Tapping Guide for Being Open to Change

Tapping on the side of your hand:
Even though change is hard,
I love and accept myself fully

Even though I have some fear around change,
I love and honor myself fully

Even though a part of me cringes when I think about making changes,
I love and accept myself fully

EB Whenever I try to make changes
SE Part of me feels uncomfortable
UE Incompetent
UN Unsupported
UM Frustrated
CB Helpless
UA Stuck
TH Afraid

EB I'm afraid
SE Afraid that I won't succeed
UE Afraid that the changes I want to make won't last
UN Afraid that I'll look foolish
UM Afraid that all the work I put into it
CB won't pay off
UA Afraid that all my effort will be wasted
TH And I will fail

EB On one hand, I get frustrated
SE That changing is a process
UE I want change to be instant
UN Without the work
UM It's hard to wait

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CB to see the fruits of my effort
UA Change takes perseverance and courage
TH I'm not sure if I want it that bad

EB And on the other hand, I get scared
SE Because change leads me into the unknown
UE The unfamiliar is not safe
UN To change is to take a chance, it's risky
UM What if I go for it
CB And it all goes wrong
UA and I end up even worse off than I am right now
TH I couldn't bear it

EB There were times when I started making a change
SE And it just got too hard
UE I just gave up
UN So I could feel comfortable and safe
UM I gave up on my happiness and my goals
CB And I was stuck
UA I felt helpless

TH Down deep I didn't believe I COULD change
EB I failed and I'm sure I'll fail again
SE I'll never be able to change
UE But, if I keep on doing what I've always done
UN I will keep getting what I've always gotten.
UM Safe, comfortable, and unhappy
CB But that's not really what I want
UA I know that more is possible for me
TH My past does not determine my future

EB I forgive myself for quitting
SE I let the guilt and shame go
UE I forgive myself for not trusting the process

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