: My emotions are too painful to allow myself to feel them ... But what if I can resolve the underlying issue without having to feel the emotions? ... Even if I feel the emotions, I can handle them ... I refuse to let them overwhelm me ... My emotions do not control me ... I take control over my emotions starting right now ... My painful emotions from my past do not dictate how my future will be ... As I go through the tapping sequences for my past painful events, my emotions will not overwhelm me nor cause me to be out of control. I am in control of my life!

Chapter 11

Tapping For Physical Pains

Many times doctors prescribe pain pills or anxiety pills to help with various physical pains and medical problems. While many people start out with legitimate reasons for taking these pills, after a while the pills are taken for emotional and psychological reasons. This is how I got hooked on pain pills. After being in and out of the hospital for six months due to recurrent pancreatitis, I began seeking the pain medicine because I liked how I felt while on it.

At that time in my life I was 27 years old and still hated my parents and I had not dealt with my issues from my upbringing. My shyness and low self-esteem also played into my wanting to escape. I didn't know about Tapping back then.

But this chapter is about helping you overcome physical pains which may keep you needing to use pain pills. I do not recommend you go off your pain pills without your doctor's approval. However, as you go through this Tapping process, you may find your pains disappear and your need for the pain pills diminish.

It seems a lot of people nationwide are suffering from back pain that has an unknown cause. Therefore, I will use lower back pain in the following example.

As you go through these tapping sequences, if certain words or topics or memories pop up, I suggest you use Tapping on those.

Sometimes when you start tapping for a pain in one area of your body, it will stop hurting in that area, but immediately show up in another part of your body. This can happen even between your sentences. If that happens, change the location of your pain in the sentences you use.

Setup Phrase: Even though I have this lower back pain, I completely accept myself and love myself.

Tapping Sequence: This lower back pain is a pain ... I am so frustrated with this back pain ... It keeps me from doing things in my life ... This back pain needs to go away ... If there is any emotional issue behind this back pain, I release it now ... Anything from my past that is causing this back pain, I now release it ... This back pain must go right now ... This back pain is now gone.

[Do you think your back pain has anything to do with an emotion – such as anger, frustration, or some emotional hurt? If so, tap on that emotion in combination with your back pain. Here are some sample statements.]

Setup Phrase: Even though I still have some lower back pain, I choose to release it and remain pain free.

Tapping Sequence: I have no need for this back pain, it must go ... Even though I doubt this back pain will leave, I'm open to allowing this Tapping process to work ... Even though I am angry at _____ for _____, I choose to let go of this back pain ... This pain has kept me from living the life I want to live ... Even though I'm angry at _____ for _____, I choose to forgive him/her ... Even though I'm totally sick of this pain and angry it won't get better ... Even though I'm angry at my body ... I choose to release this anger and the back pain it is causing.

Setup Phrase: Even though I still have a little bit of back pain, I choose to let all of it go.

Tapping Sequence: Even though I'm angry at myself for letting my life get out of control, I choose to love and accept myself ... I can't believe I let myself gain all this weight! ... I can't believe I let myself get so out of control in my finances ... I can't believe I let myself go back to living a lifestyle I thought I got over (drug or alcohol abuse, overeating, anorexia, drinking, pornography, sexual addiction, overworking, lying, allowing myself to be physically abused,

etc.) ... I am totally angry at myself and feeling ashamed ... I don't need to punish myself with this back pain ... I choose to forgive myself and make the right decisions from now on ... This back pain is no longer part of my life.

Setup Phrase: Even though I still have a little bit of back pain, I completely love and accept myself.

Tapping Sequence: Even though I'm sure my back pain is caused by something physical, I am now open to seeing if it is caused by something emotional ... Even though I want more out of life and haven't done anything to make it happen, I choose to love and accept myself ... Even though my life sucks right now, I choose to make better decisions ... Even though a recent decision I made (describe it) didn't turn out the way I thought it would, I forgive myself ... I choose to take control of my life, and not allow doctors to control the direction of my life ... I know my life can be better if I didn't have this pain, and I choose that better life ... This pain has controlled my life too long – I'm taking back control of my life ... This pain is now gone and I'm moving on with life.

