

Emotional Freedom Techniques *for Codependency Recovery*

*Learn Simple
Meridian Energy
Tapping to Quickly
Heal Abuse and
Codependency*



J.P. Bailey, MA

**Emotional Freedom Techniques for
Codependency Recovery -
How to Learn Simple
Meridian Energy Tapping
to Quickly Heal
Abuse and Codependency
by
J.P. Bailey, MA**

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Emotional Freedom Techniques® for Codependency Recovery:

How to Learn Simple Meridian Energy Tapping to

Quickly Heal Abuse and Codependency

Book and Workbook

by

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Dedications & Acknowledgements

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This book is dedicated with gratitude to my dad, a Vietnam Veteran, who never turned his back on me, who taught me the meaning of hard work and independence, down to earth advice for moving up in the world and dealing with the difficult people in it and being true to myself.

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Introduction

Emotional Detox

People need an explanation they can relate to, one that is applicable to their everyday life. In this book I demonstrate the application of a powerful healing technique to a variety of issues related to codependency, a field of recovery that has become my passion. After reading this book, I hope you too will see EFT as the best and last self-help tool you will ever need. Beyond teaching the uses of energy psychology, I want to help the domestic violence victim heal her wounds so she can understand what types of people she's been vulnerable to in order to stop that pattern. I want to teach the broken-hearted man who can't seem to find love or to get through to his father why their relationship is not working. I want to teach people this tool to help with the intense emotions that come up in recovery.

Though "EFT" is not yet a household word, it brings together traditional Western psychology with Eastern concepts of energy healing easy enough to teach anyone to 'Tap' and learn how to heal oneself. As Donna Eden says, "it's your birth right" to know this information, and Gary Craig suggests, "Try it on everything."

EFT is an energy psychology method that can be described as "emotional acupuncture without needles." In acupuncture, meridian points on the body are influenced by needles, pressure or even heat. The meridians are energy pathways have a meridian starting point and a meridian end point in the body. Energy flow can be affected by tapping or applying pressure to these points. EFT uses the meridian end points of all of the major organ meridians as points to tap on.

Tapping on the meridian end points sends energy through that entire meridian, resulting in a healing effect depending on which end point is tapped. There are 12 organ meridian pathways in addition to two other special points. EFT consists of tapping on these 14 points as well as using eye-movements and other exercises to stimulate and balance the left and right brain hemispheres.

Acupuncture and Western psychology came together in the early 1990s when a psychologist, Dr. Rodger Callahan, discovered that if you are feeling your problem or stress or upset while at the same time tapping on the meridian end points, or 'acu-points,' the stressful feeling is relieved and it does not come back. Callahan developed the first form of Energy Psychology using tapping called "Thought-Field

Therapy” and used it to cure phobias. He used different acu-points for different ailments which required extensive training.

One of his students, Gary Craig, created a method to tap on the 14 main meridian points in an easily memorized format. He taught people to repeat phrases that described their problem, keeping them tuned into the problem while tapping. His method was as effective as it was simple. He states in his “Discovery Statement” that “The cause of all negative emotions is a disruption in the body’s energy system.” His method was called Emotional Freedom Techniques, or simply EFT.

EFT is about working with the body’s energy system, unclogging pathways and directing the energy to increase strength and performance and to enhance physical and emotional well-being and support the immune system. This is how energy and emotions work psychosomatically to heal the body-mind. Dr. Patricia Carrington took EFT one step further when she developed the “Choices Method”. EFT clears the negative emotions and the choices method installs the positive.

Tapping has since been relieving people of negative emotions for over two decades. Tapping on problems and upsets, on syndromes and symptoms is a body-mind holistic process that clears out lifelong problems and helps people rediscover a new way of being that feels so normal they don’t even know how they could have felt any other way. EFT not only helps with clearing negative emotions and limiting beliefs but with processing growth and shifting paradigms or belief patterns.

When I started tapping on my codependent issues, I was amazed at the deep shifts that occurred; all sorts of feelings and memories subsided. I had several profound spontaneous revelations as a result of tapping on these issues. A good example of this was that when I tapped on the fear of success, I was able to release old negative programming that was impeding my progress so I could make new choices.

One of those choices was “It’s ok to want.” I began to say that statement aloud and tap. I had a huge emotional reaction from the core of my being. A feeling of danger crept up from deep within that I did not realize I had. The belief that “it was not OK to want anything”, especially anything good, fun or pleasurable, was deep and pervasive and showed up in my life in all sorts of ways. Deep in my subconscious mind there was a belief that it was not OK to want anything successful, easier or better in life. This was the internalized punitive voice that codependents have that keep them in their comfort zone.

As I continued tapping on “It’s OK to want,” all sorts of childhood memories and feelings came to the surface, like how I always felt held back and inhibited, and how feeling good or pleasure literally would trigger an aversion in me to get away and to pull back, or that something I did was wrong or bad or that someone would find out and I’d get in trouble.

Fear of “getting into trouble” is good if it kept you from throwing rocks through windows as a kid, but when that old voice is attached to permission to be yourself or to make decisions as an adult, then you are letting a five-year-old’s perspective run your life, a life that is a lot more empowered, free, and responsible than it is at age five.

In my recovery I decided to take a look at my codependency tendencies and traits and to begin tapping on them to see what would happen. What happened was a new freedom and happiness and an ability to make choices based on clearer rational thinking rather than the old emotional programming. The more I tapped on fear, the more it disappeared. I wanted to share this with others so that they could experience this too.

EFT can be easily learned from the free manual at www.emofree.com. Diagrams and directions for the ‘Full-Round’ and the ‘Short-Cut’ are included in this book. The purpose of this book is not to teach all the ins and outs of EFT and all it can do, but rather to use basic EFT to heal codependency issues in recovery. For further training on EFT see the links in the Resource section.

The best place to start this journey is to take a look at the ‘codependency laundry list’, the 14 most common traits and themes in codependency. In this book, I’ve provided 14 tappable statements that correspond to the laundry list. I like to call this, “Cleaning Up the Laundry List with EFT.” Basically, I’ve taken each codependency trait and matched it up with a new recovery-oriented choice, which you say out loud while tapping. You can work on these systematically, or you can pick and choose which ones fit best for you.

But first it is a good idea to assess yourself before you do any tapping to get your baseline SUDs scores on various codependent issues and on how you feel codependency is affecting your life.

EFT uses a SUDs, or Subjective Units of Distress scale, as a way to self-measure how bad the problem feels to you before and after the tapping procedure to reveal any improvements. The SUDs scale is a scale from 0 to 10 rating how intense the stress feels about any given problem, emotion or event.

If you were asked, “How stressed out are you”? You might have a variety of answers. If you were asked, “How stressed out are you on a scale of zero to ten”, you would have a more definite answer. The answer would be subjective and based on your own intuitive guess as to how distressed or intense the feeling was, but at least it would give you a number to work with.

After you learn EFT, and follow the Codependency Recovery exercises in this book, you’ll be able to see how much you have healed and improved each time you take the SUDs assessment to see what has changed. Experiencing the SUDs numbers go down can be a life-changing experience.

Starting in the next section, you will find the 'Codependency Assessment' for you to rate your SUDs on various codependent issues. At the end of the book you will find a 'Codependency Re-Assessment' to see how your scores have changed after tapping for thirty days to 6 months. This way you can see for yourself how EFT is making your life better.

For each trait there is a space to check if it applies to you. Write in the date and SUDs number. There is space to write down any notes or thoughts you might have about the trait, a specific memory, or how long you have had problems with it, etc. that you might want to remember to work on later. For now just take the assessment to see where you are at currently.

Note: in the "Choices Method" another rating scale is used called the SUBs or 'subjective units of believability'. This scale from zero to ten is a way to rate how much you believe a statement is or feels true to you. When you tap in your new choice after tapping out the old negative belief, the goal is to increase the SUBs number so that your new choice feels truer for you as you tap it in.

(Disclaimer: Any Emotional Freedom Techniques (EFT) in this product are provided as a good faith effort to expand the use of EFT in the world. They represent the ideas of EFT Practitioner J.P. Bailey, MA and do not necessarily represent those of EFT Founder Gary Craig or EFT. While EFT has been used by thousands of therapists, nurses, social workers, psychologists, doctors, and individuals worldwide with exceptional results and minimal negative side effects, this does not mean that you will not experience any side effects. If you use EFT on yourself or others, you are advised to take full responsibility for yourself and the treatment. J.P. Bailey has a Master's degree in counseling psychology and is a mental health recovery specialist. Research and information about recovery come from a variety of sources including twelve step anonymous programs, self-help books, the recovery model and dozens of research articles. J.P. Bailey is not a licensed therapist; she is an author, teacher and consultant. Her products, books, website and blog should not be construed as professional therapy or a substitute for therapy, treatment or medication prescribed by a physician or psychiatrist. Please consult your doctor, health practitioner or therapist before using any new alternative healing techniques. EFT is a form of acupressure for the emotions, commonly referred to as 'tapping'. Acupressure, Tapping and Energy Medicine techniques are based on Traditional Chinese/Eastern Medicine.)

The Codependency Assessment

Codependency Assessment

Read each statement below and rate SUDs - how much you feel these statements are true for you.
(SUDs = Subjective Units of Distress on a scale of 1 - 10)

√	Problem	Date	SUDs	Notes
	I have problems with relationships			
	I can't get over childhood abuse			
	I'm scared of people			
	I have unresolved grief			
	I feel guilty, ashamed of self			
	I feel I'm bad, wrong, can't match up			
	I have addiction problems			
	I have problems with food			
	I have sexual problems			
	I have money problems			
	I feel like I don't fit in			
	I feel different			
	I feel Invisible			
	No one understands me			
	I feel very emotional			
	I feel very sensitive			
	I'm prone to depression			
	Feels like fetal position grief			
	I feel anxious			
	I feel nervous a lot			
	I feel a lot of tension			
	I feel stressed out a lot			
	I worry a lot			
	I worry about others			
	I worry about myself			
	I'm jealous of what others have			
	I feel envious of others good fortune			
	I feel something's missing			
	I feel something's wrong with me			
	I give up easy			
	I don't go for what I want			
	I'm not sure what I want			
	I feel I can't get what I want			
	I feel I'll get in trouble			
	I feel ungrounded/off balance			
	Life has been really unfair to me			
	I have anger issues I try to keep a lid on			
	I feel I won't make it			
	I feel like giving up			
	I blow up around people			
	I feel less than			

Read each statement below and rate SUDs - how much you feel these statements are true for you.

(SUDs = Subjective Units of Distress on a scale of 1 - 10)

√	Problem	Date	SUDs	Notes
	I feel inferior			
	I have panic attacks			
	I have appetite problems			
	My hands shake			
	My heart races			
	I have sleep problems			
	I have libido problems			
	I feel sadness a lot			
	I cry easily			
	I have obsessive thoughts			
	I have compulsive habits			
	I feel easily triggered emotionally			
	I feel upset at Christmas/Holidays			
	I feel upset at birthdays/anniversaries			
	I give more than I receive			
	I feel used/I've been used			
	I feel victimized/I've been a victim			
	I fear abandonment			
	I fear criticism			
	I seek approval			
	I'm very judgemental - hard on myself			
	I beat myself up			
	I don't know how to get over it			
	I'm always surviving things			
	I'm isolated			
	It's hard for me to confront others			
	It's hard for me to be mad at others			
	It's hard for me to set boundaries			
	It's hard for me to say no			
	It's hard for me to connect with others			
	I fear rejection			
	I doubt myself a lot especially when others are mad at me			
	I'm an overachiever, I feel I have to give extra			
	I'm a people pleaser			
	I don't feel entitled to basic love and respect			
	I try to prevent crisis by helping			
	I try to anticipate others needs			
	I clean up after others messes			
	Disapproval can feel devastating to me			
	I've been devastated by people more than once			
	I'm a perfectionist			

Read each statement below and rate SUDs - how much you feel these statements are true for you.
(SUDs = Subjective Units of Distress on a scale of 1 - 10)

√	Problem	Date	SUDs	Notes
	I'm uncomfortable with pushy sales people			
	I try quick fixes/can't follow through long term			
	I don't trust things to work out			
	I feel the system didn't work for me			
	I have low self esteem			
	I have unrealistic expectations of myself			
	I give in easily			
	I'm easily manipulated or pressured			
	F. O. G. (fear, obligation, guilt) plagues me			
	Obligation and guilt push me to people please			
	If someone needs help I feel sorry for them, "have to" help them and I feel guilty if I don't)			
	I'm a rescuer/fixer/caretaker			
	I repress feelings and desires			
	I feel like a loser			
	I feel only losers will accept me			
	I feel inner rage boiling up			
	I get sick a lot/feel fatigued, exhausted			
	I'm desperate for attention			
	I hope someone notices how good I am			
	I bend over backwards for others			
	I walk on eggshells around angry people			
	I feel like a rug's been pulled out from under me			
	People hurt me then act like nothing happened			
	I have a high tolerance for verbal abuse			
	I fill people's needs only to continue feeling			
	I'm not good enough			
	I don't feel good enough			
	I feel I'm always on "wait and watch"			
	I've been in several toxic relationships			
	I don't feel others have my best interest at heart			
	I feel drained			
	I feel exhausted			
	I try to make others happy so they'll love me			
	I put up with abuse so others will appreciate me			
	I feel discouraged			
	I'm easily excited by people who give me attention			
	I feel worthless			
	I feel unappreciated			
	I have abandonment issues			
	I feel I always have to be perfect			

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THE TOOL: EFT

Emotional Freedom Techniques, or EFT, and related energy psychology methods are based on recent discoveries about how the body's energy system is affected by emotions and vice versa. EFT dramatically decreases or eliminates a wide variety of negative emotional feelings, states of mind, memories, and issues related to trauma, stress, anxiety, fears, depression, grief, heartache, addictive and compulsive urges, and much more.

EFT has even provided relief from hundreds of physical symptoms, including aches and pains and breathing difficulties, and it has slowed bleeding injuries on the spot. EFT can also be used to improve performance, and enhance talents, creativity, and athletic ability. EFT oftentimes will clear an emotional issue in 5-10 minutes! EFT often works where nothing else will. It's been proven clinically effective 90% of the time. There have been a dozen or so published books on Energy Psychology and Meridian Tapping such as Energy Medicine by Donna Eden, The Promise of Energy Psychology by David Feinstein, Energy Tapping for Trauma by Fred Gallo, The Tapping Cure by Roberta Temes and Instant Emotional Healing by Drs Lambrou and Pratt.

There have also been several studies and papers published in professional journals such as, 'Evaluation of a meridian based intervention, EFT, for reducing specific phobias of small animals' in the *American Journal of Psychology* (2003) and 'A review of the preliminary evidence' in the *Psychotherapy: Theory, Research, Practice, Training* journal(2008), 'Randomized trial of two mind-body interventions for weight-loss maintenance' in the *Journal of Alternative and Complimentary Medicine* (2007) and various magazines have published articles about EFT or Tapping for stress relief, weight loss and golf performance. Meanwhile, more clinical studies continue. "Energy For Everyone" [<Click Here Energy for Everyone>](#) is a nice collection of energy medicine/psychology techniques that literally anyone can learn and use to help heal their emotional and physical selves.

In addition, for 20 years Craig's website has posted thousands of case studies sent in by hundreds of practitioners from numerous disciplines. There are hundreds of practitioners continuing to practice and record the use of EFT.

“Tapping,” which is a basic component of EFT, has become the New Age slang for emotional acupressure or energy psychology. Tapping on the body’s acupuncture meridian end points stimulates the nervous and cognitive systems to release negative energy trapped in the body — from the muscles to the nerves and networks of neurochemicals in the brain— and clear it away. EFT removes blocks in the mind and body. Results are rapid, long lasting, and surprisingly gentle. You don’t feel anything different until you revisit the issue you “tapped” on, only to find it much less intense or gone altogether. (This is why it’s so important to do a before and after SUDs rating). Many times, you can’t even try to make yourself upset over a particular issue after tapping on it. What you do remember is the ultimate, positive lesson from that old memory, which no longer hurts as much when it is recalled.

It seems almost too good to be true. In fact, many people experience a real paradigm shift after they experience the healing power of tapping. While some may not believe that it does work until they experience it firsthand; others try to explain why their SUDs has gone down with another explanation (placebo effect, distraction, a new form of hypnosis, perhaps, or that “it would go down anyway”). Craig describes this as the Apex Effect in which a person can’t believe that tapping worked on their issue so their minds come up with an acceptable explanation.

Whatever you believe, anyone can follow the tapping sequence for any identifiable emotional issue that can be rated on a scale of 0 – 10. The experience of the before and after rating of the intensity of the emotional charge is all the *experience* you need to ‘believe’ it really does work. EFT has no side effects, and it does not physically hurt to apply the tapping sequence. Although, emotions can be triggered while tapping, they do subside the more you tap, but there is no need to relive a trauma or trigger an emotional catharsis or intense emotional release. There is nothing to prevent you from giving it a try and to start feeling relief and new energy.

EFT techniques are used by psychologists, licensed therapists, and even medical doctors and nurses, as well as mental health professionals, social workers, counselors, coaches, and regular everyday people. They have helped relieve hundreds of negative mind and body maladies and facilitate healing and well-being over the last fifteen years. You can safely try these techniques on virtually any problem or negative condition, as it can work in complement to all traditional therapies. In addition, if you are a practitioner of any helping profession, EFT can help increase patient compliance and enable your clients to achieve better results.

There are hundreds of documented cases of EFT successfully treating a wide variety of issues. I have personally witnessed many EFT miracles myself, having observed people literally transform before my eyes as they instantly dissolved all types of long-frozen or actively burning feelings. There is a cool video on how EFT changes blood as evidenced by a microscope: [<YouTube EFT and Blood>](#) .

Operation: Emotional Freedom is a DVD going around the internet that helps Iraq and Afghanistan war veterans that come home with Post-Traumatic Stress Disorder.

There has even been a movie made to show how EFT works on emotional traumas, you can watch the trailer for the movie here: [<YouTube EFT Movie>](#) . In the “Resource Section” there is a link where you can purchase this movie on DVD.

