

the Courage to Change Journal Guide

*by
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Congratulations!

On getting the Courage to Change! This journal is designed to help you get the most out of the EFT tapping videos in the Courage to Change mini Course.

By helping you get in touch with your thoughts and feelings that are underneath the surface, your EFT will be even more powerful.

Not only will you be gaining awareness of the thoughts and feelings that prevent you from having the Courage to Change, but you will also discover other areas where you get stuck mentally and emotionally that you can finally begin to release with your new EFT (tapping) skills.

A couple extra notes before you jump in...

These questions are meant to get you really thinking about what keeps you back from having the Courage to Change. There's no wrong answers here, but the more honest you can be with yourself, the more life changing this work will be.

Since the questions in this guide and the tapping videos might bring up thoughts, situations, memories, or feelings associated with what you're being asked, after each section there's an extra box to write down these stressful or painful things down. Any of those stressful or painful things that come up can be released using the basic tapping set up seen in lesson 2: Tapping Basics

Also, it's best if you spend a couple minutes journaling and then watch the matching video for each section.

Let's get started!

Noelle

BEING OPEN TO CHANGE

What is it that I want to change?

What makes me even consider changing?

If this change were easy, would I want to make it? What makes it hard?"

Do I want this change because of my own desires or is it because of external pressure?

BEING OPEN TO CHANGE CONTINUED

What are my fears about changing?

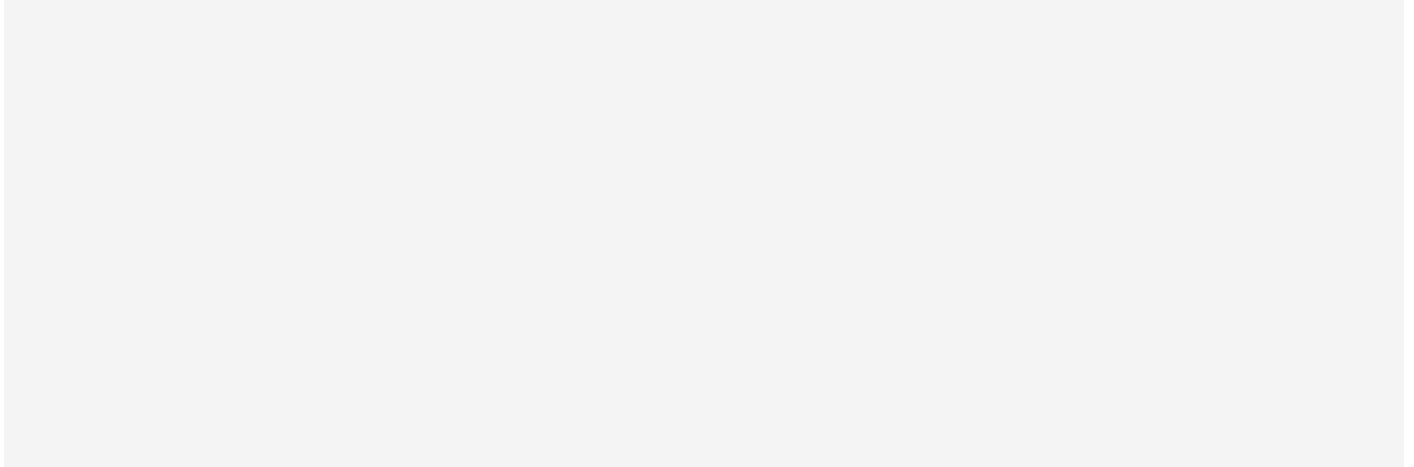
What are the pluses and minuses of changing or not changing?

Was there a time when I tried to change and it didn't turn out well? If so, describe what happened and how you felt.