Yes, I know that there are real medical conditions that cause pain. However, the *cause* of that condition *may* be from an emotional issue or how one thinks.

Chapter 12

Tapping For Depression

What causes depression? According to Emotional Freedom Technique Founder Gary Craig – *“Sometimes what is labeled depression appears to be nothing more than the ‘down state’ caused by being overburdened by a long list of unresolved emotional issues. Take care of the burdensome list and you remove the foundation from beneath the depression.”* This is what I propose to do in this chapter.

The list of unresolved emotional issues for addicts can include any or all of the topics discussed in previous chapters. They can also include:

- Guilt over the many failures you’ve had in trying to quit your addiction
- Guilt over having hurt people in your life because of your addiction
- Guilt over the things you did/do to be able to sustain your addiction (stealing money, stealing items from family members to sell for drugs, etc.)
- Guilt over not being the mother or father you need to be for your child
- Guilt over having your child taken away by a government agency
- Frustration from trying so hard to quit and you just can’t do it
- Frustration from watching your friends relapse and not knowing if you will ever get clean and stay clean and get back to living a normal life
- Hopelessness of ever getting free from the addiction
- Hopelessness of ever being able to handle one’s emotions while off drugs/alcohol
- Hopelessness of ever finding the love you seek in life
- Hopelessness of ever finding purpose in life
- And you can add your own to this list

Depression is released by dealing with these underlying issues and by learning how to replace your stinking thinking with new thoughts about a positive future. I go into this further in Section

2. But for right now we want to deal with the underlying issues that may be causing your depression.

If there is not a medical reason for your depression (I even question the doctor's proper diagnosis of depression caused by certain medical issues), another cause of depression is from the thoughts we stay focused upon. For some people, this is such an engrained habit that they don't even recognize what they are doing. We enjoy our pity parties plus the feedback and attention we get from others when we go on and on about how bad our situation in life is.

Setup Phrase: Even though I feel so guilty for everyone I've hurt by doing my addiction, I deeply and completely accept myself. Even though this is an emotional burden for me, I accept myself and the feelings I have around this issue. Even though I know I am punishing myself with these feelings, I acknowledge and respect myself anyway.

Tapping Sequence: All I can think about is everyone I've hurt ... I feel so hopeless of being able to correct the wrongs I've done ... I just wish I could go back in time and start over, but I can't ... I accept myself where I am today ... I choose to make the right decisions from here on ... I know others won't believe me, but that's okay ... I need to believe in myself first ... I choose to be a better person starting right now.

Setup Phrase: Even though I still have some guilt, I deeply accept myself.

Tapping Sequence: There are so many people I've hurt over the (years/months) of doing my addiction ... I don't think I will ever recover ... It's like a dark dungeon I'm stuck inside ... But I do see a little light of hope shining in ... I do see that others have gotten clean and gone on to live great lives ... But can "I" ever do that? ... These feelings of hopelessness wrap around me and I feel like I'm suffocating ... I choose to forgive myself and allow myself to grow.

Setup Phrase: Even though I am not sure I can get clean and stay clean, I choose to follow the path of those who have done so.

Tapping Sequence: Others have gotten clean and stayed clean, can I? ... I feel so hopeless, I don't know if I am capable of changing ... I used to have so many dreams for my life – now it's impossible to do them ... But what if it's not impossible? ... What if I really could change and stay clean? ... But I've tried so many times, I just can't do it ... Yet I see others have done it – can I at least give it a try? ... My memories of my past failures keep me stuck where I'm at.

Setup Phrase: Even though I want to change, yet I feel hopeless of ever changing and living a great life, I choose to deeply love and accept myself.