Even skeptics experience its benefit, as EFT's effectiveness is not dependent on belief any more than aspirin is. Nor can EFT's curative abilities be chalked up to the placebo effect; its success rate is twice as high as any placebo.

Similar to Eastern forms of medicine, it works on the acupuncture meridian points. Acupuncture has been proven effective enough in hundreds of Western clinical trials that the World Health Organization and medical insurance companies have accepted acupuncture as a viable treatment option since 1990. Tapping works because issues are resolved permanently. Tapping on the meridian points while emotionally upset removes the energy block and brings about relief. The eye movements that follow the tapping sequence facilitate cognitive mental processing.

EFT is essentially free to learn on your own, and there are no side-effects or pain when using it. It is not a substitute for proper medical or mental health care if you are under treatment; however, EFT can be used to feel relief from stress in almost any circumstance. In fact, it has worked to some degree on everyone who has correctly applied it 90% of the time. There has not been one single case of EFT doing harm to anyone since its introduction to the body-mind-health world in 1995. Even if you don't have emotional issues to heal, EFT helps you make positive changes and move forward in life. (Proper training and certification is required if you want to use EFT on others – do not get yourself in trouble by providing “therapy” to others without a license. Get trained if you want to become a practitioner!)

Basic Techniques

All it takes to get started is memorizing the 14 points which includes the ‘set-up’ point called the Karate Chop, and the ‘round’ points’ which include from the Eye Brow to Under the Arm and the finger points (see diagrams). In addition, there is the Gamut Spot point, which you rub while doing the eye roll movements, and finally the Crown Point. Look at the diagrams and read the descriptions of each point and touch each one. Get to know them. It doesn't take long to memorize the 14 points.

Once you memorize the sequence, you can do a round of tapping on any issue. I recommend doing one full round on any *new* issue and doing shortcut rounds later on isolated aspects as they come up. Just tap on anything anytime you need to. But first let's take a look at the elemental role energy plays in your body's emotional system.

The Body's Energy System

In martial arts energy is called ‘Chi’ or ‘Qi.’ That is the energy that martial arts practitioners draw on in exercises to get the most out of the body and its energy system. It's the power or force behind the punch, for example, which combines concentration and an increase of energy via special movements. Check out some free videos on martial arts self-defense and “Chi” on YouTube videos. (Have you heard of Feng Shui? Here's a neat little tool on how to “Feng Shui” your home to keep the energy flowing positively in your living and working environment [<Click Here Feng Shui>](#)).

And what is energy? It's been said that e-motion is *energy* in motion. Have you ever noticed that rush you feel when you get scared or upset? There is an energy behind that, electromagnetic energy that is the force behind your entire nervous system. Also, certain memories, thoughts, and feelings can form energetic thought-fields, so to speak, that may get stuck in the body and be easily triggered during times of stress. It is stuck because it is unresolved; it hasn't yet finished its process of being integrated as knowledge. Emotions can give you lots of energy - anger for example can give you the energy to take action, fight back and set boundaries. Fear can give you the energy to run to safety. Excitement and joy can give you the energy to push forward towards a goal. Inspiration can be the energy behind motivation to keep going when you hit bumps in the road on your way to that goal.

That is why it is possible for people, who get proper support for expressing their feelings, to learn from, recover, and move on from a terrible trauma while some people with trauma, especially from childhood, without such support, can be emotionally disabled for years. This is a trauma that is stuck. The energy behind it is blocked. Because of the block, the energy cannot flow naturally through the body, like blood flows along its pathways of arteries and veins. If there is a blockage in the blood's circulatory system, it could lead to a heart attack or stroke. When energy is stuck a person can literally get sick emotionally and even physically, and the stuck energy acts like a broken record that when it gets played it gets triggered into a groove that it can't get out of. That is why it feels like a familiar feeling every time you get upset about something that relates or reminds you of a stuck trauma.

Thus, energy, which would normally flow freely along meridian pathways, gets stuck in relation to a particular issue or an intense feeling that the person was unable or not allowed to process further. Energy holds it in the body and in the neural networks in the brain, and every time something comes along to remind you of the event, the emotional feelings surrounding it get triggered all over again, as if you were experiencing the event all over again. It's a frustrating place to be in, causing you to avoid situations that would trigger it, and this in turn affects the decisions you make about your relationships and all other aspects of your life, and you have no way of knowing how to get rid of these issues.

The Body-Mind Nervous System

Our nervous system *is* our body's energy system. Without this energy system we would not be alive. It keeps our heart pumping, lungs breathing, and all the nerves and brain synapses firing, making trillions of connections to enable us to live and function in the world. This electromagnetic energy that the body generates can be measured with EKG and EEG machines.

The nervous system does many things: It connects nerves from the brain and spinal column to muscles, which in turn connect to the surface of our skin, which communicates touch to the brain. Tapping on the acu-points on the skin sends signals to the brain to trigger the energy to move throughout the energy system, affecting the brain's chemicals (enzymes, hormones, neurotransmitters, etc.) It's one humongous electromagnetic-chemical plant operation working 24 hours a day, 7 days a week.

When there is a need, there is a hormonal response (chemical). For example, when there is a threat or an injury, hormones rush to the rescue: the brain (electromagnetic) tells the body to suck blood back into the core, speed up the heart, and pump out the adrenaline needed to survive the crisis.

The nervous system controls the flight or fight or freeze response and then the calming reflex that turns off the fight or flight rush when the danger is passed, sending out endorphins that help us feel good by helping the body and heart to relax and calm down. Tapping on acu-points can trigger this calming reflex, which turns off the alarm and helps the body relax.

A Note on the Body

Why is it so important to be more aware of the body and to pay conscious attention to it? Because it feels all, carries us through, gets us there, acts it out, holds it in. Our body is the main player, yet we disengage from it, ignore it, neglect it, stuff it, and take inadequate care of it. We think body and mind are two separate things. How can that be? We are trained to think of the mind and body in terms of a choice of 'this *or* that' when it's really a combination of both 'this *and* that'.

What is going on with your neurochemicals and the nervous system? In short, they physiologically affect each other, though some detractors contend that the mind-body connection is a belief system. But it's really not something to believe in because we know we have a body and we know we have a mind and they do interact. For example, the nerves in the muscles cause them to contract, and the nerves connect to the brain. It is an energy signal in the brain that is sent along the nerves into the muscles that cause them to move. Mind and body are connected via energy, making the body-mind one thing, not two.

Why do you need to tune into the body? Because the *mind* tries to escape from past traumas and challenging situations, whereas the *body* is always here. It can't disappear into the mind, and it's the body that pays the price, causing you to feel the emotional stress sooner or later, which manifests as illness caused by the stress that weakens the immune system.

Here's an exercise to demonstrate how the body affects the mind and vice versa. Notice your posture; how you are holding your body. Imagine that you are depressed and hopeless. Now let your body go into the posture of that feeling. Notice how you feel. Then change that posture into one in which you represent pride, confidence, and certainty. Now how do you feel in this posture? There's an old trick I learned in hypnosis training that demonstrates this very simply: take turns smiling until you feel happy and feeling happy until you smile. Can you tell a difference either way?

When you tap on your body's acupuncture points, you engage the entire body-mind system and the healing can be profound.

Tips on How to Use EFT to Tap on Your Problems

An important tip is *always do a full round of EFT tapping when beginning a session or a new topic*, then as you tap on all aspects that come up, you can integrate EFT shortcuts to speed things up. But a full round should always be the starting point in order to make sure you've done the necessary eye rolls and other elements to flush out your entire energy system and all its meridians. After that, doing the shortcuts for the aspects (individual related issues) that come up will be much more effective. Eventually you will become adept at just tapping in sequence and letting whatever comes to mind get processed.

For whatever problem you have, it's a good idea to first *make a list of all the related traits and symptoms that you have and rate the SUDs on each one*. Use the 'Codependency Statements to Tap On' Checklist to tap on each one, checking them off as you go.

One other useful tip is *tap on denial or shock first*, whenever you are tapping on a major traumatic issue that is hard to approach in other ways. As the denial and shock can sometimes be corrected in the set-up statement, a few possible phrases to begin with are "Even though I don't know (e.g., what I'm feeling)," "Even though I'm so shocked about this," "Even though I don't know what to say," and "Even though I can't bring myself to even name it...." This will help clear the way to tapping on the trauma itself and any other symptoms of a trauma you are experiencing.

As you go through the process of tapping on denial, other stages of grief — grief, depression, anger, bargaining, acceptance, and the resistance to healing — will come up until there are no more charge on the issue.

Here's a sample statement to use: "Even though I feel bad about myself because I have a problem and I'm just now seeing how I screwed up the past several years of my life have been because of it, I deeply and completely love and accept myself right here and now." If saying "I love and accept myself" is difficult you can replace it with "I'm still an OK person."

There are numerous benefits to daily tapping. For one, issues (like trees) get cut down systematically, collapsing a whole forest of issues. Or you can think of it like layers of an onion and each day you are peeling another layer of emotional stress away. Tapping as a regular practice also keeps stress from daily life from building up and helps you to stop ruminating needlessly over problems, giving you more energy and a greater sense of well-being.

As you practice EFT, tap on, but also pay attention to, any and all *metaphors and imagery* that come up and what they mean to you for deeper processing. If you can't put words to an issue you can focus on the visual memory or the sound of the person's voice who said mean things to you that hurt you and tap.

In addition, it is important to *learn creative ways to expand on your set-up statements*. You can also expand on the 'love and accept myself' statement by incorporating words like 'value,' 'approve,' and 'forgive' or whatever resonates most for you in the moment. Repeating these statements emphatically gives them the added juice needed to clear away blocks, including those rooted in self-doubt. You can also do a tapping round on the statement, "Even though I *don't* feel I love and accept myself, I do love and accept myself anyway."

Be aware that the layers of emotional stress are not all laid out in an orderly or neat fashion. The layers need to be excavated over time. For example, underneath layers of anger you may find more layers of denial and then grief, and then more denial before you hit more anger, which can then lead to denying the whole issue all over again to block it out, etc. Sometimes you might expect grief to come up when fear is what comes up, so keep an open mind, listen to your intuition and keep tapping.

In other words, as you go along in your recovery, you'll have times of knowing exactly what to tap on and other times when it is unclear and confusing. That is completely normal and in itself a great thing to tap on. It's really just another layer of denial or stage of the healing process. Tap on it. *Tap out of pain and into choices*. When all else fails or as a nightly mind dump, tap on the points while venting about all the things that bothered you during the day to keep your energy clear and stress free.

To help get you started on the road to codependency recovery tapping, I will close this chapter with a wonderful list of set-up statements written by Robert Elias Najemy in his free online e-book, "*Remove Pain & Be Free to Be Happy with Energy Psychology by Tapping on Acupuncture Points*", available at [Energy Psychology Tapping ebook](#). Robert Najemy has tons of free articles on his site which I have been a fan of and have followed for years. It's an amazing collection of resources and the group there generously gives away excellent healing words of love and wisdom.

Robert Najemy at Holistic Harmony talks about EFT as well as psychology and meditation. Here are his suggestions for using EFT on codependency issues: (FYI part of the reason I wrote this book, which I started in 2008, was because when I did my research, Holistic Harmony was the *one and only* place that mentioned using EFT for Codependency - and that was back in 2002! However he doesn't really mention much on recovery per say, which is why I wanted to bring all of these subjects together in one book.)

Here are Najemy's Codependency statements to tap on using EFT (see the diagrams for directions):

Even though I feel responsible for others, I love and accept myself.

Even though I believe others are incapable and therefore need me, I love and accept myself.

Even though if they were not happy then I am a failure, I love and accept myself.

Even though I feel that I'm not worthy or deserving of love, I love and accept myself.

Even though I do not have the right to be well or happy, I love and accept myself.

Even if I love someone who is suffering, unhappy or not well, I should not be able to be happy or well, I love and accept myself.

Even though my self-worth is dependent on how successful my efforts are toward this person, I love and accept myself.

Even though without others' approval I cannot feel safe, socially accepted, succeed, enjoy myself, be sure what to do, or be happy, I love and accept myself.

Even though I believe others are responsible for my happiness, safety, satisfaction, success and health, I love and accept myself.

Even though I believe I am responsible for others' happiness, safety, satisfaction, success and health, I love and accept myself.

Even though I feel responsible for (list name of person), I love and accept myself.

Even though I expect help from (list name of person) to fulfill my needs for self-worth, safety, happiness and success, I love and accept myself. Besides children, spouses, parents, siblings, cousins, aunts, uncles and grandparents, don't forget teachers, ministers, coaches or even TV personalities or actors who personify a trigger in you.

Even though I keep having so many fears come up about stopping all this outpouring of support I give away to (list name of person), I love and accept myself.

This is just a taste of what you can tap on. These set-up statements are so good I had to include them in this book which is all about using EFT on Codependency - and there are hundreds more in the workbook section for you to tap on.

After tapping on the above issues do rounds of tapping on your new decisions such as:

Even though I have been codependent, I now decide to move from _____ (this old issue/behavior) to _____ (new decision/behavior, such as self-care, having stronger boundaries, other recovery/healthy choices.)

Even though I've been dependent on (name of person), I now decide to cease to depend on him/her for my happiness, safety, satisfaction, success and health.

Even though I didn't feel safe or worthy unless I had approval from (name), I now decide not to need his/her approval.

Feel free to use other statements that come to mind or make up some of your own or use one of the hundreds of 'Recovery Statements to Tap On' in this book's workbook section.

2

THE PROBLEM: Codependency

Codependency is not a mental disease or mental health disorder or a psychiatric condition. The term 'codependency' was coined in the 1980s to describe the emotionally dependent relationship on another person who was dependent on a substance. Typically codependency was seen in a partner or child of an alcoholic or addict.

In this relationship, the substance abuser is wrapped up in their addiction while the codependent person, not being on any mind-altering substance, feels emotionally dependent on the alcoholic/addict. For the codependent, the person they are dependent on is responsible for how they feel: they are "made" to feel anger, fear, grief, or happiness by the actions of the other person. The codependent also takes on responsibility for how the addict feels, for their responsibilities, their successes or failures, happiness, and even health and comfort. In short, being dependent on and feeling responsible for another person, and expecting them to be responsible for your feelings, is what 'codependent' means.

While the term 'codependency' is generally used to describe a pattern of attitudes, behaviors or feelings acquired as the result of a close relationship with someone who is addicted to alcohol or other drugs, it could also be caused by loving a toxic person. This person could be mentally ill, have a personality disorder, or be emotionally or physically abusive. A codependent person could be a child, spouse, partner, family relative, or friend of an addict. Though the codependent person may not be addicted to alcohol or other drugs, his or her traits and behaviors can be just as self-destructive as those of the addicted person. For instance, the lives of codependent women and men revolve so completely around their alcoholic spouses that they neglect their own needs. Many experience depression, low self-esteem, and stress-related illnesses. They report problems in relationships outside the family, making decisions, and enjoying life.

It is important to note that many people in society experience codependent-type traits and the related negative emotions (fear, anxiety, depression, etc.) to a lesser degree from time to time without necessarily being in close relationship with an addict or an abuser. These issues manifest whenever

someone feels responsible for another person out of guilt, obligation, or fear, or when someone feels that another person is to blame or is responsible for how they feel. Generally speaking, no one exhibits all codependent traits all the time; however, some people are more codependent than others, exhibiting these behaviors most of the time with most people they are involved with. And there are those that exhibit codependent traits only some of the time with certain people.

The Cycle of Codependency

The first research into codependency dates back more than 50 years when recovery counselors and 12 step program members, who found a pattern of behaviors shared by spouses of alcoholics, began writing books on this syndrome. One such pattern was that codependents enabled their alcoholic spouses to continue drinking by doing such things as picking them up from bars, driving them home, calling in sick for them at work, etc. If not enabling, they would often try to control or prevent their loved ones from drinking (by such means as threatening to leave or hiding alcohol).

When these alcoholics and codependents have children, these children grow up to become what are called 'adult children of alcoholics.' If they don't successfully make use of recovery programs like Al-Anon and Alateen or therapy, they may perpetuate the cycle of codependency for generations. They will often follow the same pattern as their parents, even when they consciously declare that they never will, such as marrying an alcoholic. Codependency is therefore considered like a disease in that if it goes untreated it gets worse and it gets passed on. A silent killer of hope, unchecked and untreated, codependency leads nowhere but emotionally downhill.

Codependency usually comes with a lot of shame which kills self-esteem, independence, confidence and self-assurance. Confidence is such a huge issue with survivors I wanted to provide my readers with a couple tools besides this book. I actually found a book/audio that uses EFT with Hypnosis for confidence. [<Click Here EFT & Hypnosis>](#)

However if the price is out of your reach right now, try this other one I found. This great little book on confidence helps bolster it up a notch or two, [<Click Here Self Esteem>](#). (Hint: If you can't afford the ebook right now, sign up for their free 5 Day Course on self-confidence.) I cannot tell you how much money I have invested in myself in terms of self-help books, self-development seminars, trainings on anything healing and helpful, plus the many eBooks I have amassed over time, the tele-conferences, etc. for sure thousands of dollars. They all have added to my collection of knowledge and helped me along the way. And some issues (such as confidence and shame, etc.) sometimes do need a little more help, tools or time. However, Big Hint: there are so many, many free eBooks, reports, articles, YouTube videos, tele-classes and even free eCourses out there on all sorts of self-help topics and lots on EFT. But I can tell you myself that for the 5 or so years where I was flat broke as a single mom, I never spent a dime on a book once I got the hang of the internet. It's only been the last few years that I've begun investing in myself with a few things I'm willing to spend money on. The links in this book are part of that collection. Also, when you buy any of them from this book a portion of the profits will go toward supporting Recovery Tapping blog and group that gives free information to thousands of codependent sufferers and adult children of dysfunction – with a special emphasis at times on parents with

personality disorders. A portion of this book's profits goes towards preventing child abuse. So, you can be sure that I have done the research and know a good tool when I see (or buy) one.)

What Causes Codependency?

Codependency is a survival plan made as a child to make life more bearable and livable in response to abuse, neglect, unfair and inconsistently applied rules. To survive the chaos and confusion of their dysfunctional home lives, children adopt unhealthy behaviors to try to get the love they need. In the process of feeling responsible for others' happiness, they obscure their own identities as they learn what it takes to always please others.