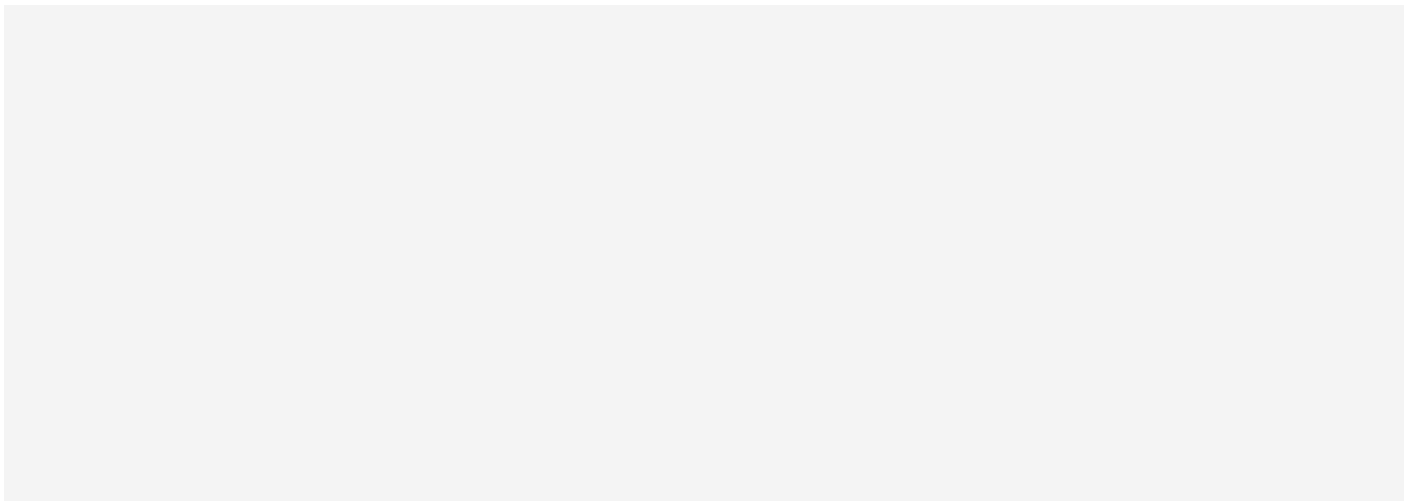
Other emotions, thoughts, memories, or situations that came up while journaling or tapping about being open to change.

RELEASING VICTIMHOOD

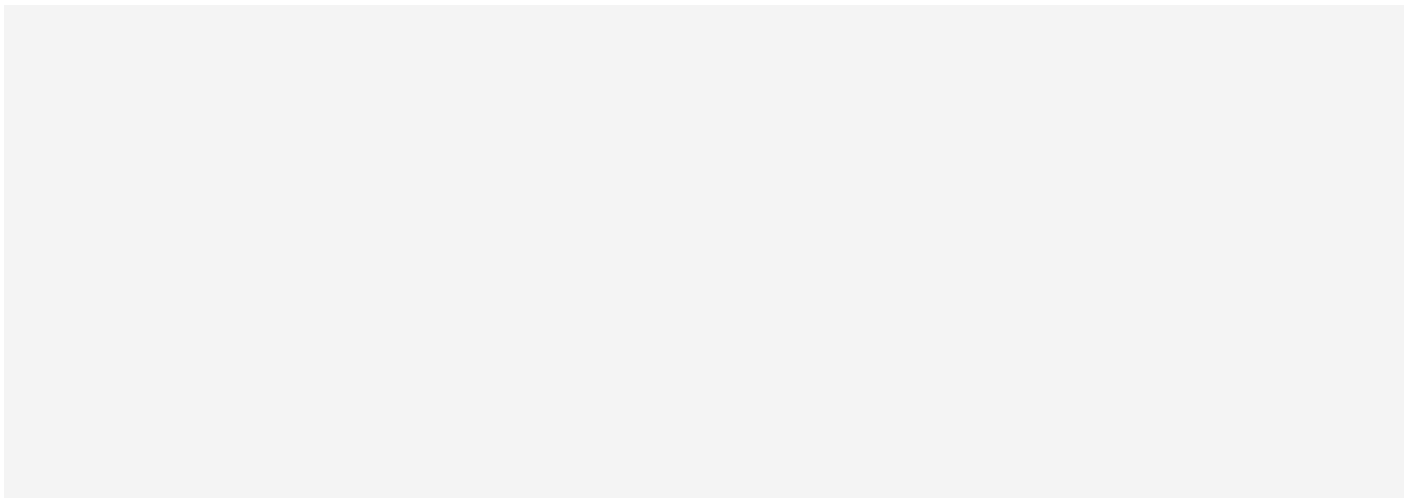
Do I feel like I have a say in what happens to me?



