

# Tapping Guide for Releasing Victimhood

Tapping on the side of your hand:  
Even though life is happening TO me  
and I have no control,  
I love and honor myself fully.

Even though I don't like some of the things happening in my life,  
and I can't seem to make it any different,  
I choose to love and honor myself fully.

Even though I'm a victim of poor circumstances \_\_\_\_\_ (and then name one if you can  
think of one right now),  
I choose to love and honor myself fully.

EB Life is happening TO me  
SE I don't have much say about what happens  
UE I don't have any choice  
UN No matter how hard I try  
UM things seem to fall apart  
CB Life JUST happens to me  
UA I have no control  
TH I just have to endure it, just make it through

EB Things go the same old way  
SE when I need them to be different  
UE I try to make changes, but it never works  
UN So why bother, it's hopeless  
UM Maybe I'm supposed to suffer  
CB Maybe being miserable is my fate  
UA Maybe I can't do anything about it  
TH but just smile and pretend everything is OK

EB But what if my choices matter  
SE What if my decisions make a difference



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UE and I can effect things in my life  
UN What if I have the power to make a difference  
UM What if I'm not helpless  
CB and my choices effect how things turn out  
UA What if I'm not a victim  
TH But in reality I have the power to create things in my life

EB What if I choose to see life happening FOR me instead of TO me  
SE That all things work together for my good  
UE What if things that happen that are hard for me are gifts  
UN That help me grow and become a better version of myself  
UM Part of me wants to resist this and play the victim  
CB and part of me wants to take up my power and create a better life  
UA But it takes being fully responsible for my actions  
TH And I'd rather blame others for what goes on in my life

EB In fact, others should be making my life easy  
SE They should fill my life with continual happiness  
UE and meet all my needs just because I exist  
UN When things aren't going well, I blame it on someone/something else  
UM It's not my fault my life has turned out like it has  
CB It's not my fault, things just happen  
UA I don't want the responsibility for making choices in my life  
TH I don't want the responsibility for creating a better life

EB I'm afraid to really be responsible  
SE It's too risky, I will fail  
UE and it's easier to be a helpless victim  
UN But I'm changing my mind about that  
UM I'm shifting and expanding  
CB The truth is that I'm not a victim  
UA The quality of my life is MY choice  
TH I make choices and those choices create my life



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EB I take 100% responsibility for my choices

SE I create the quality of life that I live

UE A great life doesn't just happen TO me

UN But I create my life one choice at a time

UM And right now I choose to move forward

CB Owning my choices and my actions

UA I choose a better quality of life

TH I move forward with courage

Take a big breath in and let it out.