While these beliefs and behaviors may have helped make childhood more bearable, these survival strategies no longer work in adulthood and are in fact counterproductive. We as adults have more control of our environment and actions, these old patterns and beliefs need to be upgraded or completely changed. Otherwise, we end up creating more pain, which usually leads to addictions and compulsions, which in turn results in an emotional breakdown before eventually hitting rock bottom.

Hitting bottom, however, is often just the rude awaking, or wakeup call, the codependent needs that tells them that codependency doesn't work. If the person hits the snooze button on the wake-up call, they go back into denial or shuts down further. Worse, they may attempt to kill the pain with behaviors involving food, sex, money, or mind or mood altering substances. When these attempts fail to work a crisis may make the codependent become more open to trying recovery programs and techniques, such as tapping, to change and grow as a person, changing their relationships and lifestyles in the process. The good news is codependent people can learn to identify and express their emotions appropriately, to identify and express their own needs, and to take the steps necessary to fulfill them by drawing appropriate boundaries between themselves and others. It's an exciting time of renewed hope and transformation when life begins anew.

The Psychology of Codependency

Dr. David S. Gruder of www.WillingnessWorks.com explains the psychology of what goes wrong with codependent adult children with unresolved issues. He first notes that there are only three things that feel like love to a child: 1) Connection (nurturing), 2) Validation, and 3) Safety.

In addition, there are 'four forms of disconnection' that prevent children from properly digesting their life experiences: 1) Violation – intrusive or harmful; 2) Abandonment – neglect or abuse; 3) Indulgence – spoiled, not held accountable; and 4) Stealing attention – when adults react to children by becoming even more upset than they are in moments when the children need nurturance.

In order to deal with this, children create what he calls the "Childhood Survival Plan," a happy ending fantasy that life will get better if they figure out what to do to get love. They are to do this while still following the often arbitrary 'Rules,' which replace integrity and authenticity. In order to be accepted

and loved, the Rules are what the child needs to follow to make the adult's life easier. This creates the codependent template for relationships.

In order to belong, children learn to hide their gifts and talents, not ask for too much, and judge parts of them as awful or unacceptable. A backlog of undigested experiences begins to build up through adulthood. Over time codependents find outlets for their stress and often turn to food, sex, shopping, drugs, alcohol, or other anesthesia to relieve the pressure of holding these unresolved feelings inside.

But no amount of following the rules can get them the happy ending they were hoping for. The cost is they give up their true self. In order to live life and pretend all is well, they develop a 'mask,' a mechanism to get others to see them as they think they need to be seen. It also gives them something to hide behind.

The childhood survival plan thus turns into the ego's 'redemption plan'. The happy ending fantasy shifts to attempting to prove that they deserved more love than they got *or* looking for ways to justify their existence, even though they supposedly didn't deserve more love than they got. It is an attempt to absolve themselves for failing — both plans are a kind of living death.

There are only two possible survival modes then: 1) 'I deserve more' —the belief that self-improvers, the do-gooders, and the connectors must prove themselves through their accomplishments to prove how undamaged they are (but it's never enough); and 2) 'Failure version' — the belief that to prove you were damaged or suffered or were deprived of basic emotional love needs, you must adopt the identity that says: "I'm not worthless, but I need to make the world see the damage done, and until then, I can't thrive." The sad part is they can never accomplish enough or have enough failure to get anyone to rescue them from having been so wronged as a child.

Codependents are also still operating from their false self because they are proving something rather than living their passion, life mission, calling, or simply living life. Living life authentically involves five primal energies: 'Being-ness' — (connection, awe, wonder, delight); 'Doing-ness' — (play, impacting the world); Stability — (safety); Change — (curiosity, imagination and growth); and 'Choice-making' — (willfulness, exercising free will).

Psychological Issues of Codependency

When the codependent enters recovery, healing begins. They find that there are other choices and that relationships do not always have to be painful. In recovery, the codependent can tap on many different codependent issues. It involves getting honest with yourself while getting support. It also involves educating yourself on codependency in order to look for signs of it in yourself. You do this in order to recognize negative patterns of behavior that you would like to stop, realizing there are other choices, you have the power to make in the process.

Bonding. The urge to bond and the urge to resolve becomes an urge to be OK. Unresolved issues are unresolved because they can't be resolved on their own. That is why when we unconsciously see a familiar situation we get excited, thinking to ourselves here's the person we can finally resolve this issue

with. Here is a projection of a person just like mom or dad, and it will finally work this time. I'll finally get it right this time. But it never works, and they end up feeling like failures, and they can't figure out why or what they do to attract certain kinds of people. They are always picking the wrong person, and what makes this so baffling is that they even do it with the awareness that they are picking the wrong person. They ignore or make excuses for red flags over and over again.

Codependents bonded to a person who was not able to be there emotionally for them. That could explain why some toxic people feel *normal* to them. Loving without getting love back feels normal to them. Somehow they feel that if they just get it right this time, they'll get the love they've been waiting for and wanting desperately. This is what codependents project onto others. Even though it is said that a toxic or abusive person can't love you or "you can't get bread at a hardware store," you can't help but bond with the dysfunction you were raised with. And that is why you feel compelled to return to the hardware store (other dysfunctional people) for bread (love) over and over. Why is this?

You are born to bond. You need to bond to survive. To survive you need to attach to something that moves and feels warm. A baby monkey will cling to a rag doll rather than to a wire monkey with milk. Even when hungry, a baby will choose comfort over food. Comfort is warmth and safety, and we are born to bond with it. It's rooted in the cells of our body and mind, in our neurology and nervous system, and it fuels the unconscious issues behind our self-defeating behaviors. This is why we internalize the dysfunction: children who bond to dysfunctional people and go out to live often tragic lives attracting these people over and over.

Codependency can be traced back to problems children have with non-bonding mothers. Examples of non-bonding mothers are mothers who are mentally ill, have personality disorders, are low-functioning addicts or alcoholics, may have had brain damage, or are seriously ill. From the time a child is born until age five, it is extremely important for him or her to bond with a human caretaker who they feel loved by and connected to. Some mothers can't bond. Their children end up bonding with their mother's inability to bond. They learn to relate to people just like they did with the non-bonding mother, which is why they are attracted to people who are emotionally unavailable.

During the first five years of life you were basically taking in information, downloading it from those around you. If those around you were sick people, then that is what you got. If you heard mixed messages, if a bully beat you up, if you witnessed someone get hurt, if someone died, if a caregiver was depressed or drunk all the time, all this was downloaded into your very open mind that was literally being created in those years. How you reacted to all that is largely unconscious, not really remembered, and may partly also be a function of what type of personality (shy, outgoing, bookish, or creative, etc.) you were born with. Regardless of how great or bad your family was then, there are ingrained belief patterns that need to shift now in order for you to be truly connect with healthier people.

Those beliefs and views of the world shaped your expectations for all the years that followed. That is like asking a five year old for advice on how to live your life. You're following old programs not even chosen by you.

Finally, a tool has been found to get you out of this self-defeating cycle. To begin the process of working with EFT, simply tap on the pattern any time you notice a repeating issue as soon as you can. You can also jot down a reminder to tap on it later when you can devote your full attention on it. If you can't write it down, give it a name and SUDs number and tap on it later.

Observe how you stop yourself from things you want to say or do when you're around people you seek approval from. See how you hold yourself back because you're worrying what someone else might think, say, or feel. Will they get mad at you? Will they be less than pleased with you? Will they judge you? And as you become aware of it, be sure to do a round of EFT on each one. This will enable you to give yourself, and all your parts, a *voice*. Tap on, "Even though I had no voice." "Even though I bonded to a toxic person." That is what Recovery Tapping is all about.

Approval seeking. Codependents seek other peoples' approval and don't feel good enough until they seem to get it. They often are living in fear of trying to make everything right or perfect to make sure they get that approval from the person they are trying to please. Beyond giving up your voice, *doing things for others' approval is a tiring business*. It puts you always on edge, in a state of always trying to please and do the right thing, and yet you're conditioned to wait forever for the reward. Sometimes after trying so hard, trying everything you can, you have no choice but to give up because you're always trying to get approval from people who don't have it in them to give, or worse, they take advantage of your need. When you finally stop and say, "I am not here for your approval," then you are free. Do a round of tapping on your need for approval and take notice on who you have wanted approval from. Tap on it and get it out of your system.

Approval keeps you stuck in slavery. It's time to free yourself from it by giving yourself approval. Stop trying to get approval by complimenting people or trying to please them all the time. Tap on the issues that come up when you try to stop this compulsion and tap on the need to please.

In addition, try to get rid of all the negative people in your life for 30 days and see what happens. See how uncomfortable that is for you. Tap on those issues. You might be too busy and just avoid them for awhile. See what it's like to just be. To further your recovery, seek out your positive friends for support. Notice who will get unconformable when you no longer cater to them. Just doing this one thing will quickly weed out all people who are takers and not givers. Tap on all uncomfortable or anxious feelings that come up surrounding this.

Permission, Deserving, Wanting. What would happen if you really let yourself go and imagined what you really, really wanted? Do you get a pang of guilt, a twinge of fear, a feeling of being in trouble or that you're not allowed? Tap on it. Then give yourself permission to be loved. For example, notice how you feel when you say, "It's OK to get what I want." Rate the SUDs on any internal stress of fear or discomfort you feel. Tap and re-rate SUDs when done. Next, exercise your ability to choose to change old beliefs and decide what feels right for you.

Relationships. It's all about relationships, because that is where codependency acts itself out. The beliefs about yourself and about others, about how women should be, about how men will act, about how women are, about how men will treat you, are all imprinted and embedded in the subconscious of

your mind until you take charge and change them. It's not your fault they are there. It's not your fault you've picked the wrong ones so far. You are responsible for your recovery today. They say that relationships are the best seminar in town. What could take years of therapy can now be healed much more quickly with EFT in your relationships.

You can tap on your beliefs about relationships with men, women, mothers, and fathers. Take a look at what you are attracted to in people and then ask yourself what attracted you in the beginning of the relationship? Try to remember any particular moments early on. Identify what you liked, expected, or saw in them, the potential love you thought you could get in the relationship. Those answers reveal your relationship issues to tap on.

Dating. Dating is not a separate issue from recovery. Just the word codependency implies dysfunctional relationships, so dating is a part of recovery. Your whole idea about dating will hopefully change as a result of your recovery. Abstinence from dating is usually suggested for someone first getting clean and sober because their mind has been in a fog of unconsciousness for so long. Their focus needs to be on staying clean, which relationships could easily derail if the person is not ready. Invariably they'll get into the wrong one, which in itself can be a huge eye opener, and what better time than in recovery to hit bottom.

OK, so you're not dating in order to focus on getting clean, but after a year you start opening up to the idea of dating again. Your best strategy at this point is baby steps. First you socialize and go out in groups or double dates, until you're ready for one-on-one dates with people you've ideally gotten to know in group or public settings.

You use dates to have an experience of fun and enjoyment in the moment, not to evaluate if this person is the one you'll marry. This is a great time to observe all your thought patterns that will come up, and as each one does, say, "Oh isn't that interesting". I'm fantasizing about our wedding already!" Tap. Tap. Tap.

Abuse. Healthy people don't abuse others. Only dysfunctional addicts or people with personality disorders do. Healthy people don't rape children; they don't torture animals; they don't beat their kids; and they don't screw around with their young child's mind, who they know is helpless and doesn't understand the adult world and adult expectations. Healthy people do, however, make mistakes; they do have anger issues; they do discipline their kids; and some become addicts in every form and fashion. But they don't abuse those who are weaker in order to feel good about themselves without a care or regret about how the victim was affected. A healthy person's conscience automatically tells them it is wrong, and a strong feeling of resistance to the idea of causing harm is there naturally. But someone who is mentally ill or has a personality disorder has no such conscience or concern about how the victim is affected.

And their victim *is* affected, horribly. Not only are they affected by the trauma that they had to endure and survive, but every relationship they have thereafter is infected with toxic beliefs and expectations that were encoded via the parent-child bond, especially when the abuse occurred prior to age five.

Sex. Sex is an act of procreation, love, and pleasure certainly; but it is also an act of bonding on an energetic level. Sexual contact connects our bodies, our emotions, and our energy patterns to those of our partner. It affects us deeply. First-time sexual experiences can affect us very deeply. The first sexual experience a person has is like any meaningful sex: it's a major experience that influences you and can stay with you for life. As adults, we can easily recall the attitudes, emotions, and bodily sensations engendered by lovers long since gone. In most cases we can still see the changes in lifestyle and personality structure that the relationship fostered.

This is why childhood sexual abuse has affected people so much and for so long. Children who are too young to know what is going on are scarred by the negative energy that came with it. The shame, the wrongness, and the bad feelings are internalized, emotionally, and energetically; they bond with the experience. This is why bad love feels good because it feels normal. As these children get older, it may feel right to have sex with people who don't love them. Victims know little about what it's like to even be loved or to have someone who really loves and cares about them making love to them. As a result, victims are often repeating this pattern in adult relationships and consciously do not understand why they are attracted to people who use them sexually. Parental role confusion, emotional damage, and the removal of safety are just some of the many repercussions of bonding mentally, physically, and energetically to something that is clearly dysfunctional.

This energetic component also explains why this problem can be cured with tapping. So imagine the 'energetic bond' if you will, that stays with children whose first sexual experience is incest or molestation. The untested minds and personalities of molested children are essentially torn asunder and programmed for destruction by tragically inappropriate sexual contact. They too remember the attitudes, emotions, and bodily sensations of their first sexual relationship. They also have experienced changes in lifestyle and personality structure in response to it — changes that have haunted and tormented some of them throughout their entire lives.

Because victims often blame themselves and take on the shame and guilt of any sort of sexual abuse many of my clients have had a hard time forgiving themselves. They say that they participated in it; they think it was their choice or they went along out of their own free will, may have even flirted with or invited their abusers into their room. Sometimes they even enjoyed the pleasure, the attention, the affection and touch, even orgasms can occur. But still it does not matter — abuse is abuse, even past the age of 18, if there was any inappropriate sexual activity going on in childhood, going along with or even seeking out sexual behavior or people who use you are just one of the many normal reactions to abnormal circumstances. That is the behavior abused children learn. Until healing or recovery it may be very hard to change or control.

If you still blame yourself I strongly urge you to use the creative visualization audios that come with Mark Myhre's Self-Forgiveness book. Mark's audios are all artfully done with sensitivity and understanding. I love his healing voice and I appreciate how low his prices are. If you can check out his

“Shadow” meditation, I would suggest that one too – I use it over and over and each time it’s different. I can see why Mark is called the Emotional Healing Wizard. [<Click Here Forgive Yourself>](#) .

As Mark says which I completely agree with, “Forgiving yourself answers the tough question of “What’s wrong with me?” with the correct answer;”Nothing - I just need more love and more healing.” I would suggest tapping on “there is something wrong with me” and combining it with the new choice of “I now choose to forgive myself” And then go back to tapping on “something is wrong with me” and back to declaring that “I now forgive myself” and see what shifts that can make for you.

The next one of Mark’s creative visualizations I plan to check out is the “End Self-punishment” meditation at [<Click Here End Self Punishment>](#) . (Hint: this link brings you right to his free book which I love, “Emotional Healing”; it’s the best book on emotional healing without mentioning EFT that I have read so far).

Mark Myhre has a way of explaining human emotion in a way that sounds so simple you would think everyone in society would know this information about emotions. Sadly the opposite seems to be true - and we are actually supported and encouraged to not move toward recovery but toward keeping our mouths shut and our feelings to our self - and even takes it a step further by providing us with plenty of products for us to eat, drink, smoke, use, play with and enjoy to get our mind off of our feelings. Let me stop there and move on before I get into my “what’s wrong with our society” speech!

Internalizing. While a difficult person with a personality disorder can be so dysfunctional and problematic they drive the adults around them crazy. These irritable people and the drama they cause are demanding, critical, burdensome and confusing. They can be even more demoralizing for the children who are raised by them. Young people can’t help but internalize the critical, demanding voice they hear and feel deflated, losing their own voice in the process. They become extremely discouraged and may give up before they even have a chance to grasp their own sense of self. Tapping on these issues as they come up in recovery will alleviate much of the tension that this brings up and EFT can help remove the blocks to your healing and then growth. Heal first then grow.

By the Way: (Tap on anything described in this book that is triggering for you. Then when calm, (or process the issue further by journaling, or get the help of a counselor or sponsor if needed) - then move on.

Parents with serious addictions, alcoholism, untreated abuse issues, mental illness, even parents with serious medical illness can abuse, neglect, ignore or overly-protect and smother their children. Not all abusive parents have personality disorders. However, anything but supportive, nurturing love can be deemed abusive, which would mean that we are all abusive to someone at some point. Still, when it comes to sexual abuse, let’s make one thing perfectly clear. No matter how seductive, how sexy, how turned on a man or father can be by his own child or someone else’s child or even an almost 18 years old can be – “normal” regular good guys – healthy men do not have any kind of sex with their son or daughter or with children. Many men over the age of 25 might find it morally difficult to sleep with any person more than 7 years younger.

The energetic bonding with a parent creates blockages in the energy system when negative messages and behaviors are internalized. Some of these internalized messages, like these listed below, are from recovering adult children of parents with personality disorders:

- Not good enough
- Must accommodate
- Undervalued
- Denied
- Discounted
- Learned helplessness
- Programmed for exciting charm promising instant intimacy
- Desperate for attention and validation
- Hopes and dreams used against you like a phantom carrot leading you to pull their wagon
- Going back to abusers or users as the only people who feel familiar
- Not even knowing they're abusers but feeling people who are always taking from you and never giving anything back as normal

Children of dysfunctional people are programmed from birth to feel abuse or neglectful behavior is *normal* behavior. So of course they continue to find other sick or dysfunctional people. They recognize them and mirror/echo them as well. Consciously they often are unaware and still in a 'not knowing' position, until they harness the power to choose that feeling loved and healthy is normal. A fantastic ability.