Do I feel like changing is within my power?

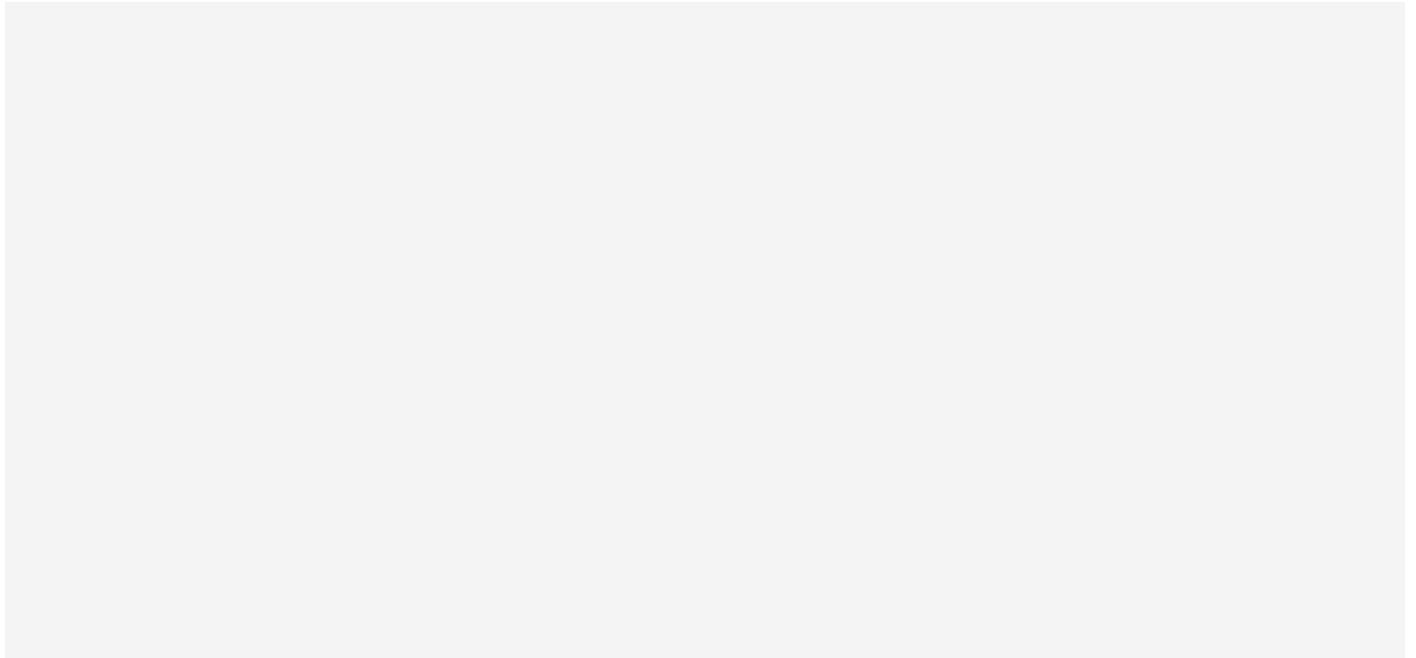


What keeps me from creating lasting change?