Tapping Sequence: What if I could change? ... Why should I get my hopes up—everything I tried in the past to quit my addiction and move on with life has failed. Why try? ... But I've got to do something to get rid of this depression and hopelessness ... Yes – others have done it, so can I! ... I'm choosing to forgive myself for hurting everyone in my life – and to forgive myself for violating my own consciousness that told me never to get to this point ... I know others won't believe that I'm going to make it work this time, but “I” believe it and that's what counts ... I choose to do whatever is necessary to find the solution to my situation so I can begin to live a happy life ... Yes, it's time for me to take control of my thoughts and emotions so I can start living an awesome life!

Every time you begin to feel depressed, go through these tapping sequences. I also suggest you finish reading the rest of this book because it will guide you on how to discover your passion in life and how to change your thinking so you *can* build an awesome life for yourself.

Chapter 13

Tapping For Insecurities / Low Self-Esteem

The issues of insecurities and low self-esteem show up in our lives through lack of confidence. This can be either the actions we do not take because we feel insecure, or by the thoughts we use to put ourselves down. A lot of these issues arise from our childhood. Sometimes it's not from any negative thing that happened, but just from lack of being encouraged to do stuff or lack of healthy input from our parents or other loved ones. It can also show up by our feeling unworthy.

Many times if you take a close look underneath our insecurity or low self-esteem, there is fear rearing its ugly head. We may or may not be conscious of some of the following internal thoughts:

- Who am I to do this?
- I feel inadequate.
- I'm afraid others will reject me.
- I don't feel safe.
- I know I can do it, but I'm afraid others will laugh at me.
- I hate these feelings of inadequacy
- I feel better when I'm on drugs or alcohol
- I am allowed to be my true self when I'm on drugs or alcohol
- I can let down my guard, engage in conversations, and feel like a part of the crowd
- Last time I spoke up (or did something), they laughed at me. I won't do that again!
- I want to be part of the conversation, but my input doesn't add any value, so why try?
- I'm not like everybody else. Being different makes me stand out and I don't like it.
- I'm comfortable (not really) at staying in the background of life.
- No one really knows the real me. I don't feel safe and secure being the real me.
- I have a person inside me who is dying to come out – but I'm not sure if I will still be accepted by those close to me.
- When I've tried to be more outgoing in the past, I felt so uneasy that I just retreated.

Dealing with feelings of insecurity and low self-esteem is a two-pronged approach. We need to use Tapping to get rid of the underlying emotional issue. Then we need to use Tapping to boost ourselves up so we can become that confident and successful person we know is inside us. This second use of Tapping will be discussed starting in Chapter 14.

So let's start by using the following tapping sequences to deal with any insecurity or low self-esteem you think you have. If there is a particular incident that you keep remembering that re-enforces your feelings of insecurity and inadequacy, tap on that event(s).

Setup Phrase: Even though I often feel insecure and inadequate, I love and accept myself anyway. Even though I don't think I'm good enough and I compare myself to others, I love and approve of all of me. Even though these feelings make me feel anxious and like I'm not safe, I'm open to the possibility of changing all of this.

Tapping Sequence: I feel so insecure ... I want to feel confident ... I want to feel good about myself without having to take drugs or alcohol ... I don't know how to feel good without using drugs or alcohol ... Since others can feel good without drugs, there must be a way to do it ... I choose to step out of my insecurity ... I want to start living a great life ... I can't do it living like I used to.

Setup Phrase: Even though I still feel insecure, I choose to completely accept all areas of myself.

Tapping Sequence: I don't know what to do to break out of my shell ... I have this fear hanging over my head of what will happen if I show my true self ... I choose to release this fear and become the person I was created to be ... If I feel fear rising up inside of me in the future, I decide now that I will use Tapping to get rid of it ... Today I will be true to myself and no longer hide from life ... I am ready to break through my feelings of insecurity and become a better person ... Many others have broken through their feelings of insecurity – so can I! ... Today I choose to love and respect myself for who I am.