You already have the ability to seek and find what you feel is normal — what you feel you need. For example, you can start tapping on, "Even though I feel abuse is normal." And after tapping that blockage out of your system, you can begin to reprogram yourself by tapping in a new choice, "Even though I used to feel abuse was normal, I now choose to feel being loved and supported is normal." Tap an entire round on the negative part and all the aspects that come up. Then do a full round on the positive shift and tap short-cut rounds on all the positive aspects that you are choosing to move into now.

Adult Children of Narcissists are often heard saying, "We were programmed at the cellular level to feel dysfunctional behaviors are normal". A powerful statement to clear this would be, "Even though I'm programmed at a cellular level to feel certain behaviors are normal". After tapping on this aspect of the cellular level, do a round on improving all of your cellular system's functions. Other bonding issues can be framed in the following set-up statements:

- When I rush into relationships, I am trying to bond instantly, which is what the abuser did.
- I am trying to bond to someone who needs me, whom I can feel concern for and rescue.
- It feels normal to find abnormal people, they feel normal to me.
- Ever since I was in the cradle I have felt neglected.

The truth is you were normal all the time, but had to deal with abnormal circumstances. As stated, seeing our part in attracting and being attracted to abusers and losers and their behaviors is the first step in changing this pattern. List what behaviors feel *normal*, and tap on each one after rating SUDs.

Here are some more psychological issues and symptoms related to bonding to tap on:

- I experience cognitive dissonance (two conflicting emotions or thoughts at the same time).
- I doubt myself, second guess myself. I even look for where I was wrong.
- I wait and watch for approval or rejection that may be coming down the pike.
- I trust dysfunctional people, taking their word for things too fast.
- I don't have a lot of boundaries.
- I'm trained not to have boundaries, forced to remain open, defenseless.
- I'm defenseless against certain types of abusive personality disorders.
- I feel like they taught me to be a defenseless servant and slave.
- I give in to relieve this anxiety of not pleasing, of indecision, of being asked.
- I feel compelled to rush it and finish it; it feels incomplete, I feel anxious if left hanging.
- It's easier to just to get it over with.
- I see no reason not to be with this person.
- I'm programmed not to see the abuse.
- I feel wounded, jaded, bitter, guarded, suspicious, depressed, dashed hope.

We in fact need loving relationships around us. Unfortunately, it can feel painful to be around loving people, hence easier to go back to dysfunctional people. There is a feeling of relief for the tension of 'going good if you feel you're born bad.'

When stuck do a tapping round on, *"Even though I'm stuck and I can't figure this out, and I don't know what to tap on, I don't know the right words, or even what the issue is, I deeply and completely love and accept myself."*

When stuck you can also tap on 'not knowing' or 'not feeling anything' which are just more layers of denial.

3

THE SOLUTION: Recovery

So what is recovery? Recovery is working an action program or plan while also receiving support in order to stop self-destructive habits and negative feelings and to start taking better care of yourself.

Recovery is renewed hope. Recovery is empowerment. Recovery is a new chance. Recovery is an open door to the right way to love yourself. Recovery is self-responsibility. Recovery is having a meaningful part in life. Your part. In your corner of the world, your part is very much important and needed, and when you get your fears and issues out of the way, you are better able to give and contribute to the world via your self-expression, unique gifts, and talents. Everyone has something to offer, and everything is needed. Your part is in taking care of yourself and not hurting others. Participate in at least one role in your life that has meaning for you. Your role is up to you. It could be participating in a recovery support group or being a good neighbor or registering to vote. The key is participation in life, and your job is to figure out what role has meaning for you.

In recovery, you will not only learn how to take care of yourself, but you'll also learn how to express your talents and abilities so you can give and love others, which is a natural tendency in healthy people. If you want to give more, love more or even rescue and fix people, great; you could become a paramedic, nurse, or social worker. You will be able to use your talents and feel good expressing them and feel fulfilled in the act of doing so, while also contributing to society. Even if you are baking cookies or repairing safety doors, you are still helping others. Your love and gifts will be accepted and not twisted. Your actions will satisfy you, not frustrate you, and you will know what it's like to really live. You'll have moments of giddy euphoria when you step into that new freedom of recovery.

In order to do this, you will need to find support where your needs are sufficiently met. You will need to disengage from negative people for 30 days and continue to tap on your recovery issues. You should also attend supportive meetings or get-togethers where you're free to be yourself, loved, and accepted as you are no matter how you feel. I tend to suggest that people in recovery try new boundaries and behaviors for 30 days at a time. One reason is that it is too hard to imagine doing something new for the rest of one's life. Another reason is that this is also a trial period to see what it is like to have something

good or to finally have something not so good in one's life to be away from. Lastly, research shows it takes from 30 days to solidify a new habit. In support of this I found Mark Myhre's [<Click Here Support Change 30 Days>](#) helpful if you need extra help with something that you want to change in 30 days. It's amazingly affordable (\$15) and comes with ten other free books. The chapters are short with story examples that stick with you. It makes 30 days more of an adventure in some ways than something to grudgingly force yourself to do and grin and bear. Once again I see Mark come through with rich quality at very low prices. I don't expect everyone to buy every book that I recommend but there are a few that I would strongly encourage you to get – and most of those have Mark's name on them. (In the 'Resource' section I will provide many free resources as well!)

Hint: When you try a new behavior or boundary for 30 days there is no need to make a big announcement to the world, friends and family that you are doing so. It may even be counter-productive to make such an announcement. I find this to be particularly true for Adult Children of Narcissists. If a parent has narcissistic personality disorder – or some other type of unsafe, toxic personality or behavior toward you – and you are considering going “no contact”, I would suggest trying 30 days with no contact first. It is much, much easier for you to simply be unavailable, unreachable or even needing to come up with some white lie excuses for not being around for 30 days then it is to try and make a break for life.

The reasons are many. One reason is that it is not a long-term commitment. It is giving you some time and space to think about how long you may need. Another beneficial reason is that you can do another 30 day period of no contact immediately after the first 30 days! If you have to face the extremely hard decision of going “no contact” with a parent, it will be one of the hardest, most grief-stricken decisions you will ever have to make, why make it any harder by inviting protests (and more) from them and other family members? If they know you are not “speaking to them” for awhile, they may beg, yell, blame, hurt, rage and all sorts of other consequences toward you. There are also other family members who will “feel sorry for” them and have no idea why you would not talk to them. These well-meaning family members may be very codependent themselves and may be perfect targets for the “no contact” parent to complain to and in effect recruit them to help break down your “no contact” barrier.

It is amazing how much abuse one will accept – or be expected to accept, if it is coming from a relative (or in some cases even a long-time friend or friend of the family) over if it was coming from a friend, acquaintance or neighbor or stranger. It is even more amazing how much society knows about abuse statistics and yet is always in denial when it comes to anyone they know or are related to. No matter who you are, no matter who the abusive person is, you have a right to go “no contact” with anyone you need to. There is no need for you to wait for permission to do so.

However, parents are not the only ones who survivors may need a “no contact” status with. Anyone who is in the position of power over and also in a nurturing position to a child or teenager is in the perfect position to abuse them, if they are inclined to do so. We have all heard it in the news many times, so (unfortunately) it should not surprise you who else is on the list – an abuser can be a coach, a minister, a teacher, a teacher outside of school such as music or karate teacher, a babysitter, any other family member (especially if they are 4 years or more apart in age), a doctor, a therapist, a janitor of a

school, a building security guard they live at or frequent, other children's parents, a YMCA employee, a city recreation center employee or volunteer, an after-school program staff, a day care owner or employee, boys & girls club, girl/boy scouts, the list is endless. No one is exempt. Abusers come from every walk of life. Most abusers look and act very nice and pleasant and have a "normal" appearance. So it's best to keep an open-mind and keep children aware, educated and safe as much as humanly possible. People who have not been abused themselves may find it hard to believe when they hear about it. People may think that all parents protect their children. Since we know that they do not, safety information should be everywhere – at school, on television, on the internet, as well as all the locations that all of the people I just mentioned work. Part of recovery can be promoting public awareness and advocating for others who are more vulnerable than you. Recovery does not need to carry a stigma with it. Society, simply in numbers, has to accept people in recovery just as we should be tolerant of and accepting of anyone else. In this rapidly changing society, many things change over time and there will always be a new thing that we will need to accept, this includes people and their various groups.

There are many ways one can get some distance from a toxic family member. You may need 30 days or more to sort that out for yourself. I have known some to go "no contact" for many years and I have known some to never leave the family physically, but mentally and emotionally they have created more and more distance and detachment over time as they were able. I have also known others to go "NC" for 30 days and then go back with strong rules and boundaries that they enforce as they show up – not that they announce and hope others respect them. Boundaries are always challenged. You need to prepare yourself for that eventually happening and plan ahead what your strategy will be for not only protecting yourself but how you'll handle it with them in a productive way that will promote more respect toward your boundaries the next time it happens. As with any habit, new rules for yourself and others are hard to accept at first, but over time it gets easier to accept.

Many tools can help it get easier and faster, one of which is using EFT for all of your issues and feelings that come up, another tool is simply replacing the attachment with another healthier attachment such as picking up a class or hobby that takes up a lot of your time to get away. Another tool is support. It is extremely hard to do all this recovery works on your own. Just knowing that can be a relief. You are not alone. There are millions just like you even though you may have felt alone all of your life. Actively seek out support groups online and face-to-face. Try them out for several visits before deciding if it will work for you or not. Give it time. Recovering people are not perfect either so don't rely on them for everything all the time.

You will need to take a certain degree of responsibility for your recovery which means regular daily and other scheduled self-care activities. You can get a free copy of my **"Wellness in Your Pocket"** booklet that you print out on both sides of the paper, cut and fold so that it fits in your pocket. It is a nice little booklet that you fill in yourself that creates your wellness and recovery plan. It has many questions and categories that you can fill in over time and let it evolve and grow as you do. Both the act of filling it out and the act of reading it in a crisis are beneficial. Over time you will be able to see your growth by adding new things to it or seeing you no longer need others. If I had the link I would put it right here, but I don't because as I finish up this book, I am creating a new blog! I can give you the link to my blog but

you will have to search around for the **Wellness in Your Pocket** booklet. (You may have to type it into your web browser rather than clicking on here: RecoveryTapping.com/Blog)

As I have stated, it should be pointed out that recovery isn't just for addicts, or spouses of addicts but also for the mentally ill, and codependency with additional features such as having an addiction, codependency and a mental illness such as clinical depression or panic disorder or even schizophrenia. Recovery is also for the more hidden group of Adult Children or Survivors of narcissists, pedophiles, abusers, sociopaths, torturers and other predators who use and hurt the innocent. Many people who could benefit from some kind of recovery program are functioning, normal-looking people, who are working, raising kids, and volunteering in their community. You'd never know they may be recovering from a rape, violent assault, torture, incest or have panic attacks or weeks of depression. If you are one of these survivors I hope that you can at least take comfort in the fact that you are not alone and that the problems you are having are very real and can be very normal reactions to very abnormal events and you are trying the best they can to deal with behaviors, thoughts and feelings that you have simply learned – or in many cases were forced to learn. The positive side of that is you can unlearn them as well and you can learn new, healthier behaviors, lifestyles, habits and ways of being in the world. This is true, regardless to what age you are. That brings us to the next section which is about these new behaviors.

Components of Recovery

Self-care is the number one priority in recovery, from the first moment you wake up in the morning to the last moment before you go to bed, from the first day in recovery to every day of the rest of your life. Without self-care your life can't run properly — it's as simple as that.

Self-care serves two very important functions in addition to the side benefits of making you healthier and functioning better. It provides the action of caring for yourself, which you neglected before, and it also provides the experience of receiving self-care, which is akin to receiving nurturing you missed as a child.

The practice of caring for yourself may feel alien at first, as you allow yourself to receive the healing benefits self-care provides. To begin, you should start each day with the top five things you need to do to stay well: shower, take any prescribed medicine or vitamins, exercise, eat a good breakfast, and do something that makes you feel special or important or valued or happy, whether it's social or making time for yourself.

These can be small, baby-step things. You can start out with simple pleasures, like watering your plants, saying "Hello" to a store clerk, walking around the block, just as long as you do these top five things every single day — that is your goal. Then work up to the top ten. These may include prayer, reading recovery material, working your program in some way to step up your recovery. Other daily practices could consist of connecting in some way with your support people, going to a meeting, chatting on the phone or online with a recovering friend, and journaling. Another practice could be whatever you feel you really need to do in order to stay well and as happy as you possibly can.

Your wellness actions will show *yourself* the love you have for yourself, and accordingly your *self* will give you feedback on what it was like to receive that care by feeling more cared about. One part of you gives to yourself, while another part of you is receiving. As a result of that receiving experience, you will end up feeling more secure, healthier, and happier. Choose to allow you to receive that care and to experience the feelings that go along with it. If you have not received enough care as a child, it may be difficult at first, but know that you are worthy of it, and that this is a healthy and natural way to live.

As part of the process, it is important to be aware of your state of mind. Think positive thoughts on purpose — not to cover up and deny the negative ones — but to see that choosing a different outlook in any situation is always possible. Also, be aware of your posture and your smile. If you aren't accustomed to smiling a lot, smile half way and build up from there until you truly feel that smile coming from the inside. Strengthen your strengths rather than focusing on and trying to fix your weaknesses.

Support groups. Some people are just naturals, some people need therapy, and some people have an unconditional loving person in their life. Take a look at how isolated you are and honestly take note of your needs for support and then go and look for a suitable group. Most support groups and other 12 Step programs are free, and, as the name of many of them indicates, anonymous. You can even have more anonymity through online support groups. Make sure you feel safe and read the group's literature and ask questions to find out which group is right for you.

As the expression goes, doing recovery alone is being outnumbered. Recovery people need recovery people. In a support group, you are cared about, you are not judged, and you are accepted for who you are, where you are in your process and the program.

Boundaries. In recovery, it's extremely important to develop criteria for who you let in close to you. This criterion defines your boundaries, which are behaviors and actions you deem acceptable in those closest to you. To begin the process, create a personal list of basic needs you must have met in any relationship (i.e., being treated with respect, receiving a call if they will be late, etc.) and then write another for preferences that you would like to have met, but could live without if the essential needs were met, (remembering your birthday, ways of expressing affection, etc.).

Then create a list of behaviors that you will no longer tolerate in relationships. Make lists for what you need in a partner and in a friend. When you are dating or trying to evaluate a relationship or friendship, make a copy of your lists and put the person's name at the top. Check off those needs that are met, any preferences that are met and any boundary violations. This way you will have a clear idea of who is treating you the way you need and deserve. Somewhere in this discussion I want to drop in an interesting book, you may not be interested in it at first, after all what codependent likes to argue, right, but sometimes books like these can give you great insights to how to see how the other side operates and how to hold your ground and what to look out for, tactics others may try to use on you. That is why I wanted to take a look behind the cover of the "How to Win Arguments" ebook in self-defense. [<Click Here Win Arguments>](#) .

This world is cruel. And you may have not seen the worst of it. Some people will have no mercy. Once you are embarrassed, defeated or your reputation is damaged, some people will not stop there until

they have put you into submission. There is no reason why you cannot stop this type of arguer or bully.

Even if you haven't been able to before, you still want to defend yourself in the future. You are going to live a long time still, and you need to learn self-defense; verbal and physical. If you can take a self-defense class (which is different from traditional martial arts class) sometimes they will also cover how to deal with bullies and people who verbally argue with you with no limits. Or I suggest this book or books like it that help you get a more fair edge to fight off people with words so they will think twice before picking on you again. Sometimes you need all the help you can get in establishing and keeping your boundaries simply for your basic mental and emotional safety and protection.

I really don't think anyone reading my book is going to take advantage of others, so I feel safe in recommending such a book. But here is a disturbing fact – predatory and abusive people do. They also lurk in support groups, read victim type self-help books and other things we would rather not want to know, in order to learn more about victims so they can exploit them even more! Working with people in social work my whole life I have seen if not heard it all, and one time I recall helping a young girl get away from a pimp who was trying to recruit her. She was very shy and scared and almost hesitant to come with us because she was “afraid he would get mad”, but she had just met him! But what chilled me the most was what he said, “I'm not looking for the pretty ones, I'm looking for the shy ones who have low self-esteem, abused by their daddy. I found this one at a NA meeting, you can have her, there's plenty more there.” (NA stands for narcotics anonymous). Is nothing sacred? No. if you don't set boundaries for yourself, no one will. It's like I always say to juveniles to keep them out of the system; “if you don't control your life, someone else will”, but I think now it also applies to codependents.

As part of establishing these boundaries, you can also create ‘rules’ to help remind you of the new healthy behaviors you want to practice. For example, you could have a ‘three-strikes-you're-out’ policy with people when they are lying to you, mean to you, not there for you, using you, etc. In this way, you are setting limits based on what is good for you — not on what is good for them. Remember, you can always say “Have a nice day” and walk away any time.

Recovery for codependency requires developing healthy socializing and dating habits. Just as codependency is *all* about relating and bonding with dysfunctional people, recovery is *all* about learning new ways to relate with others, which will be an outgrowth of the new ways you learn to treat yourself with care. (For great tips on dating again check out “How to Get a Man to do Anything You Want – AND How to Find the Ones You Really Want”), I do not have a link to it here. In spite of it's off putting title, (and attractive subtitle) written by a man, this book gives real-life examples of the difference between “players” and “the good guys” as well as dating and socializing tips that can be applied to just making friends and knowing how to start a conversation with anyone.)

If you are used to isolating, it might be good idea to get out more. Pursue your current hobbies or find new ones that will put you in a position to interact with people. You can go slowly at first by practicing your social skills on store clerks; ask for change or the time or directions. Take a ride on your city's bus system; visit your library or a favorite store just to look around. Going out and being among others will show you that you are as much a part of this world and belong here as anyone else. By continually

working on yourself and your issues, with support, you can learn how to love with wisdom, choose what is good and true for you, realize your choices, and make simple, easy, and fun changes. Ironically, most of the people who think there is no one else in the world like them, who feels like them or has been through what they have been through are all at home isolating.