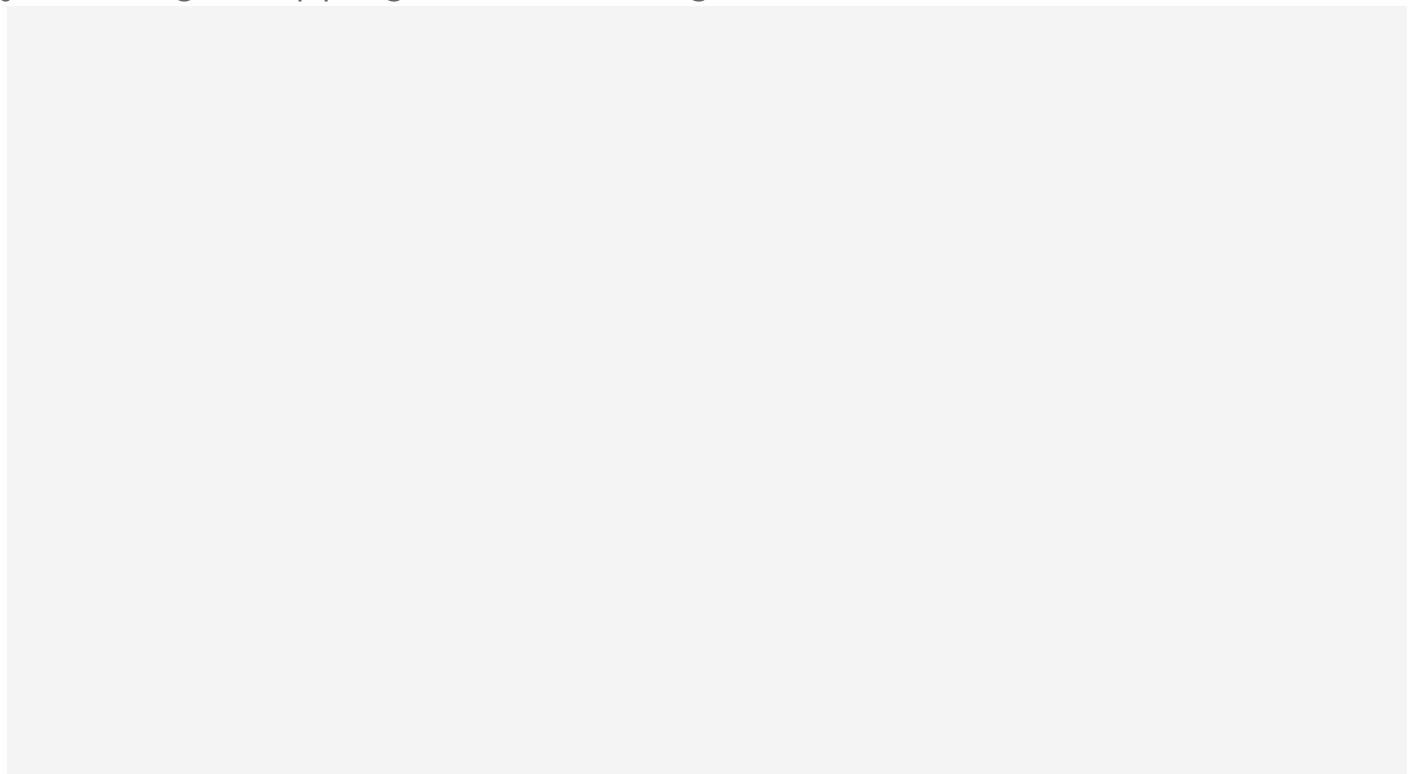


RELEASING VICTIMHOOD CONTINUED

Is there sympathy and attention I enjoy that I get by staying the same that I would miss if I were to change?



Other emotions, thoughts, memories, or situations that came up while journaling or tapping about releasing victimhood.