Setup Phrase: Even though I don't think I can completely overcome my insecurities in one day, I choose to accept myself for who I am and take one step every day.

Tapping Sequence: I will do whatever it takes to find peace and fulfillment in my life without using drugs or alcohol ... Yes, it is possible to feel good about myself without using drugs or alcohol ... I don't know how that will happen, but I don't need to know right now ... I was created to do great things with my life and today I choose to begin down that path ... I choose to focus on my passion and enthusiasm ... I've decided my gifts must be expressed ... I feel relaxed knowing the "how" will be shown to me in due time ... I choose to remain calm, confident, enthusiastic, and energized.

It may help you to find a positive mentor (not a sponsor) who can encourage you to take steps to overcome your feelings of insecurity or low self-esteem. We all need someone to encourage us. Even successful millionaires have mentors to help them move to the next level of success. We constantly increase our personal and business growth through the rest of our lives.

SECTION 2
Tapping For a Confident Future

Chapter 14

An Awesome Future Made Possible

The above chapters should give you enough examples that can be modified to apply to whatever issue you may be dealing with. But now that you have *erased* the bad things in your life, it's time to instill positive traits in your life.

What do you replace them with? Once you no longer have your cravings for your drug of choice, and you are able to control your emotions, all that time you spent thinking about those issues, now what do you think about? This is where most recovery programs fall short. You're about to learn the secret to getting out of your addiction forever!

I want to see you switch from (1) thinking every day about how you must struggle to not do your addiction, or (2) spending time in support groups—to focusing on building an awesome future for yourself. I am not saying that support groups won't help you, but the goal is to find new, emotionally-healthy friends who can help you reach your goals in life. As you do so, you will eventually cut back, or quit completely, attending support groups as you are so on fire for life that you won't need them any more. Is this hard to believe? Use Tapping to tap on your unbelief.

There might be a problem though. You've been in your dungeon so long that you have no clue what you want to do with your life—besides stay clean every day. So stay with me as I walk you through this process that will open you up to living a life you never thought possible!

Bored In Life

One of the main reasons addicts relapse is from being bored. In fact, this may have been the only reason you started abusing drugs or drinking. You didn't have a reason *not* to mess up your life.

After you hit bottom, you had a motivation to not do your addiction because you didn't want to go back down into the bottom of the dungeon again. But there's a problem with that motivation.

You see, you know internally that you survived bottom once, and if necessary, you can survive it again, even if it would suck. Although you may not consciously think this, deep down you know this to be true. Thus, it is not a strong enough motivation to keep you from doing your addiction.

My goal is to change your motivation from the above to being motivated not to mess up because you don't want to screw up the awesome future you have planned for your life. Our goal right now is for you to come up with that plan. And I'll help you.

What Is Your Passion In Life?

Together our goal is to help you uncover your passion in life and build a life-long vision to use it to reach out to love and serve others.

Why your passion? Because when you're operating within it, you have tremendous emotional fuel to keep you headed in the right direction. This is something that you could stay up late at night to do, or jump out of bed in the morning with such excitement to go do it. This may not necessarily be something you can make a living doing. But if you can bring it back into your life on at least a once-a-week basis, your life will dramatically change—and quickly.

If you can't think of what your passion is at this moment, think back to your past. What things did you do that really excited you? What were you really good at and wanted to keep doing it, no matter what? If you can't remember, ask your friends or family members to help you remember.

Now that you've identified it, write it down. Be as specific as possible on exactly what you do, and how you felt when you did it.

For some addicts, what they are passionate about they can no longer do because they have a felony on their record, which prohibits them from being employed for that activity. For instance, a nurse who now has a felony on her record could no longer get a job as a nurse, therefore she could not do the nursing activities that she loved to do. At this point, the nurse needs to take a

closer look at what aspects of that job she really enjoyed, and determine if she can do that aspect in a different field.

Was it being a leader? Interacting with the patients? Knowing you were helping people feel better? Having others come to you for guidance? Were you teaching others? Was it the feeling you got from others looking up to you? Were you known for your insights and wisdom? Some other aspect not listed here?