Needs. There are basic core needs every human must have in order to get and stay feeling well: support, validation, kindness, caring, unconditional acceptance, active/reflective listening (as opposed to unsolicited advice), security, and safety. Part of the human connection that we crave is often simply a matter of being heard, noticed, smiled at, having someone in our life that just cares for no reason. Unfortunately, not feeling deserving of having our basic human needs met, or feeling we must suffer, sacrifice, or be taken advantage of in order to get them, prevents us from getting them met in healthy, normal ways.

You can use EFT to undo the damage; the unconscious patterns that make you feel undeserving, defective, wrong, bad, guilty, ashamed, helpless, and hopeless. In the process, you can replace those feelings with permission to want, permission to love yourself, permission to allow others to love and care about you without expecting anything in return.

Principles, or values, what you hold as important to you, are where you start living your life of recovery. When guided by what is important to you — freedom, safety, fulfillment, contribution, connection, peace, etc. — it's easier to make a decision about anything that comes. You make decisions in accordance with your recovery principles by first asking yourself, "Will doing such and such bring me more of less freedom, safety, connection, peace, etc.? When we don't know what to do, it's helpful to have principles to fall back on, which can be incorporated into an easy to remember slogan like, "When in doubt, go without." That way, you don't have to think about it twice or continue to torture yourself about the decision.

Spirituality and a Higher Power

An essential component in the success of any recovery program is faith — faith in yourself that you can do what it takes to get well. It is OK if you have lost faith, you can always renew it. If you believe in a Higher Power make sure it is a kind and loving one. If you feel your Higher Power knows you, has unconditional love and compassion for you and accepts you regardless of your past mistakes, then it is much easier to go to that Higher Power for help when needed.

Others may find that a support group is the Higher Power they need, still others go within and connect to their intuition and find that is the source of all their inner strength and peace. Others still may need to do some more research or soul searching about the nature of love and wisdom, good and truth, peace and forgiveness.

One of the many benefits of having a Higher Power is that it gives you something to surrender to, something that can willingly accept and recycle any negative energy you need to release, including your raw emotions of anger, rage and grief or guilt. Another benefit is having something to turn to during your lowest moments or to come to terms with the damage you've done to yourself; fears and anxieties

about the future, especially when you feel overwhelmed; and old wounds that continue to fester resentments as you hold on to your need to blame and punish.

Through this, a spark of optimism and a sense of personal power will begin to emerge. All that is required is a little willingness, a willingness to do the work and to believe that you can get better and your Higher Power will help you if asked. Looking at your life from the perspective of a Higher Power or sense of spirituality also enables you to develop a degree of objectivity about yourself and life. Prayer and meditation are spiritual practices that can add to your serenity. Each person must decide for themselves what works for them.

Focusing on Yourself

One of the most basic characteristics of codependency is the tendency to think about others; how they are feeling, what they are doing, what they need, and how to make them feel better. Codependents feel responsible to prevent crisis and clean up messes for others, while at the same time forgetting or neglecting their own. It's now time to think about yourself; how you are feeling, what you need and how to make your life better.

While it may seem selfish at first, focusing on yourself is really the first step on your journey to recovery. It involves:

- Placing attention on your life and where you are right now and how you got there
- Defining what your needs are in every area of your life
- Realizing the consequences of self-neglect (loss of personal development, self-esteem, and self-love, health, creativity, enjoyment)
- Choosing what principles and values you want to follow
- Identifying what you love, what you're good at, what makes you happy, and what you love to do
- Choosing what state of mind you want to be in, returning to your natural state, your true nature
- Tapping away self-sabotage and blocks to the above

In the beginning, during this pivotal time of renewal, it may be necessary to completely disassociate, or at least minimize, contact with any difficult or negative people in your life for a period of time. This will allow you the space to start the process of sorting out and coming to terms with your own needs, wants, and feelings, to differentiate them from those imposed upon you by others.

While you take a break from others for a time, take a look at:

- Your illusion of control, that you can fix things and other people
- Your feelings of being responsible for everyone
- The people who drain you that you need to detach from

- The fact that others also need to focus on themselves; it is their responsibility to do so
- The fact that others also have their own Higher Power with a purpose for them
- How your caretaking doesn't really work out and sometimes even backfires, doing no one any good, including you
- The lack of reward for rescuing others
- Emotions triggered by the above to tap on, like guilt, obligation, fear, the need to prove yourself worthy

While all this may sound like a tall order, with the help of tapping, you can go a long way in a short amount of time.

But how do you get away from people for awhile who have become a regular presence in your life? First of all, whatever you do, do not make a big deal of it or an announcement that you are going to have no contact with them. Just go about your life without contacting them. If they contact you, and many will, you will need to be prepared in advance with a strategy on how to keep contact to a minimum. A response as simple (and honest) as, "I'm exhausted and need some time to myself for a while," or simply, "I'm busy right now" often will suffice. It may be easier to think of this as a "me" vacation; you just need some time to yourself for a change. If having no contact with some negative people or relatives is near impossible, try to limit your contact. You can set a timer when you are on the phone and have "dinner on the stove" or "another call coming in" as reasons to politely end the conversation.

Regardless of what they say or do, continue to focus on yourself while tapping on any feelings of guilt you have or other feelings that their reaction may trigger in you. Many will try to push your buttons that have worked in the past if they are unable to let you go. Others may act as though they don't care if you lose contact, giving you something else to tap on if that bothers you. No one likes to break a habit and if someone has the habit of making you take care of them out of obligation or guilt they may put up resistance. That is to be expected at first, but if you stick to your commitment to yourself for some time, they will calm down. They may even give up and look for someone else to meet their needs. Be aware that there may be some backlash; they may get angry with you for being so selfish as to take away your attention on them and put it on you. That is ok, you can say "I understand how you feel, you may be right, I'm sorry if you don't like it but I just need some time to myself right now." Use the broken record method of just repeating these types of phrases over and over, you don't have to explain or justify it anymore why you have chosen to make an adult decision that is your business. You are entitled to love yourself over anyone else. You are responsible for taking care of yourself first before others and you cannot take care of everyone's feelings.

In many cases, you are going to completely alter the way you interact with and relate to certain people, maybe forever. You may need to continue having no contact for months, or even years, with those people who are so toxic that even healing the past wounds won't keep up with the havoc they can cause in your interactions with them in the present. If you don't, you may find that you are constantly setting yourself up for conflict and the emotions it triggers, and for what purpose? What good are you getting out of it? If nothing, then why continue having contact? Out of obligation?

When it comes to personal relationships, it's never a good idea to do anything out of obligation or because you think you *should*. You're only obligated to care for your children under 18; anyone else, including parents, siblings, nieces, and nephews, is a choice, not an obligation. Obligation toward your family can be exploited for someone else's personal gain. Emotionally healthy people don't use the notion of 'family' to manipulate and pressure other members into doing things for them they don't want to do. Love is something freely given and received; it is not a tool to be used to get something out of someone else.

During this period, be sure to also take a look at how you love people. If you do it 'right,' do you think it will get you what you need? Imagine if that love was being given to you. How does it make you feel? When you are ready, you can take a closer look at these things, so you can change what you can — yourself.

If you want a different love given to you, then you have to learn different ways of relating to people. Focusing on other people and their bad (sometimes outrageous) behavior only takes the focus off of the self, which then becomes time wasted on them while the self is, once again, neglected. It's a dead-end street to be bonded to people who do not, or cannot, love you. Nothing you can do will get them to change. It does hurt a lot, but recovery means opening yourself up to people who can and will love you for you, as well as validate and appreciate you.

Self-Awareness

Once you've developed the healthier habit of focusing on yourself, you then want to be able to distinguish between a healthier, balanced way of being and an unhealthy imbalanced state. This unfortunately isn't as obvious as it sounds for those who grew up experiencing physical and emotional stress as a 'normal' part of their lives and can only come from practice and experience. As I like to believe, in order to eliminate a negative state, one needs to have full firsthand experience and knowledge of its nature. Likewise, in order to create a positive state, one needs to have full firsthand experience and knowledge of its nature. This process involves:

- Honesty and willingness to tune into your issues and feelings
- Choosing what state you want each area of your life to be in (chaos or calm)
- Returning to your true nature as you become well
- Overcoming fears to being and expressing your true nature
- Developing resources for direction, help, and support — inner, outer, and Higher
- Identifying and practicing self-care habits
- Giving to yourself, thereby creating the experience of receiving from yourself, including reparenting actions

4

RECOVERY TAPPING: PUTTING IT ALL TOGETHER

Recovery tapping is an ongoing process of tapping on your issues while living a balanced wellness recovery program one day at a time. You will likely find it helpful to work your 12 step or other recovery or health program in conjunction with tapping. You can tap on all the issues that come up in your recovery, especially during the first couple of months and years when support and relief are most needed to help make changes in your behavior and your life.

Generally speaking, recovery is taking action in a balanced way over the course of a day or week that supports your growth and success. It is an ongoing process that requires flexibility, openness, perseverance, and acceptance. It is commonly suggested to have a set of actions that you do on a daily basis to support your wellness. These include taking care of yourself and your appearance; getting adequate rest, food, and exercise; participating in a social activity; rewarding yourself for accomplishing at least one thing per day that moves you closer to your goals; and having at least one meaningful role in your life.

Many excellent books have been written about the healing process of recovery. EFT is just one tool, a very handy self-help power tool that you now have for life, literally at your fingertips. It is a tool that you apply daily, or as needed, on everything you can possibly think of. It's a tool that you use on the recovery path, a path that continues on wonderfully with each passing year as you keep getting stronger and happier along the way. You can decrease codependent behaviors over time with daily recovery and decrease emotional pain when you use tapping to help soothe the feelings that come up in recovery. Tapping does not replace recovery; you need both. Recovery is a path and tapping is a tool.

Along the way you learn to love, forgive, and accept yourself and others more. You gain love and you gain wisdom when you seek what is true and what is good for you, doing no harm to others, praying for the best for all concerned.

In recovery it is always advisable to have:

1. A Higher Power or a support group, sponsor, or therapist that you can talk to and rely on to unconditionally love and accept you
2. A daily recovery program of self-care and loving yourself
3. Daily support/fellowship (staying connected to other people in recovery)
4. Several sources of pleasure in your life and some source of meaning in life
5. Access to professional support if needed

There are still those out there who will have none of these, and yet tapping will help them. Those SUDs numbers will drop, and you will feel the absence of these problems. You will still remember them, but you will no longer feel the emotional charge that they once carried. Some traits will go easier than others. Some might go kicking and screaming, as one aspect after another comes up, which can oftentimes be accompanied by an emotional release, but with persistence they too can be neutralized with tapping.

In the next section, I have laid out a series of worksheets and lists to get you started on your road to recovery. They are as follows:

A. Cleaning Up the Codependency Laundry List

Cleaning up the codependency laundry list is a series of 14 worksheets that guide you in tapping on the 14 “laundry list” codependency traits. After rating and tapping on each codependent trait, you will rate and tap on each recovery trait specifically tailored for each statement. These worksheets will get you accustomed to tapping on codependency and recovery statements.

B. Codependency Statements to Tap On

After you are finished with the worksheets, begin working your way through the list of “Codependency Statements to Tap On.” The list provides a collection of traits, symptoms, characteristics, causes, thoughts, feelings, and actions all having to do with codependency. I’ve done all the research for you from many books, from pop psychology to recovery to educational psychology. The purpose of this list is to tap on each trait that you see in yourself.

There are several ways to do this but first and foremost you should go at your own pace. Check off statements that you can relate to as you go or all at once. It’s best to rate before *and* after tapping the SUDs — the level of distress or pain the issue is causing you at the present moment — on a scale of 0 to 10. Tap one to two rounds (or more as needed) until the SUDs goes down to a 2 or less. Jot down the SUDs after each round in the space provided.

Start by checking off the statements that you can relate to, and then write down the date and the SUDs number in the spaces provided. When you are ready to tap on them one at a time, begin each one with “even though” at the beginning of each statement and do a full round of tapping. (Follow the directions on the diagrams provided). Get in the habit of re-rating your SUDs number after a full round. Any other

issues that come up while doing the tapping round are referred to as ‘aspects.’ Jot down words or phrases that describe the aspects in the space provided so you won’t forget them and finish up the round you are currently tapping on.

After the full round, do some short-cut rounds on those aspects and check them off as you go. Remember to put a SUDs number next to any one of the traits that trigger an emotional charge, intense feelings, or distress when you recall examples of them at work or in your personal life. As you remove a number of codependency traits and feelings, one right after another, you can experience great shifts of insight accompanied by feelings of well-being and hope. Keeping track of the SUDs numbers shows this more profoundly in black and white.

Craig compares tapping on many issues at a time to cutting down trees, and says that as you continue to chop them down one by one, you will find big chunks of the ‘forest’ begin to collapse. This becomes apparent when many of the statements that once bothered you in the past no longer elicit a negative response. For example, you may go through the list of codependency traits and check them all off, but after tapping on 20–30 or more statements, you find that you begin to skip statements you once checked off that don’t seem to bother you much anymore, thereby cutting down those trees.

The key is to tap on everything that comes up and keep tapping through any bouts of tears, fears, or anger. When these traits that burden you and rob you of time and energy are tapped out, you will have more energy and motivation to move forward, and you will no longer feel compelled to react as you once did.

C. Recovery Statements to Tap On

Remember to tap in your new positive decisions when you are done tapping on negative traits using the “Recovery Statements to Tap On” section. It is always important to tap into positive states of mind and feelings, new beliefs, and decisions that you want to replace the old negative ones with. In fact, the best time to reinforce the positive beliefs you want is soon after you have cleared the negative ones out of your energy system.

These new beliefs are related to how you see your journey, your recovery, and healing, and what you want in life now that you are beginning to move forward. Use the Recovery Statements in this book to begin with, but also make up your own and personalize your tapping routines for where you are at in your recovery and what you want.

Read through the Recovery Statements and check off the ones that you want to work on. Rate the Subjective Units of Believability (SUBs) for these statements. Zero means that you don’t believe the statement to be true at all, and ten means that you totally believe it is true. The goal with tapping in Recovery Statements is to raise the SUBs scores as high as you can. Keep track of the date and your before and after SUBs numbers in the space provided. This will be more important down the road when you want to look back to see what progress you have made.

There is a great freedom in tapping out the blocked energy that held you locked into codependency. As you apply tapping to yourself and process your issues, you will notice a remarkable difference and reduction in these traits.

You deserve recovery. You are not damaged goods damned to suffer for the rest of your life because you learned to be codependent. Remember you can always choose to change and work on your recovery. You are not at fault for being codependent, but you are responsible for your recovery today. *Though you may be in too much emotional pain when you pick up this book, it is always here for you whenever you are ready to tap away the pain and tap into recovery.* Distress is the body's way of saying, "Hey, we've got an energy blockage here". Disruptions in the body's energy system are felt as emotional stress. Tapping out of this stress and into recovery can make your recovery work easier, faster, and longer lasting. The End...is just the beginning.

To Your Recovery Tapping!

A handwritten signature in cursive script, appearing to read "J.P. Bailey".

J.P. Bailey, MA Psychology
Mental Health Recovery Specialist
Energy Psychology Practitioner

EFT for Recovery Tools: The Workbook

How to Tap

E.F.T. Basics

How to Tap – EFT Basics

Basic Tapping:

To begin with basic tapping, use the first two fingers of either hand to tap about 5 - 7 times on each point, in order from top to bottom, while saying the appropriate statement. The diagrams are numbered in the order you tap them on. You tap about the same speed and same strength as you would tap on a window – not with your knuckles but with the pads of your fingers.

As you may have noticed, some points are on both sides of your face/body, and people often wonder which side, and if it matters which side, to tap on. In a word; no. It does not matter which side or hand you use. If you're right-handed you may naturally want to use your right hand to tap on the left hand's karate chop, and the points on the left side of the body.

Generally, being right-handed, I tend to tap on the left eye and left underarm, but on occasion I may tap on the right eye and under arm, or use my left hand. You can mix it up, alternate between left and right, tap randomly, tap on only 2 or 3 of your favorite points, or even tap on both sides at once. It is up to you. However, if you are a beginner, it is much easier to follow the basic directions until you have it memorized and gotten the hang of it. Once you get the hang of it then you can start customizing it, changing the sides you tap on and the wording of the statements.

Beginners should stick with the basic guidelines which are:

- 1). Always begin with **identifying** clearly and specifically, what the problem, feeling or issue is that you want to tap on. You may want to think or talk about it for a minute to tune into it or until you feel the distress of it – that is referred to as “tuning into” your problem.
- 2) While being tuned into your problem or feeling, rate the Subjective Units of Distress. The **SUDs** number is a number on a scale of 1 – 10 based on the emotional intensity, 10 being the worst. Write this number down so you can compare the before and after numbers or watch it go down a little bit each round.
- 2) Always begin with the **Karate Chop** point because that is where you “**Set-Up**”* the round of tapping by saying your set-up statement three times. This is very important because this is how the Psychological Reversals* are cleared. (More on this below.)
- 3) Always end with the **Crown Point** because that is where you ‘send it off’ and close the round.
- 4) **Memorize** the other points in order, which are from top to bottom. Memorize the basic set-up statement in the directions so you can fit any issue/emotion into it.
- 5) “**Aim**” the tapping rounds at any and every problem, negative feeling, belief, memory or issue that gets you upset or stressed out, and then try it on everything!
- 6) **BE PERSISTANT**. Don't just try it once or twice. Use it over and over and follow each step. It only takes 5 minutes! What other method of emotional relief can do that?

It's best to do daily tapping or following a list of statements – like the ones I have put together for you in the workbook section. Some other methods are given in the “Other Helpful Protocols” paragraph at the end of this chapter.

In general, beginners go through two stages of tapping. The first stage is the first 3 to 6 months where they are tapping on everything and anything that they can think of to clear up unfinished and unresolved issues from the past. The second stage is more of a maintenance stage where tapping is used as a daily practice or as issues come up. EFT's effect is lasting and permanent, however it doesn't (and shouldn't) prevent new problems or issues or feelings, it simply helps you to not remain stuck in the intense ones longer than necessary for the brain to process and store the information.

If you persist in tapping on any issue and all the aspects that come up around the issue, you will get relief. Then go on to the next issue. Imagine if you cleared up one issue per day what your life would be like 6 months from now. If you don't get relief, try clearing up the psychological reversals, ask someone who has been getting success to help you or set up a session with a practitioner. Don't give up. Keep at it.