FEAR OF NOT BEING LIKED

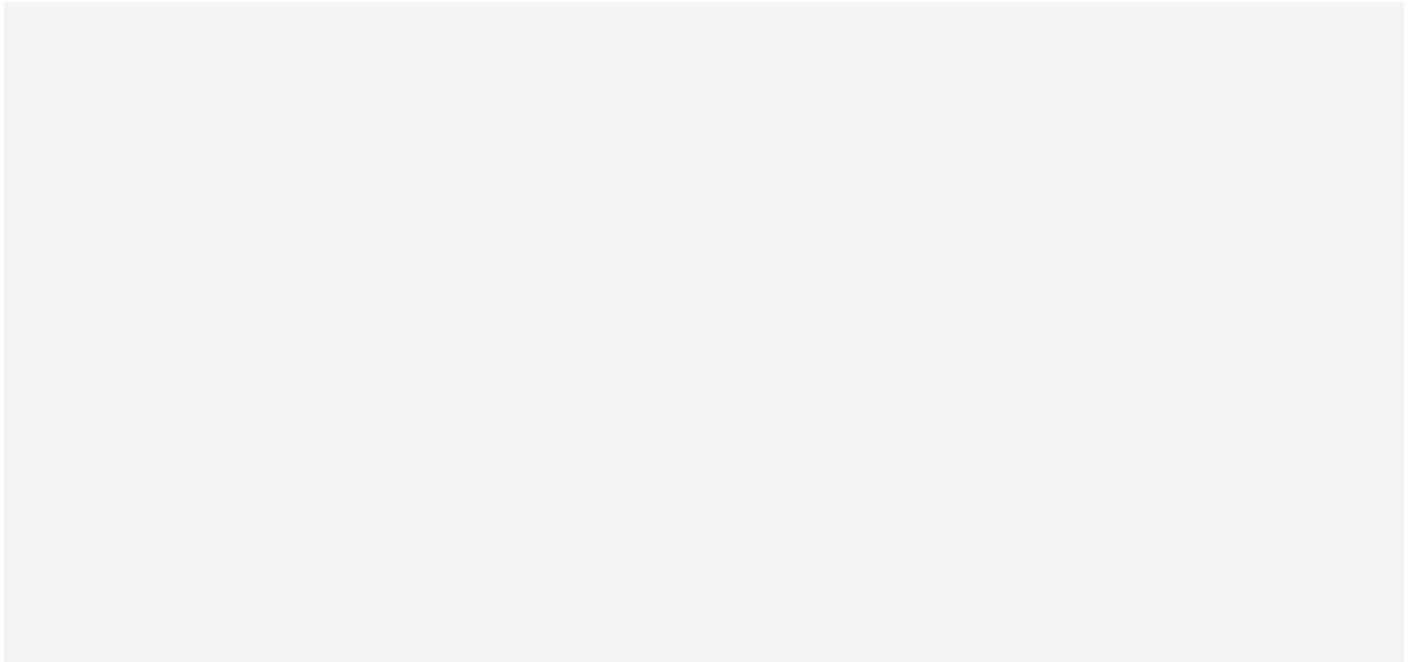
How important is it for me to be liked?

Do I hide who I truly am?

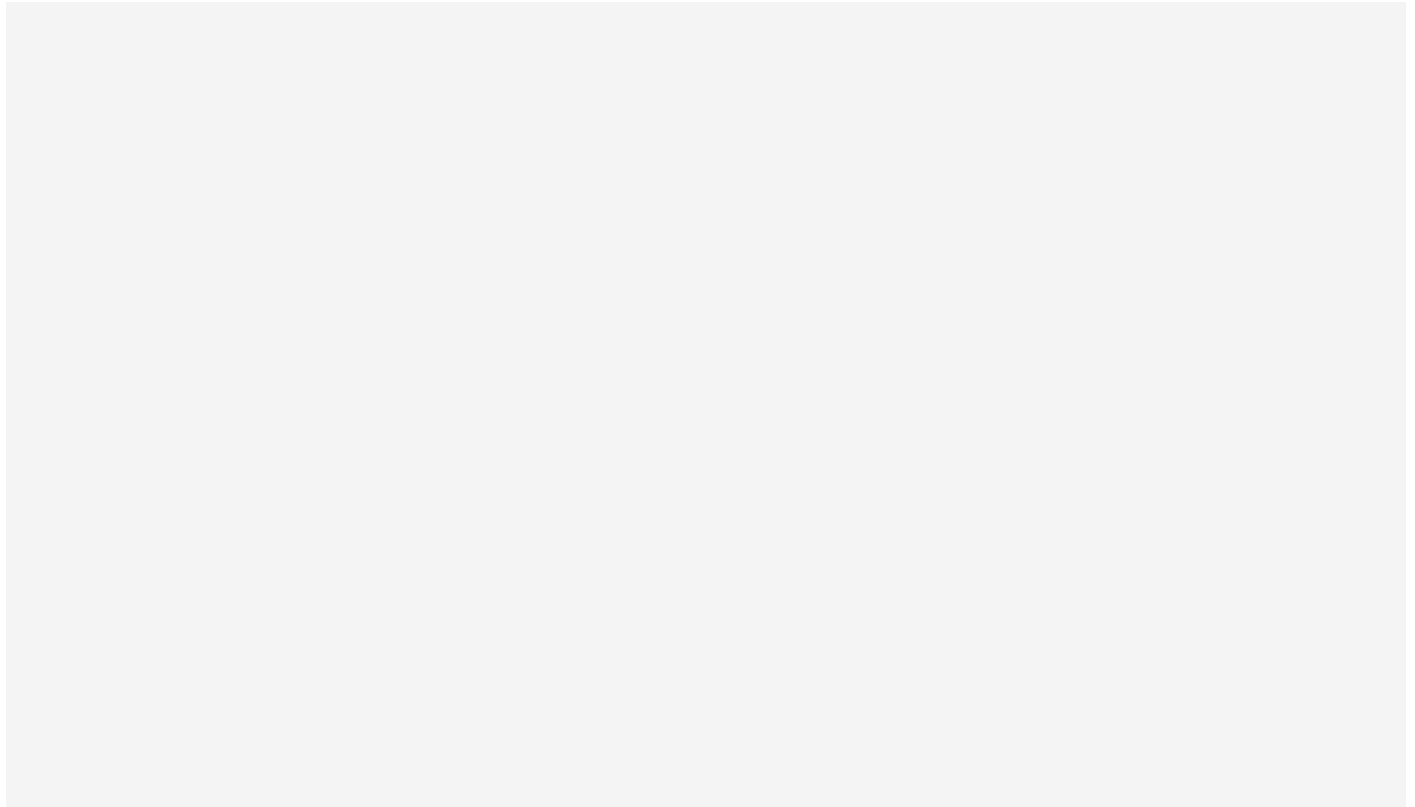
Are there painful memories about not being liked that are holding me back?