Once you determine the various aspects you enjoyed, brainstorm with someone to determine how you can take those aspects and use them in another field that is *very* appealing to you.

A lot of addicts are very creative people. Do you know what you are creative at?

Music? Arts? Writing? Helping solve problems? Inventing gizmos? Dancing?
Sports? Teaching? Mentoring? Cooking? Acting? Motivating others? Creating
new ways to do things? Designer? Crafts? Sewing? Scrap-booking? Creating
software? Speaking?

Looking at how you like to use your creativity may give you clues on what your passion is in life. A major question for creative people is: Are you an entrepreneur who desires to open your own business? Something to think about.

This book is not designed to go into the full process of formulating your life mission and the steps required to reach it. However, I do want to get you started on thinking about it. One area I will cover, which stops so many people from going after their dreams, is how to handle your negative thoughts that stop you from moving forward in life.

Right now I want you to write down your dream(s) for your life. Don't worry about "how" you will accomplish them. Just keep writing until you've written down everything you want in life. These scenes must be as specific and clear as you can make them. What would the end result look like? What would you be feeling emotionally?

General statements like, “I want to be the best mother to my kids” isn’t a vision. It’s also not using your passion in life. Neither is “I want to have a great job, makes lots of money and enjoy life.” But if you said, “I want a job as a motivational speaker where I travel the United States teaching young adults how to keep their weight under control,” that is a specific vision using your passion.

The next chapter will deal with your internal objections.

Chapter 15

Embrace Your Dreams!

Isn't it exciting to start dreaming again? Wouldn't it be stimulating to stay in this emotional high? Well, you can. But it's going to take some work on your part to allow the dreams to stay alive. [Notice that this is a "high" you obtained without the use of drugs or alcohol!]

As addicts rise out of the dark dungeon they've lived in for so many years, sometimes it feels like there is a ball and chain keeping them tied to their past and that dungeon. I'm here to tell you that we are about to break loose from that ball and chain forever!

First, your vision for your future must not be dependent upon someone else. For example, "After I get married, I will" or "After my kids grow up and leave home, I will" Your vision must be something that *you* can work on, starting today.

Another aspect to look at before we start working on your vision is who you might be dating right now. I see a lot of addicts, just barely getting their life together, who end up dating another person who is either actively using or also in recovery. Your best chance of making the relationship continue and become great is for you to share the information in this book with him or her. Then both of you will be able to get rid of your underlying issues, identify your passions in life, and formulate vision for your futures. However, if the other person will not work on these underlying issues, my question to you is, how can two walk together unless they are on the same path?

Now, let's move on to helping you realize your dreams for your future.

Look at the list of items you wrote down from the last chapter. Things you want to do with your life, including who you want to become as a person.

Now let's do a second part of this exercise regarding those dreams. Get another sheet of paper. On your original list, number them in consecutive order. On your new sheet of paper, write down #1, read out loud your first dream. Now write out every thought that pops up as to why you could never have that dream become a reality in your life. Keep writing until nothing else comes up.

Continue this exercise for each item on your dream list.

The objections you have written down are called "tail enders." They are the "yes, but" that keep you from moving forward. Let's go back to our example of being a motivational speaker who teaches young adults how to keep their weight under control. Here are some tail enders:

- But I don't know how to get started
- Who would hire an ex-addict to teach young adults?
- That's too big of a step for me to take – from addict to being a motivational speaker
- Nobody would support me in this dream
- I don't have the skills I need to make this happen
- I can barely make ends meet right now, how could I find the time or money to pursue such a big dream?
- I'm not even sure if I can stay clean for a long time, so I don't want to start working on this dream and then screw up
- I've got children to take care of, now is not a good time to start working on this dream
- I need to work on getting myself clean and stay clean for a long time before I can even think about pursuing my dream
- Nobody will believe that I am capable of doing this
- I'll just screw this up, just like I have everything else in my life!

