

Transcript of Tapping

Goal Trauma Audio Class



Think about the feelings and sensations related to a specific goal trauma and begin tapping on the Karate Chop Point:

... Even though I'd love to focus on my new goal
... I would be stupid to do that
... To believe again .
... Try again
... Look at all the evidence I have
... I have this story
... And it really, really hurts
... I am just going to honour my feelings about this
... And all of me

... Even though I'd love to have a huge new goal
... What do I do with this story
... That really happened
... Where I got screwed
... I really tried
... And it all went wrong
... I totally honour that story
... And all the ways it keeps me stuck

... Even though I have this story about my old goal
... And it is really intense
... I am just going to honour my feelings about this

*Begin tapping
through the points:*

... There I am
... Getting totally screwed
... There I am
... I was naive
... I really believed
... I really tried
... I really thought it would work
... I was practicing positive thinking
... I was even trying
... To be the best of me
... Really conscious
... Really passionate
... And it all went wrong
... I got totally screwed
... They took my power
... They didn't support me
... I wasn't strong enough
... I made mistakes
... Other people thwarted me
... It all went wrong
... It broke my heart
... I really, *really* wanted it
... I was so disappointed
... Still am
... And I can't figure it out
... What went wrong?!
... So many things went wrong
... I can't figure it out
... How do I move past it?
... Because I don't have peace with this
... It still really hurts
... It is still really disappointing
... I am still really mad
... I am still really amazed
... At how my eyes were just not open
... And I thought they were
... To how bad it was going
... Why should I trust again?
... Why should I try again?
... I would love to be positive
... But I am just going to honour
... All this pain
... All this negativity
... Because it really happened to me

Take a nice, deep breath.

On the People in that Story (Goal Trauma)



It's important to get our empowerment back. When you tap and release your anger towards a person, that person no longer has the ability to disempower you.

*Begin tapping
through the points:*

... There they are
... Betraying me
... Judging me
... Shaming me
... Humiliating me
... Totally judging me
... And just not supporting me
... Disappointing me
... They didn't have the same goal as me
... They really never supported me
... Some of them actually undermined me
... On purpose
... They mocked me
... They betrayed me
... They totally abandoned me
... Left me alone
... Left me sad
... Pulled out the rug from underneath me
... Just absolutely shocked me
... I was really blind sided
... They just look really mean
... Really abandoning me
... Really judging me
... Really pitying me
... I see them
... And it doesn't feel good
... It still makes me sad
... It still makes me disappointed
... Seeing the worst in people
... It is really hard to trust
... There they all are

... None of them helped me
... Actually
... It appears they were working against me
... It actually appeared they enjoyed
... Enjoyed working against me
... Couldn't wait to abandon me
... To thwart me
... To betray me
... To not support me
... Couldn't wait to just annihilate me
... Publicly annihilate me
... Make me invisible
... It is like they planned it
... It is like they enjoyed it
... Kind of unforgivable
... That's what I saw
... That's who they were
... That's the way it happened
... That's how I felt
... And I totally honour it

Take a nice, deep breath.