Start with a simple issue with SUDs of a 7 or less and practice on those first. Perhaps you have a memory of something small that you still regret but it wasn't a huge trauma. Maybe you got mad at someone recently but not so mad that you are in a furious rage, just aggravated or irritated enough for you to keep thinking about it. Try rating your SUDs on that and do a tapping round exactly as the directions are written to begin your practice with. Most people began using EFT on their own with a manual and so it is not advised to jump right into trying to clear major traumas before having some consistent experience with it.

Psychological Reversals and How To Clear Them:

A Psychological Reversal or PR is a fancy way of saying resisting or self-sabotaging. When you resist the flow of emotional energy it is like forcing yourself to do something that you don't want to do. It can be the resistance to change a long-standing belief. When there is resistance to healing or recovering from something, often self-sabotage is unconscious. It is like being incongruent with a goal that you set but you don't really want it badly enough deep down inside to take action on it, so you “accidentally” forget appointments or tasks or deadlines.

PRs are said to be your “energy running backwards”. Most PRs are underlining beliefs such as, “I'm scared to let go of this problem”, “What would happen if I released this problem today?” Some people have been in depression for so long their energy is actually stuck flowing backwards – that is why they feel they have to force themselves up out of bed and to move is like trying to walk through honey. They are fighting against their own energy that is literally going against them.

Resistance to change, even something healthy, can be scary, hard and like going from the well known into the unknown. I believe PRs are there for a reason; you simply are not aware of them or don't feel safe without them. They are a comfort zone that it's time to break out of.

Deciding that EFT won't work without even trying a few Rounds and subjectively rating your experience before and after is a form of psychological reversal. A good tapping statement for that would be, "Even though I don't think EFT will work for me, I love and accept myself."

Fortunately, getting your body's energy system to flow in the right way is very easy to do, for example, just walking and letting your arms swing naturally as you take steps can get the energy moving because you are revving up the natural rhythm of your body's movements.

Tapping on the Karate Chop point clears up PRs which is why we always start on that point. But PRs can snap right back to going backwards an hour later, which is why it is so beneficial to use tapping on a daily basis, in addition to tapping on specific psychological reversals.

The Main Psychological Reversals to Tap on are:

In order to be ready to clear up an issue it's important to feel 3 main things about it:

- It's OK (It's OK to get over this problem)
- It's safe. (I'll be ok if I get over this problem. Others will be ok if I get over this problem)
- I'm ready. (I'm willing to get over this problem. I'm ready now.)

Therefore, in order to clear up PR's, tap full rounds on set-up statements like these:

- Even though it's not ok to get over this problem, I love and accept myself
- Even though it's not safe for me,
- Even though it's not safe for others, others will get mad at me, it will affect others, it might hurt others or make other unhappy, etc. I love and accept myself
- Even though I'm not willing to get over, I love and accept myself
- Even though I'm not ready to get over, I love and accept myself

Statements & Types of Rounds:

The Full Round and the Short-Cut Round.

In general the "basic recipe" of the **Full-Round** is like a sandwich where the bread is the first round of tapping, the meat is the Gamut Spot routine and the other slice of bread is another round of tapping. (When you get to the gamut spot, rub (not tap) on the point while following the various eye movements and brain balancing techniques, without saying any statements. Eye-movements process and organize memories, thoughts and feelings in the brain. When trying to think or add number in your head or remember something from long ago, you'll notice people move their eyes up, down or to the sides.)

When you do a **Short-Cut Round** you still start with karate chop, but you only tap on the first 7 points. You skip the hand points and you skip the Gamut routine. You still set up on the Karate chop, then tap from eyebrow to under arm and then still end with the Crown.

There are 2 types of statements in EFT the: the **Set-Up Statement** and the **Reminder phrase**. The set-up is the full sentence that always starts with "Even though" and ends with "I love and

accept myself” that you say 3 times while tapping the karate chop. The reminder phrase is the one or two word phrase that is just the problem itself that you are ‘reminding’ yourself of to stay tuned into while you are tapping the rest of the points. (Examples below.)

In addition to the Full Round and the Short-Cut there are 2 other types of tapping rounds, the Remainder Round and the Choices Round, where the tapping points and sequence are the same – but the statements and phrases are different.

Note on Short-Cut Round:

You could do a series of short-cut rounds, for example, start with the karate chop and set-up statement, then do three or four or more rounds while saying whatever thoughts about that issue come to mind until you feel a sense of relief or run out of things to say, and then close with the crown point. It may work best if the first tap of the day or of the session is a Full Round, and then do as many Short-Cut Rounds as you want or need while you vent, cry or complain about the issue until it is cleared - feeling a shift, sense of relief, start smiling or even forget what you were tapping on or where you left off.

The Remainder Round and the Choices Round

After tapping a few rounds on an issue but the SUDs is still at a 3 or 4, the **Remainder Round** is used. The set-up statement is, “Even though I still have some of this feeling left, I love and accept myself.” The reminder phrase is, “the remaining feeling”.

After tapping on an issue until it is cleared up, the **Choices Round** is done to install a new choice. (There are almost 500 new empowering choices to choose from at the end of this book.)

How do you know “What” you are Tapping on and “Why” you are Tapping on it?

The “What” is the problem you identify and the “Why” is the high SUDs number that you feel. Always identify those two things before you begin to tap.

The exception is when you are caught off guard somewhere. The best way to deal with an upset is pressing on one point for 20 – 30 seconds until you can talk in a normal voice. If you notice, people touch themselves normally all the time. Have you ever had the experience where you felt like you were going to cry but didn’t want to in front of someone so you pushed on the spot under your nose? You could also rub your chin or collarbone as if you were “thinking”. It is OK to be quiet for 30 seconds while you do this – you could raise your first finger in a “wait a minute” jester while you gather your thoughts. Other options are excuse yourself to the restroom and tap there and tell people that you need to think before you can respond and that you will get back to them. In summary, touching, tapping or rubbing is soothing. Think of patting a baby on the back, petting a dog or giving someone a pat on the back.

Step-by-Step Tapping

1. **Identify the problem/emotion/issue** you want to Tap on. (I'm really stressed out about money.) To "tune into" your issue, problem, or emotion means to think about it and feel it. Notice how distressed you feel about it as you think about it. It's good to talk it out for a minute or two until the peak of the stress hits you and then you know that is what needs to be tapped on. Try to be as specific as you can in defining the problem. (This is where I may vent for a minute about all the things I'm stressed about and it comes out that my main stressor right now is money. So I identify my problem as "I'm really stressed about my bills, and how I'm going to pay them", or even more specific, "I'm *scared* I won't have enough money for all my bills". Now I've hit the real core issue here; fear, so I use that.
2. **Rate your stress/distress on a scale of 1 – 10**, the more intense the feeling, the higher the number it is rated. So on a scale of 1 – 10 how intense is this fear in relations to paying my bills? Write the number down. Then begin tapping on the points:
3. **Karate Chop** point continuously while saying the set-up statement out-loud 3 times:
"Even though I scared that I won't have enough money to pay the bills, I love and accept myself".
4. **Eyebrow** and say the reminder phrase out-loud: *"Scared I can't pay my bills"*
5. **Side of Eye** and say: *"Scared I can't pay my bills"*
6. **Under Eye** and say: *"Scared I can't pay my bills"*
7. **Under Nose** and say: *"Scared I can't pay my bills"*
8. **Chin** and say: *"Scared I can't pay my bills"*
9. **Collarbone** and say: *"Scared I can't pay my bills"*
10. **Under Arm** and say: *"Scared I can't pay my bills"*
11. **Thumb** and say: *"Scared I can't pay my bills"*
12. **First Finger** and say: *"Scared I can't pay my bills"*
13. **Middle Finger** and say: *"Scared I can't pay my bills"*
14. **Little Finger** and say: *"Scared I can't pay my bills"*
15. **Rub the Gamut Spot** with one finger while doing the 9 brain-balancing actions:
 - a. **Close eyes** (eye-brain connections are organizing memories)
 - b. **Open eyes** (also in REM sleep while dreaming the eyes are moving)
 - c. **Look hard down to the right**
 - d. **Look hard down to the left**
 - e. **Look up at the ceiling as if it were 12:00 on a clock, roll your eyes around clock-wise, to the 3, then down to the floor to 6, then to the 9, then back up to 12. Stay there and**
 - f. **Begin to roll your eyes counter clock-wise back over to the 9, down to 6, back to 3 and then up at 12.**
 - g. **Hum "happy birthday to you" out loud** (singing activates the left brain)
 - h. **Count from 1 to 5 out loud** (counting activates the right brain)
 - i. **Hum "happy birthday to you" again.** Return to tapping (the 2nd slice of bread in the EFT sandwich)
16. **Eyebrow Point** saying the reminder phrase, *"Scared I can't pay my bills"*

17. **Side of Eye** and say: "Scared I can't pay my bills"
18. **Under Eye** and say: "*Scared I can't pay my bills*"
19. **Under nose** and say: "*Scared I can't pay my bills*"
20. **Chin** and say: "*Scared I can't pay my bills*"
21. **Collarbone** and say: "*Scared I can't pay my bills*"
22. **Under Arm** and say: "*Scared I can't pay my bills*"
23. **Thumb** and say: "*Scared I can't pay my bills*"
24. **First Finger** and say: "*Scared I can't pay my bills*"
25. **Middle Finger** and say: "*Scared I can't pay my bills*"
26. **Little Finger** and say: "*Scared I can't pay my bills*", and then close with the
27. **Crown Point (very top part of your head)** saying: "*Scared I can't pay my bills*".

Take a deep breath, (take a drink of water if available) and tune back into or think about your problem again and notice how you feel about it and rate the SUDs number again. Write it down.

If the SUDs number goes down but is still above a 2, then do another round or do a short-cut round.

Short-Cut Round:

1. Tapping always begins with the **Karate Chop** point. Say out loud three times: "*Even though I scared that I don't have enough money to pay the bills, I love and accept myself*". Then begin tapping on the:
2. **eyebrow** and say the reminder phrase: "*Scared I can't pay my bills*"
3. **Side of Eye** and say: "*Scared I can't pay my bills*"
4. **Under Eye** and say: "*Scared I can't pay my bills*"
5. **Under Nose** and say: "*Scared I can't pay my bills*"
6. **Chin** and say: "*Scared I can't pay my bills*"
7. **Collarbone** and say: "*Scared I can't pay my bills*"
8. **Under arm** and say: "*Scared I can't pay my bills*", then end with the:
9. **Crown** and say: "*Scared I can't pay my bills*".

When the SUDs number is a 2 or below then the round is considered done.

If the SUDs number is stuck at a 2 or higher do a *Remaining Round*.

Remaining Round

The only difference in a *Remaining Round* and a Full-Round or a Short-Cut Round is the words you use in the Set-up and Reminder Statements. For example:

The Set-up Statement for a Remainder Round is: “Even though *I STILL HAVE SOME* of this fear that I can’t pay my bills, I love and accept myself.”

The Reminder Phrase for the Remaining Round is: “this *remaining* fear”.

(The Remaining Round can be used with a Full-Round or a Short-Cut Round).

Since you may have already done a Full-Round and a Short-cut Round or two, by the time you get here, you can use it as a short-cut round. However, if it really feels stuck and you want to make sure it’s all completely cleared, and then use it with a Full-Round.

An example: A **Remaining** Set-up Statement using the **Short-cut Round**:

1. **Karate Chop**: Say 3 times: “Even though I **still have some** of this fear that I can’t pay my bills, I love and accept myself.
2. **Eyebrow**: and say the reminder phrase: “*remaining fear*”
3. **Side of Eye**: and say: “*remaining fear*”
4. **Under Eye**: and say: “*remaining fear*”
5. **Under Nose**: and say: “*remaining fear*”
6. **Chin**: and say: “*remaining fear*”
7. **Collarbone**: and say: “*remaining fear*”
8. **Under Arm**: and say: “*remaining fear*”

The Choices Method of Tapping:

After tapping on an issue until it is cleared up, the **Choices Round** is done to install a new choice in the “space” where the problem used to be. As with the Remaining Round set-up statement and reminder phrase you can use either the Full Round or the Short-cut Round using the Choices statements.

After you choose your new choice to install it’s a good idea to take a reading on it. Rather than a SUDs rating, we’re going to now use a SUBs reading. SUBs stands for Subjective Units of Believability. In other words how much do you really believe this new choice is true on a scale from 1 to 10? Ten (10) being the highest belief? Write that SUBs number down

The Set-up Statement is, “Even though I’m scared to be broke, **I now choose** to believe that I will always have enough.” 3 times while tapping on the Karate Chop point.

The reminder phrase is “I have enough” while tapping on all the points. (Full or Short)

After the round(s), don’t forget to rate and write down your SUBs number again. Try and get it as high as you can. Repeat the new choice over the next 30 days, rate and tap to really make it stick.

5 Minute Evening Brain Dump*

At the end of the day or evening, give yourself 5 minutes to think about the whole day's events and do continuous Short-cut Rounds while you think to yourself or vent out loud all of the days' aggravations, fears, frustrations, anger, pain and anything you want to dump out of your brain so it's not stored in there festering.

Tapping while venting for 5 minutes a day can make you calmer, happier, sleep better, strengthen the immune system and keep stress and emotional blockages from building up. It also allows you to start off fresh the next day.

5 Minute Morning Recovery Tapping*

You can also start your day off in the morning by tapping while saying your recovery statements or even your morning prayer or simply while going over the things you have to do that day or just to get your energy up and moving. Try it for 30 days and notice the before and after affects of this 5 minute change. *There are almost 500 Empowering Recovery Statements in this book to tap on that would be great for this. I like to just tap continuously while I read a whole page of them. "One Page a Day Keeps The Shrink Away", LOL.

Tapping as Self-Care

Tapping every morning is another way I take care of myself. I read a daily meditation recovery book and then I tap on whatever is going on in the moment and then I say my prayers asking for guidance today. It's also a good recovery reminder to realize I only have to worry about what I'm going to do today. I don't have to figured out the rest of my life or even the rest of this year out yet. What a relief.

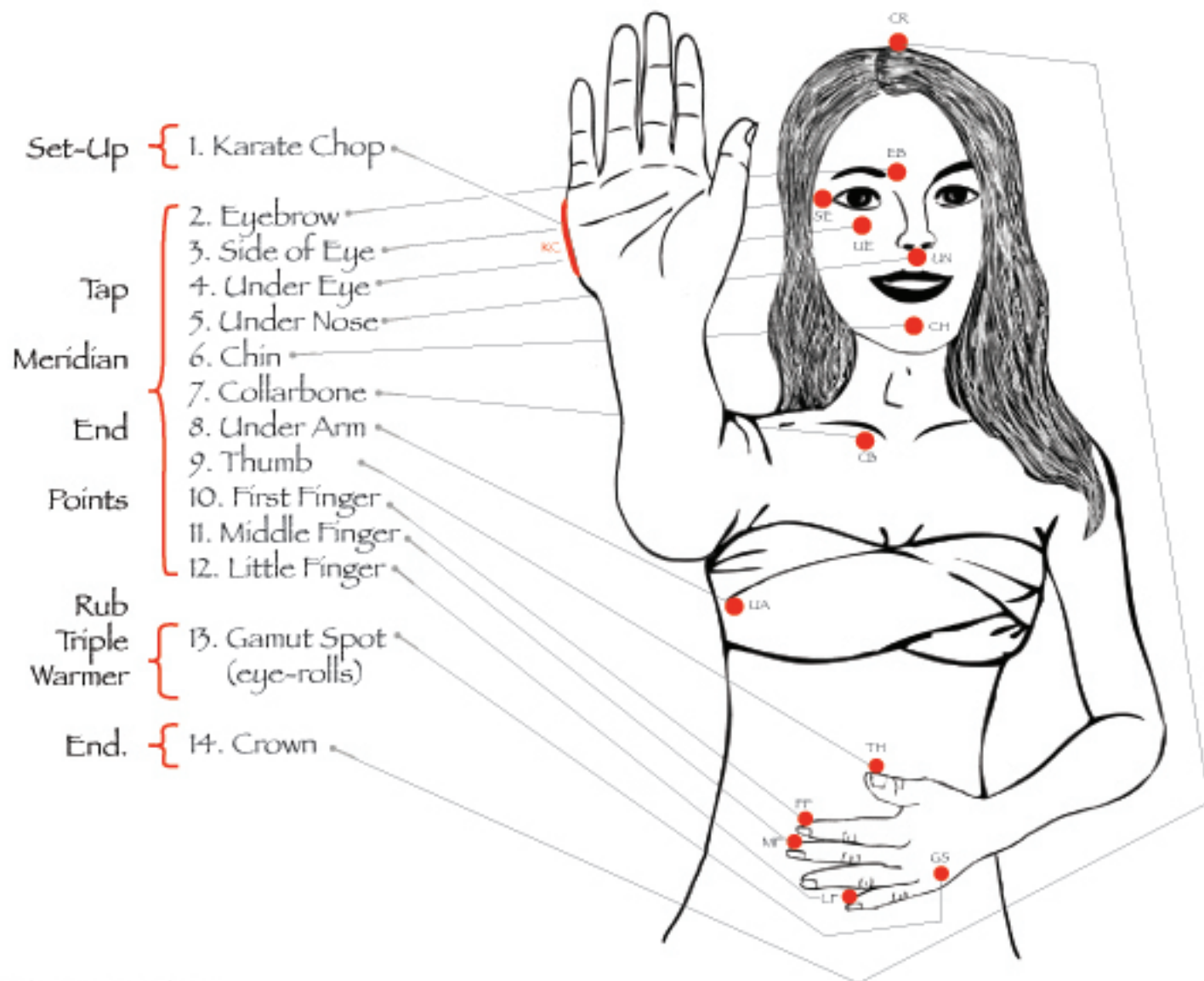
I have yet to have one day where I couldn't think of anything to tap on. There's always something, even if it's my aching back or a worry or a dream from the night before or processing some forgiveness and letting go of something or someone. Whatever I'm working on in my recovery, I have the tool of tapping to help me with it. For me it feels like it saves me five years that it would have taken me to process some things without tapping.