You can see how these objections would stop a person from moving forward. These are all fears that arise from a person's beliefs. These are your current beliefs. The good news is that beliefs can be changed.

Before we get into using Tapping to tap on these tail enders, let's take a brief look at how a person changes their beliefs. I could go into further detail, but this book isn't designed to go into that much depth. Here is the simple strategy to change your beliefs:

- 1) Choose your new belief. Remember, you can do anything you want in life. Your past does not dictate your future. New belief: "Yes, I can become a highly sought-after motivational speaker who teaches young adults how to keep their weight under control."
- 2) Use Tapping for any tail enders.
- 3) Verbally speak your new belief several times a day.
- 4) Focus your thoughts on this new empowering belief (not on your tail enders).
- 5) As you visualize yourself carrying out this belief, allow yourself to feel the emotions. When you believe you already have your goal, and you add feeling to it, then it *will* manifest.
- 6) Never quit!

One struggle I see a lot of addicts doing is fighting for their limitations (their false beliefs). I would like to see you create an awesome vision for your future, work on it daily, take action toward it daily, and believe in yourself. Find a mentor in the field you want to work in (speaking is our current example). Eventually you will not need to attend AA groups.

A person who is fighting for their limitations would disagree with *my* belief that addicts can overcome their addiction, live an awesome life, no longer have cravings or relapse, and therefore do not need to attend AA meetings any more. When you find a mentor or a group of people who encourage you in developing your talent within the field you choose, these people become your new friends (rather than the people in AA or other types of support groups). This is a new belief to grab hold of. If you don't, you will remain attached to that ball and chain tied to your past life of addiction and relapse. I challenge you to change your belief. Thousands of addicts have been

clean for years, no longer attend AA meetings, and are living fantastic lives. Do you want to join them?

You cannot wait until you are clean and have your act together before you start pursuing your dream. It actually works the other way—you begin to work on your dream, and the desire for your addiction goes away.

Now let's get to using Tapping for the tail enders for your dreams. I will only use one example here, since your objections to your dreams will be very personal. You will use the sheet of paper where you wrote down your tail enders to your dreams.

Setup Phrase: Even though I doubt I can be a motivational speaker to help young adults learn how to manage their weight, because that's too big of a step for me to take – from addict to being a motivational speaker, I choose to accept myself and the changes I want to occur.

Tapping Sequence: This is my heart's desire – why not go for it? ... Sure, I may not be able to go out next week and start speaking, but how about in 2 months? ... Right now, anything I do outside my addiction is a big step for me! ... But I'm ready to make big changes in my life ... I will do whatever is necessary to make these major changes in my life ... Just imagine – developing my training material will get me so on fire! ... Yes, I can visualize myself up on stage speaking to young adults and hearing later on how my speech/training changed their lives forever! ... Yes, I *can* do this! I *will* do this!

Every day I want you to spend time sitting by yourself and visualizing your dream. Feel the emotions of achieving it. Write down whatever steps you see are needed to get you from where you are today to where you want to be. If you hear negative thoughts (tail enders) come up, immediately use Tapping to clear them.

Chapter 16

Change Your Focus

When people are stuck in their problems for a long time, their focus always seems to be on the bad things in life. To make the shift from focusing on the negative to focus on the positive requires an awareness of your thought life and a willingness to change.

It might help to write down the things you tend to repeat that are negative. Then write down positive thoughts, or a new belief, that you can utilize when you catch yourself thinking or speaking these negative things.

In this section of the book we begin to implement positive changes, rather than focus on getting rid of negative stuff. Before you began the Tapping process to get rid of your negative stuff, you were asked to rate that negative event on a scale of 1 to 10 with 10 being the worse. The goal was to lessen the emotional intensity and get your rating down to 3 or below.

Now we want to use the same scale of 1 to 10 but in a positive manner. Level 10 would be you feeling the highest positive emotion on a particular item. You will start out at a lower level and through doing several rounds of Tapping raise your emotional and energy level to an 8 or higher on that item.