FEAR OF NOT BEING LIKED CONTINUED

What would happen to me if I were not liked?

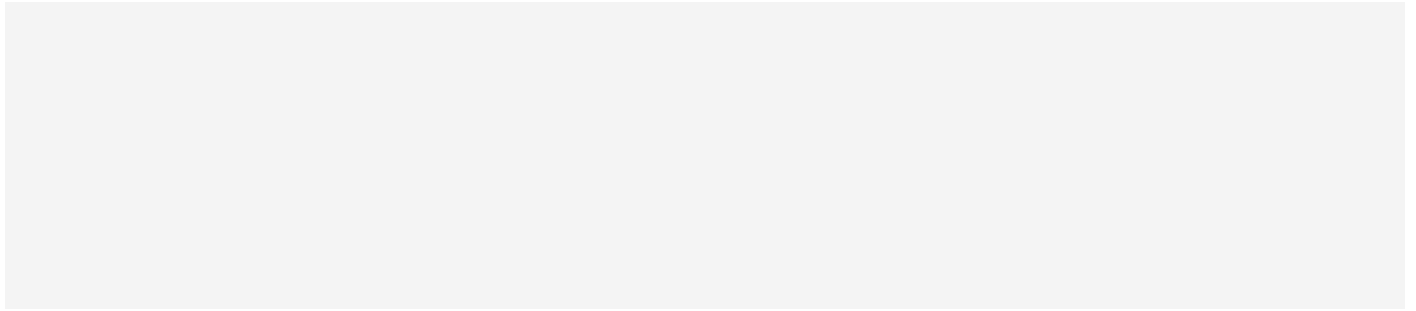


Other emotions, thoughts, memories, or situations that came up while journaling or tapping about releasing the fear of not being liked.