Before I tapped on issues, I carried around issues for decades that I could not let go of. I didn't know how to let go of them. No matter how many meetings I went to, self-help books I read, or seminars I attended, it always seemed to be there, still hanging on and I didn't know how to let it go or make it go away. I wished they would discover some miracle lobotomy to remove that portion of my brain that just could not get over the many things that happened to me in my past.

Tapping saved my life. It saved my recovery. It got me out of depression and into action. It got me working my program a lot more. Tapping helps me with my everyday relationships with my significant other, my family and friends and neighbors but most importantly with myself. Because let's face it, no one is perfectly healthy, no one has perfect recovery. I could write a book on recovery and still have issues today. So stay in today, tap on your issues, keep at it and take it one day at a time. Beyond that my suggestion is to connect with others in recovery.

Tapping Diagrams with Instructions

TAPPING The FULL-ROUND



Design & Illustration, Elena Perez Berg

Basic Instructions:

1. Identify the problem or emotion that is distressful and rate it on a scale of 1-10. SUDs = Subjective Units of Distress (10 being the worst). Write it down.

2. Set-Up: continuously Tap on the Karate Chop point while saying, "Even Though I have this problem or emotion, I love and accept myself." Say it 3 times. (The problem or emotion becomes the Reminder Phrase.)

3. Tap Meridian End Points (2 - 12) on either side with either hand, about 7 times on each while saying the Reminder Phrase, ("this problem or this emotion").

4. Rub Triple Warmer "Gamut" Spot while doing 9 brain stimulating actions: (1.) Close eyes, (2.) Open eyes, (3.) Look down to the right, (4.) look down to the left,

(5.) Roll your eyes clockwise, (6.) Roll your eyes counter-clockwise, (7.) Hum ...

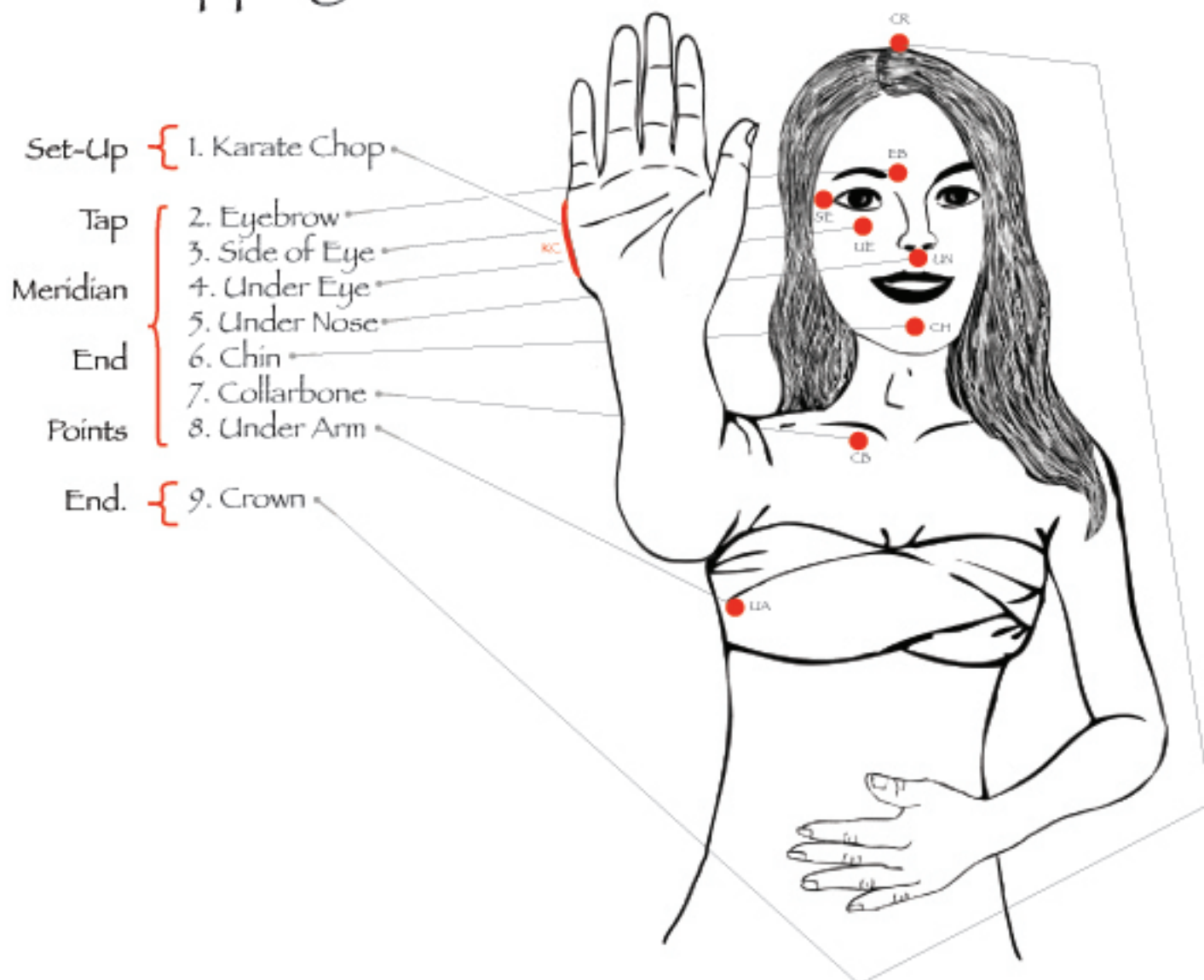
"Happy Birthday to you", (8.) Count from 1 to 5, (9.) Hum a few notes again.

5. Tap on points 2-12 again while saying the Reminder Phrase.

6. End with a few Taps on the Crown to release the issue, lift off your hand upwards with palm towards the sky in a "letting go" motion.

7. Re-rate your SUDs again. Repeat the Full-Round above until SUDs is a 2 or below. If other problems or emotions come up while tapping, they are called 'aspects'. After a Full Round, tap on the aspects using the Short-Cut Round.

Tapping The Short-Cut Round



Design & Illustration, Elena Perez Berg

Basic Instructions:

1. Identify the problem or emotion that is distressful and rate it on a scale of 1-10. SUDs=Subjective Units Distress (10 being the worst).

2. Set-Up: continuously Tap on the Karate Chop point while saying, "Even Though I have this problem or emotion, I love and accept myself." Say it 2 times. (The problem or emotion becomes the Reminder Phrase.)

3. Tap Meridian End Points (2 - 8) about 7 times on each while saying, The Reminder Phrase:

("this problem or this emotion").

4. Re-rate your SUDs again. Repeat the Short-Cut until SUDs is a 2 or below. If other problems or emotions come up while tapping, they are called 'aspects'. Tap on the aspects separately.

5. End with a few Taps on the Crown to release the issue, lift off your hand upwards with palm towards the sky in a "letting go" motion.

6. If your SUDs is not going down enough, use the Full-Round on the issue.

The Codependency Laundry List

THE CODEPENDENCY LAUNDRY LIST!

1. I became isolated and afraid of other people and authority figures.
2. I became an approval seeker and lost my own identity in the process.
3. I am frightened by angry people and any personal criticism.
4. I became an alcoholic/addict/codependent, married them, or both, or found other emotionally unavailable partners to fill my sick abandonment needs.
5. I live life from the viewpoint of a victim and am attracted by that weakness in my relationships.
6. I have an overdeveloped sense of responsibility and it is easier for me to be concerned with others rather than myself, which enables me not to look too closely at my own faults.
7. I get guilt feelings when I stand up for myself instead of giving in to others.
8. I became addicted to excitement.
9. I confuse love with pity and tend to 'love' people who I can 'pity' and 'rescue'.
10. I have stuffed my feelings from my traumatic childhood and have lost the ability to feel or express my feelings because it hurts so much.
11. I judge myself harshly and have a very low sense of self-esteem.
12. I am a dependent personality who is terrified of abandonment and will do anything to hold onto a relationship because I lived with sick people who weren't there emotionally for me.
13. Codependency is in my family and I took on the characteristics of a codependent.
14. Being a codependent I am a reactor rather than an actor in my life.

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Codependency Laundry List Phrases

-Check off those statements below that apply to you or that you can relate to.
-Rate the SUDs* for each one. (Later, you will come back to this to see your improvement).

Date: _____

SUDs

___ <i>I become isolated and afraid</i>	___
___ <i>I lost my identity seeking approval</i>	___
___ <i>I'm scared of anger and criticism</i>	___
___ <i>I choose abandoning partners</i>	___
___ <i>I am a victim</i>	___
___ <i>I avoid myself being concerned with others</i>	___
___ <i>I feel guilty when I stand up for myself</i>	___
___ <i>I'm addicted to exciting, toxic things</i>	___
___ <i>I pity and rescue people</i>	___
___ <i>It hurts to feel my feelings so I stuff them</i>	___
___ <i>I judge myself harshly and have low self-esteem</i>	___
___ <i>I am terrified of abandonment</i>	___
___ <i>I learned unhealthy behaviors</i>	___
___ <i>I react rather than act</i>	___

Remember: SUDs - Subjective Units of Distress Rates Pain Level on a scale of 0 – 10, 10 being the worst pain it causes you or that you can relate to it or that it applies to you, all the time.
(In the next section you will work on each laundry list statement. When you are done you will be given the opportunity to re-rate these to see your improvement, so save these scores and be sure to write the date).

Cleaning Up The Codependency Laundry List Worksheets

CLEANING UP THE CODEPENDENCY LAUNDRY LIST

ISSUE #1: *"I'm isolated and afraid"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though I'm not comfortable or involved with other people or authority figures, I love and accept myself and the fact that I have this problem."

REMINDER PHRASE: Do a Full Round of tapping saying: *"Isolated and afraid"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

TAKE A DEEP BREATH, DRINK SOME WATER, AND WHEN YOU ARE READY . . .

RECOVERY ISSUE #1: *"I become isolated"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though I'm not comfortable or involved with other people and authority figures, I love and accept myself and the fact that I've had this problem for a long time."

REMINDER PHRASE: Do a Full Round of tapping saying: *"uncomfortable and afraid"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

NEW RECOVERY BELIEF: *"I feel comfortable being involved with other people and authority figures."*

On a scale from 1-10 how much do you *Believe* this new recovery belief is true? SUBs _____ ,
if number is below 7, Tap another Round on *"I'm comfortable and involved"* and retake SUBs _____.

CLEANING UP THE CODEPENDENCY LAUNDRY LIST

ISSUE #2: *"I lost my identity from seeking approval"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though I became an approval seeker and lost my identity in the process, I love and accept myself and the fact that I have this problem."

REMINDER PHRASE: Do a Full Round of tapping saying: *"lost identity seeking approval"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

TAKE A DEEP BREATH, DRINK SOME WATER, AND WHEN YOU ARE READY . . .

RECOVERY ISSUE #2: *"I don't approve of myself"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though I don't have a strong identity or give myself approval, I love and accept myself and the fact that I've had this problem for a long time."

REMINDER PHRASE: Do a Full Round of tapping saying: *"seek approval"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

NEW RECOVERY BELIEF: *"I give myself approval."*

On a scale from 1-10 how much do you *Believe* this new recovery belief is true? SUBs _____ ,
if number is below 7, Tap another Round on *"I approve of myself"* and retake SUBs _____.

CLEANING UP THE CODEPENDENCY LAUNDRY LIST

ISSUE #3: *"I'm scared of angry people and criticism"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though I'm frightened by angry people and criticism, I love and accept myself and the fact that I have this problem".

REMINDER PHRASE: Do a Full Round of tapping saying: *"scared of anger and criticism"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

TAKE A DEEP BREATH, DRINK SOME WATER, AND WHEN YOU ARE READY . . .

RECOVERY ISSUE #3: *"I am scared of criticism"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though I don't know how to accept and use criticism as feedback, I love and accept myself and the fact that I've had this problem for a long time."

REMINDER PHRASE: Do a Full Round of tapping saying: *"scared of criticism"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

NEW RECOVERY BELIEF: *"I accept criticism as feedback."*

On a scale from 1-10 how much do you *Believe* this new recovery belief is true? SUBs _____ ,
if number is below 7, Tap another Round on *"I accept criticism"* and retake SUBs _____.

CLEANING UP THE CODEPENDENCY LAUNDRY LIST

ISSUE #4: *"I'm a codependent with abandonment issues"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though I either became an alcoholic/addict/codependent, married them, or both, to fill my abandonment needs, I love and accept myself and the fact that I have this problem."

REMINDER PHRASE: Do a Full Round of tapping saying: *"codependent abandonment needs"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

TAKE A DEEP BREATH, DRINK SOME WATER, AND WHEN YOU ARE READY . . .

RECOVERY ISSUE #4: *"I choose abandoning partners"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though I don't know how to choose loving partners to fulfill my wellness needs, I love and accept myself and the fact that I've had this problem for a long time."

REMINDER PHRASE: Do a Full Round of tapping saying: *"abandoned"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

NEW RECOVERY BELIEF: *"I am free to choose love."*

On a scale from 1-10 how much do you *Believe* this new recovery belief is true? SUBs _____ ,
if number is below 7, Tap another Round on *"I love wisely"* and retake SUBs _____.

CLEANING UP THE CODEPENDENCY LAUNDRY LIST

ISSUE #5: *"I view myself as a victim"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though I live life from the viewpoint of victim and am attracted by that weakness in my relationships, I love and accept myself and the fact that I have this problem."

REMINDER PHRASE: Do a Full Round of tapping saying: *"victim seeks victim"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

TAKE A DEEP BREATH, DRINK SOME WATER, AND WHEN YOU ARE READY . . .

RECOVERY ISSUE #5: *"I am a victim"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though I don't know how to let go of being the victim in relationships, I love and accept myself and the fact that I've had this problem for a long time."

REMINDER PHRASE: Do a Full Round of tapping saying: *"victim"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

NEW RECOVERY BELIEF: *"I am responsible for myself."*

On a scale from 1-10 how much do you *Believe* this new recovery belief is true? SUBs _____ ,
if number is below 7, Tap another Round on *"I'm empowered"* and retake SUBs _____.

CLEANING UP THE CODEPENDENCY LAUNDRY LIST

ISSUE #6: *"I'm more concerned with others than myself"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though I have an overdeveloped sense of responsibility and it is easier for me to be concerned with others rather than myself which enables me not to look too closely at my own faults, I love and accept myself and the fact that I have this problem."

REMINDER PHRASE: Do a Full Round of tapping saying: *"overly responsible"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

TAKE A DEEP BREATH, DRINK SOME WATER, AND WHEN YOU ARE READY . . .

RECOVERY ISSUE #6: *"I avoid myself by being concerned about others"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though I don't know how to be responsible for myself and my own recovery, I love and accept myself and the fact that I've had this problem for a long time."

REMINDER PHRASE: Do a Full Round of tapping saying: *"not responsible for myself"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

NEW RECOVERY BELIEF: *"I love and focus on myself first."*

On a scale from 1-10 how much do you *Believe* this new recovery belief is true? SUBs _____ ,
if number is below 7, Tap another Round on *"I care about myself"* and retake SUBs _____.

CLEANING UP THE CODEPENDENCY LAUNDRY LIST

ISSUE #7: *"I feel guilty when I stand up for myself"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though I feel guilty when I stand up for myself instead of giving in to others, I love and accept myself and the fact that I have this problem."

REMINDER PHRASE: Do a Full Round of tapping saying: *"feel guilty"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

TAKE A DEEP BREATH, DRINK SOME WATER, AND WHEN YOU ARE READY . . .

RECOVERY ISSUE #7: *"I feel guilt and shame"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though I don't feel empowered enough to stand up for myself or see all my options, I love and accept myself and the fact that I've had this problem for a long time."

REMINDER PHRASE: Do a Full Round of tapping saying: *"guilt feelings"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

NEW RECOVERY BELIEF: *"It feels empowering to stand up for myself"*

On a scale from 1-10 how much do you *Believe* this new recovery belief is true? SUBs _____ ,
if number is below 7, Tap another Round on *"I'm confident"* and retake SUBs _____.

CLEANING UP THE CODEPENDENCY LAUNDRY LIST

ISSUE #8: *"I'm addicted to exciting, toxic people"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though I became addicted to excitement, I love and accept myself and the fact that I have this problem."

REMINDER PHRASE: Do a Full Round of tapping saying: *"addicted to excitement"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

TAKE A DEEP BREATH, DRINK SOME WATER, AND WHEN YOU ARE READY . . .

RECOVERY ISSUE #8: *"I think serenity is boring"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though I don't know how to feel peaceful serenity or take focused action, I love and accept myself and the fact that I've had this problem for a long time."

REMINDER PHRASE: Do a Full Round of tapping saying: *"addicted to excitement"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

NEW RECOVERY BELIEF: *"I am serene and focused"*

On a scale from 1-10 how much do you *Believe* this new recovery belief is true? SUBs _____ ,
if number is below 7, Tap another Round on *"I'm calmly focused"* and retake SUBs _____.

CLEANING UP THE CODEPENDENCY LAUNDRY LIST

ISSUE #9: *"I love to pity and rescue people"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though I confuse love with pity and tend to "love" people who I can "pity" and "rescue", I love and accept myself and the fact that I have this problem."

REMINDER PHRASE: Do a Full Round of tapping saying: *"pity and rescue"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

TAKE A DEEP BREATH, DRINK SOME WATER, AND WHEN YOU ARE READY . . .

RECOVERY ISSUE #9: *"I don't help myself"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though I don't know how to love people who take care of themselves, I love and accept myself and the fact that I've had this problem for a long time."

REMINDER PHRASE: Do a Full Round of tapping saying: *"pity and rescue"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

NEW RECOVERY BELIEF: *"I love people who take care of themselves."*

On a scale from 1-10 how much do you *Believe* this new recovery belief is true? SUBs _____ ,
if number is below 7, Tap another Round on *"I love to take care of myself."* and retake SUBs _____.

CLEANING UP THE CODEPENDENCY LAUNDRY LIST

ISSUE #10: *"I can't feel or express feelings"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though I have stuffed my feelings from my traumatic childhood and have lost the ability to feel or express my feelings because it hurts so much, I love and accept myself and the fact that I have this problem."