Therefore, after you have Tapped down a negative issue, then determine the opposite of that situation and do rounds of Tapping to raise your emotional and energy levels to a positive vibration. Tapping for the positive is not limited to increase your ability to perform your dreams. It also entails all areas of your life: friendships, close relationships, restoration of relationships, self-discipline to eat better, to exercise more, to believe in your self-worth, show love to others, being bold when needed, expecting financial increase, choose to live with inner peace, etc.

Tapping for positive influence allows you to use different setup phrases. Here are some empowerment statements to use after “Even though I ...” or to use by themselves:

I have decided to ...
I give myself permission to ...
I am ready to let this go
I am choosing to ...
I’m allowing myself to ...
I choose to forgive (person) and move on in my life
I choose to forgive myself and move on in my life

If you get tail enders after the above statements, do Tapping on them.

These choice statements can also be put into your cell phone [Evernote is a good app for this] so you can read them out loud daily.

Here are some Tapping strategies to help you change your focus.

Setup Phrase: Even though I talk about negative stuff all the time, I choose to only talk and speak about positive and good things.

Tapping Sequence: All this negative talk I do I now release ... I choose to stop rehashing all the negative stuff that has happened to me ... I want to move on to better things for me ... I can now quit blaming others for the circumstances in my life ... I have the power to change who I am and what I do ... I refuse to give away my power to an addiction ... I refuse to give away my power to other people’s opinions ... I will now stay focused on positive things.

Setup Phrase: Even though I still have a lot of negative thoughts, I choose to stop listening to them and to love and accept myself.

Tapping Sequence: These negative thoughts just pop up so naturally ... I must stay aware of them so I can stop them as soon as I can ... I don’t need to talk about negative things all the time ... I choose to speak about good things ... I make an effort to find good things in people and express

them to those people ... I choose to believe the best about people ... I refuse to blame others for my circumstances ... I refuse to blame others for how I respond to them or life's circumstances.

Setup Phrase: Even though it is hard to stop this negative thinking, I choose to pursue this change because it will help me so much!

Tapping Sequence: These negative thoughts are so persistent ... but I am even more persistent ... I choose to stop focusing on all the negative stuff in the world ... I choose to not complain about anything ... I choose not to get into conversations where we do nothing but complaint about other people or our circumstances ... I enjoy my new life of having a positive outlook ... People are responding to me better since I quit complaining and blame-shifting ... I like my new outlook on life and will continue to stay focused on positive things.

Here is another very important change of focus for addicts.

Setup Phrase: Even though I blame others (their names) for my problems, I choose to take full responsibility for my life starting today.

Tapping Sequence: Others cannot make me feel a certain way ... I take full responsibility for my emotions ... I will no longer become angry at what people say to me ... I have the ability to remain calm and in control ... It is just my knee-jerk reaction to blame others for how I feel ... As of today I am determined to respond differently ... I do have the ability to control my emotions ... From today on I take full responsibility for my emotions.

Final Note: This book provides examples of phrases to use while Tapping. There are no right or wrong words to use. The key is to be open to change and consistent on a daily basis to do your Tapping. We never outgrow tapping since it does have this positive aspect of helping us to improve our lives and go to the next level, whatever that is for each of us.

Further Resources

This ebook is available in Kindle and other ebook programs.

For a description of my Roadmap Out of Addiction™ process, you will find the free report at:

www.OutOfAddiction.com For Addicts

www.MyFriendIsAnAddict.com For friends and families of addicts

A more in-depth explanation is found in my book written for the friends and families of addicts:

My Friend Is an Addict – What Can I Do?

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Website: Veterans EFT Tapping Project – <http://www.VeteransEFTTappingProject.org>

Website: Veterans Stress Project – <https://StressProject.org>

Website: Welcome Home Vets – <http://www.WelcomeHomeVets.org>