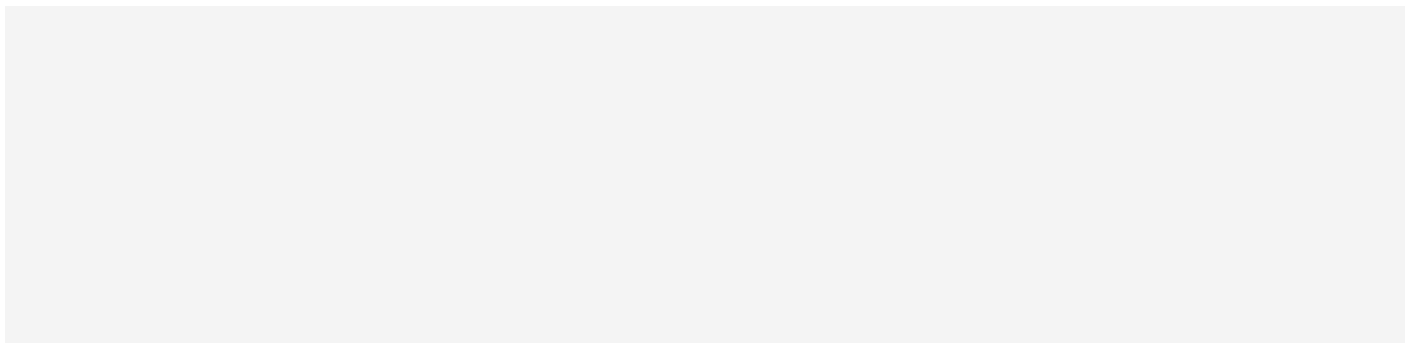


RELEASING THE NEED TO PLEASE OTHERS

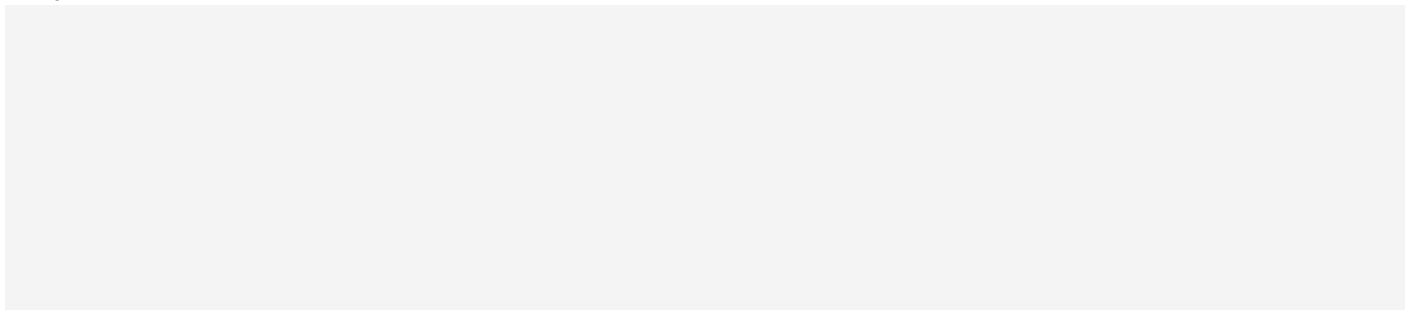
Do I pretend that I want to do things or like certain things to make others happy with me?



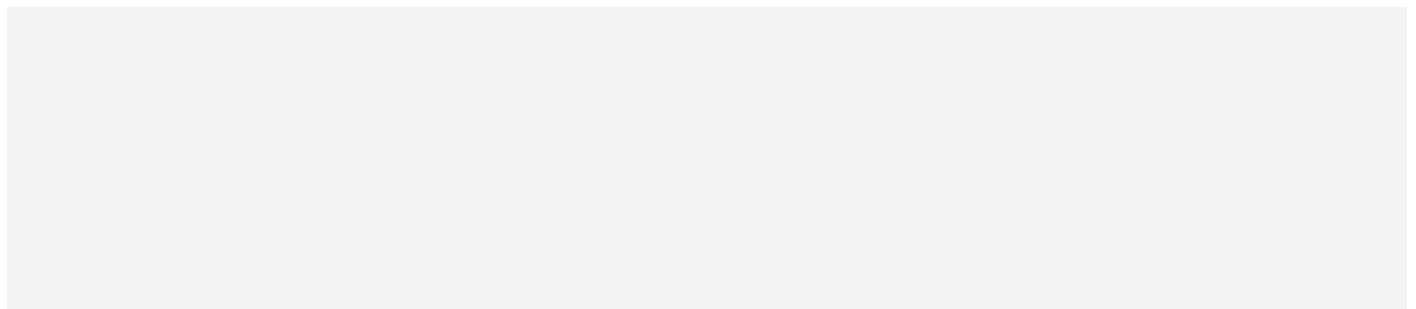
Do I let others make all the decisions to get their approval?



Do I downplay what I need and want so that others can be more important?



Other emotions, thoughts, memories, or situations that came up while journaling or tapping about releasing the need to please others.



You rock!

I'm proud of you for diving in deep and getting your Courage to Change. Re-watch these videos and use this journal guide over and over again to continue the amazing progress you've made.

You got this,
Noelle