REMINDER PHRASE: Do a Full Round of tapping saying: *"stuffed my feelings"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

TAKE A DEEP BREATH, DRINK SOME WATER, AND WHEN YOU ARE READY . . .

RECOVERY ISSUE #10: *"It hurts to feel"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though I don't know how to feel and express my feelings, I love and accept myself and the fact that I've had this problem for a long time."

REMINDER PHRASE: Do a Full Round of tapping saying: *"can't feel"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

NEW RECOVERY BELIEF: *"I am free to express my feelings."*

On a scale from 1-10 how much do you *Believe* this new recovery belief is true? SUBs _____ ,
if number is below 7, Tap another Round on *"I can express feelings."* and retake SUBs _____.

CLEANING UP THE CODEPENDENCY LAUNDRY LIST

ISSUE #11: *"I judge myself harshly"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though I judge myself harshly and have a very low sense of self-esteem, I love and accept myself and the fact that I have this problem."

REMINDER PHRASE: Do a Full Round of tapping saying: *"I judge myself harshly"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

TAKE A DEEP BREATH, DRINK SOME WATER, AND WHEN YOU ARE READY . . .

RECOVERY ISSUE #11: *"I have low self-esteem"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though I don't know how to have a healthy sense of self-esteem, I love and accept myself and the fact that I've had this problem for a long time."

REMINDER PHRASE: Do a Full Round of tapping saying: *"low self-esteem"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

NEW RECOVERY BELIEF: *"I acknowledge my accomplishments and know I'm good enough."*

On a scale from 1-10 how much do you *Believe* this new recovery belief is true? SUBs _____ ,
if number is below 7, Tap another Round on *"I accept myself."* and retake SUBs _____.

CLEANING UP THE CODEPENDENCY LAUNDRY LIST

ISSUE #12: *"I am terrified of abandonment"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though I am a dependent personality who is terrified of abandonment and will do anything to hold onto a relationship because I lived with sick people who weren't there emotionally for me, I love and accept myself and the fact that I have this problem."

REMINDER PHRASE: Do a Full Round of tapping saying: *"terrified of abandonment"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

TAKE A DEEP BREATH, DRINK SOME WATER, AND WHEN YOU ARE READY . . .

RECOVERY ISSUE #12: *"I am not safe and secure."* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though I don't believe I'm safe and secure, I love and accept myself and the fact that I've had this problem a long time."

REMINDER PHRASE: Do a Full Round of tapping saying: *"Not safe and secure"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

NEW RECOVERY BELIEF: *"I am now safe and secure in my relationships as I rely more on myself (and my Higher Power) for my needs."*

On a scale from 1-10 how much do you *Believe* this new recovery belief is true? SUBs _____, if number is below 7, Tap another Round on *"I'm safe and secure"* and retake SUBs _____.

CLEANING UP THE CODEPENDENCY LAUNDRY LIST

ISSUE #13: *"I took on the characteristics of a codependent"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though codependency is in my family and I took on the characteristics of a codependent, I love and accept myself and the fact that I have this problem."

REMINDER PHRASE: Do a Full Round of tapping saying: *"I became a codependent"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

TAKE A DEEP BREATH, DRINK SOME WATER, AND WHEN YOU ARE READY . . .

RECOVERY ISSUE #13: *"I learned unhealthy behaviors"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though I don't know how to release unhealthy behaviors I learned while growing up, I love and accept myself and the fact that I've had this problem a long time."

REMINDER PHRASE: Do a Full Round of tapping saying: *"Unhealthy behaviors"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

NEW RECOVERY BELIEF: *"I practice independent behaviors."*

On a scale from 1-10 how much do you *Believe* this new recovery belief is true? SUBs _____ ,
if number is below 7, Tap another Round on *"I'm independent"* and retake SUBs _____.

CLEANING UP THE CODEPENDENCY LAUNDRY LIST

ISSUE #14: *"I react rather than act"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though codependents are reactors rather than actors, I love and accept myself and the fact that I have this problem."

REMINDER PHRASE: Do a Full Round of tapping saying: *"I react rather than act"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

TAKE A DEEP BREATH, DRINK SOME WATER, AND WHEN YOU ARE READY . . .

RECOVERY ISSUE #14: *"I react rather than act"* Rate SUDs _____

SET-UP STATEMENT: Say 3 times while tapping on the Karate Chop:

"Even though I don't know how to choose actions based on recovery, I love and accept myself and the fact that I've had this problem a long time."

REMINDER PHRASE: Do a Full Round of tapping saying: *"I react"*

Aspects that come up to tap on later: _____

Round One SUDs _____

Round Two SUDs _____

NEW RECOVERY BELIEF: *"I review and act on recovery choices."*

On a scale from 1-10 how much do you *Believe* this new recovery belief is true? SUBs _____ ,
if number is below 7, Tap another Round on *"I act wisely"* and retake SUBs _____.

CLEANING UP THE CODEPENDENCY LAUNDRY LIST!

1. Even though I became isolated and afraid of other people and authority figures, I now feel comfortable and involved with people and authority figures.
2. Even though I became an approval seeker and lost my own identity in the process, I now have a strong identity and give myself approval.
3. Even though I am frightened by angry people and any personal criticism, I now accept and use personal criticism as feedback.
4. Even though I became an alcoholic/addict/codependent, married them, or both, or find other emotionally unavailable partners to fill my sick abandonment needs; I am now free to choose love.
5. Even though I live life from the viewpoint of victim and am attracted by that weakness in my relationships, I am now attracted to people who take care of themselves and I am responsible for myself.
6. Even though I have an overdeveloped sense of responsibility and it is easier for me to be concerned with others rather than myself, which enables me not to look too closely at my own faults, I now love and focus on myself first and I am responsible for my own recovery.
7. Even though I get guilt feelings when I stand up for myself instead of giving in to others, it now feels empowering to stand up for myself.
8. Even though I become addicted to excitement, I now enjoy peaceful serenity and calm activity.
9. Even though I confuse love with pity and tend to 'love' people who I can 'pity' and 'rescue,' I now love people who love and take care of themselves.
10. Even though I have stuffed my feelings from my traumatic childhood and have lost the ability to feel or express my feelings because it hurts so much, I am now free to feel and express my feelings.
11. Even though I judge myself harshly and have a very low sense of self-esteem, I now acknowledge my accomplishments and know that I am good enough.
12. Even though I am a dependent personality who is terrified of abandonment and will do anything to hold onto a relationship because I lived with sick people who weren't there emotionally for me, I am now safe and secure in my relationships as I rely more on myself and my Higher Power for my needs.
13. Even though Codependency is in my family and I took on the characteristics of a codependent, I now practice independent behaviors.
14. Even though codependents are reactors rather than actors, I now choose to review and act on my recovery choices.

Codependency Laundry List & Recovery Phrases

-Rate SUDs* on left column. Level of Distress. (Compare to last time you rated these).
-Rate the SUBs on the right column for each phrase. Level of Empowerment. (You can re-rate these again in the future to track the results and progress you have made).**

Date: _____
SUDs:

Date: _____
SUBs:

I become isolated and afraid _____

I'm comfortable and involved _____

I lost my identity seeking approval _____

I approve of myself _____

I'm scared of anger and criticism _____

I accept criticism as feedback _____

I choose abandoning partners _____

I love wisely _____

I am a victim _____

I'm empowered _____

I avoid myself being concerned with others _____

I take good care of myself first _____

I feel guilty when I stand up for myself _____

I feel confident when I stand up for myself _____

I'm addicted to exciting, toxic things _____

I am serene and focused on healthy things _____

I pity and rescue people _____

I love to take care of myself _____

It hurts to feel my feelings so I stuff them _____

I am free to express any feelings I want to _____

I judge myself harshly & have low self-esteem _____

I know I'm good enough _____

I am terrified of abandonment _____

I'm safe and secure in myself _____

I learned unhealthy behaviors _____

I practice recovery behaviors _____

I react rather than act _____

I review and act on my choices _____

Remember: *SUDs – Subjective Units of Distress, Rates Pain Level on a scale of 0 – 10, 10 being the worst pain it causes you or that you can relate to it or that it applies to you, all the time.

****SUBs – Subjective Units of Believability – Rates Level of Belief or Empowerment you feel between 0 – 10, 10 being the most empowered & confident you feel when you read it or that you believe the statement is true, or you can relate to it and the statement applies to you most or all of the time.**

Codependency Statements to Tap On Worksheets

Codependency Statements to Tap On

Read each statement below and rate SUDs - How much distress you feel.

(SUDs = Subjective Units of Distress on a scale of 1 - 10)

EVEN THOUGH: _____, **I DEEPLY AND COMPLETELY LOVE MYSELF**

√	Problem	Aspects	SUDs	Post 1	Post 2	Done?
	I'm Codependent					
	I have trouble identifying my needs					
	I have trouble identifying my emotions					
	I'm easily influenced by what others say or do					
	I'm easily influenced by what others might be thinking of me					
	I take on too much responsibility					
	I let others tell me how to feel, think and behave					
	I give in to others as opposed to standing up for my needs					
	I work hard to keep others from being upset with me					
	I work hard to keep others from being disappointed with me					
	I even lie or distort the truth to avoid making others angry					
	I judge myself too harshly					
	I confuse love with pity and tend to love people I pity or can rescue					
	I feel obligated to take care of other people					
	I feel guilty when I ask for something for myself					
	I give up my wants and wishes to make other people happy					
	I try to get what I want without having to ask for it					
	I feel different from other people					
	I feel uncomfortable when others compliment me or give me gifts					
	Criticism and disapproval easily hurt me					
	My desire to do things perfectly leads me to procrastinate					
	I mistrust things working out so I don't complete projects					
	I feel lonely even when I'm with people					
	I frequently feel either less than or better than others					
	Nothing I do is up to my expectations					
	I have difficulty expressing grief					
	I have difficulty expressing love					
	I have difficulty expressing anger					
	I have difficulty expressing fear					
	I have a hard time accepting my mistakes					
	I have a hard time accepting any criticism					
	I have difficulty asking for help					
	I have a fear of losing control					
	I sometimes rage in order to get my point across					
	My self worth increases when I solve other people's problems					
	I become resentful when others do not take my advice					
	I feel guilty when I say "no"					
	I spend a lot of time pretending that things are "fine"					
	I won't say how I really feel for concern of how others may react					
	I put other people's needs before my own					
	I believe that other people can make me feel angry, happy, sad					

EVEN THOUGH: _____, **I DEEPLY AND COMPLETELY LOVE MYSELF**

√	Problem	Aspects	SUDs	Post 1	Post 2	Done?
	I feel incomplete when I'm not in a relationship					
	My relationships don't turn out as well as I'd like					
	I feel responsible for other people's feelings					
	I feel anger that is out of proportion to what is happening					
	I played a family role as the:					
	Hero and felt I had to be perfect					
	Scapegoat and took the blame by being self-destructive					
	Lost child and was not seen or heard					
	Mascot and felt I had to be entertaining to relieve tension					
	I have a history of dysfunctional relationship patterns					
	I grew up by playing by family rules of					
	don't feel					
	don't tell					
	don't notice					
	I had no voice as a child and didn't learn how to speak up for myself					
	I lost out on having a normal/healthy childhood					
	I use self-destructive habits for stress relief					
	I've been in denial that I have a lot of anger					
	I carry around a lot of guilt					
	I'm ashamed of myself					
	I have a lot of sadness					
	I've been repeatedly hurt					
	My relationships have cycles I can't control					
	I haven't been able to leave home emotionally					
	It's heartbreaking to say goodbye					
	I have so many losses to grieve					
	My past has a dark shadow over it					
	I'm responsible for having to reparent myself now					
	My parent(s) were immature and selfish					
	I don't have much self-confidence					
	I wasn't shown how to be empowered					
	I didn't have supportive, reassuring parents					
	I have low self-esteem					
	I internalize a critical voice					
	Even though I had to guess at what normal is					
	I lie when it would be just as easy to tell the truth					
	I have difficulty having fun					
	I take myself too seriously					
	I have difficulty with intimate relationships					
	I overreact to changes over which I have no control					
	I constantly seek approval and affirmation					
	I am super responsible or super irresponsible					

EVEN THOUGH: _____, **I DEEPLY AND COMPLETELY LOVE MYSELF**

√	Problem	Aspects	SUDs	Post 1	Post 2	Done?
	I am too vulnerable at times					
	I think and feel responsible for other people's					
	feelings					
	thoughts					
	actions					
	choices					
	wants					
	needs					
	health and well-being					
	life or ultimate destiny					
	When other people have a problem					
	I feel anxiety and have to fix it or help					
	I feel pity and have to fix it or help					
	I feel guilt and have to fix it or help					
	I feel compelled to offer unwanted advice or fix feelings					
	I feel angry when my help isn't effective					
	I anticipate other people's needs					
	I wonder why others don't do the same for me					
	I find myself saying "yes" when I mean "no"					
	I find myself doing things I really don't want to be doing					
	I find myself doing more than my fair share of work					
	I find myself doing things other people are capable of doing					
	I do not know what others want and need					
	I do not know if what I want and need is important					
	I try to please others instead of myself					
	I find it easier to feel and express anger over injustices done to others rather than injustices done to me					
	I feel safest when giving					
	I feel uncomfortable when receiving					
	I feel insecure and guilty when somebody gives to me					
	I feel sad when I spend my life giving to others and not receiving					
	I feel that needy people always seem attracted to me					
	I always seem attracted to needy people					
	I feel bored /empty/worthless if I don't have a crisis in my life					
	I feel bored /empty/worthless if I don't have a problem to solve					
	I feel bored /empty/worthless if I don't have someone to help					
	I abandon my routine to respond or do something for others					
	I over-commit myself					
	I feel harried and pressured to get everything right					
	I believe deep inside others are responsible for my feelings					
	I blame others for the spot I find myself in					
	I think other people make me feel the way I do					
	I believe other people are making me crazy					
	I'm so angry I'm scared I'm going to snap someday					
	I feel victimized/taken advantage of					
	I feel unappreciated					

EVEN THOUGH: _____, **I DEEPLY AND COMPLETELY LOVE MYSELF**

√	Problem	Aspects	SUDs	Post 1	Post 2	Done?
	I feel used					
	I find other people become impatient with me					
	I find other people become angry with me					
	I came from a troubled, repressed or dysfunctional family					
	I deny my family was troubled, repressed or dysfunctional					
	I blame myself for everything					
	I pick on myself, including the way I feel, look, act and behave					
	I get angry when others criticize things I do to myself					
	I get defensive when others criticize things I do to myself					
	I get self-righteous when others criticize things I do to myself					
	I get indignant when others criticize things I do to myself					
	I reject compliments or praise					
	I get depressed from a lack of compliments and praise					
	I feel different than the rest of the world					
	I think I'm not quite good enough					
	I feel guilty about spending money on myself					
	I feel guilty about doing unnecessary things for myself					
	I feel guilty about doing fun things for myself					
	I fear rejection					
	I take things personally					
	I have been a victim of abuse					
	I have been a victim of abandonment					
	I have been a victim of neglect					
	I feel like a victim					
	I tell myself I can't do anything right					
	I am afraid of making mistakes					
	I wonder why I have a tough time making decisions					
	I have a lot of "shoulds"					
	I feel a lot of guilt					
	I feel ashamed of why I am the way I am					
	I think my life isn't worth living					
	I try to help others live their lives instead of my own life					
	I get artificial feelings of self-worth from helping others					
	I get strong feelings of low self-worth from other people's failures and problems					
	I get strong feelings of embarrassment from other people's failures and problems					
	I get strong feelings of failure from other people's failures and problems					
	I wish good things would happen to me					
	I believe other people couldn't possibly like or love me					

EVEN THOUGH: _____, **I DEEPLY AND COMPLETELY LOVE MYSELF**

√	Problem	Aspects	SUDs	Post 1	Post 2	Done?
	I try to prove I'm good enough for other people					
	I settle for being needed					
	I push my thoughts and feelings out of my awareness from guilt					
	I push my thoughts and feelings out of awareness from fear					
	I become afraid to let myself be who I am					
	I appear rigid and controlled					
	I feel terribly anxious about problems and people					
	I worry about the silliest things					
	I think and talk a lot about other people					
	I lose sleep over problems or other people's behavior					
	I worry too much					
	I never seem to find answers					
	I check on people					
	I try to catch people in acts of misbehavior					
	I feel unable to quit talking about other people's problems					
	I feel unable to quit thinking about other people's problems					
	I feel unable to quit worrying about other people's problems					
	I abandon my routine because I am so upset about someone else					
	I focus all my energy on other people and problems					
	I wonder why I never have any energy					
	I wonder why I can't get things done					
	I have lived through events and with people that were out of control causing me sorrow and disappointment					
	I become afraid to let other people be who they are					
	I become afraid to allow events to happen naturally					
	I don't see or deal with my fear of loss of control					
	I think I know best how things should turn out					
	I think I know best how people should behave					
	I try to control events and people through helplessness					
	I try to control events and people through guilt					
	I try to control events and people through coercion					
	I try to control events and people through threats					
	I try to control events and people through advice-giving					
	I try to control events and people through manipulation					
	I try to control events and people through domination					
	I try to control events and people and I fail					
	I try to control events and people, others get mad at me					
	I get frustrated and angry					
	I feel controlled by events and people					
	I ignore problems or pretend they aren't happening					
	I pretend circumstances aren't as bad as they are					
	I tell myself things will be better tomorrow					
	I stay busy so I don't have to think about things					
	I get confused about why people act the way they do					
	I get depressed or sick a lot					
	I go to doctors and get pain meds or tranquilizers for stress					

EVEN THOUGH: _____, **I DEEPLY AND COMPLETELY LOVE MYSELF**

√	Problem	Aspects	SUDs	Post 1	Post 2	Done?
	I became a workaholic					
	I spend money compulsively					
	I overeat compulsively					
	I pretend those things aren't happening either					
	I watch problems get worse					
	I believe lies people tell me					
	I lie to myself/tell myself half-truths					
	I wonder why I feel like I'm going crazy					
	I don't feel happy with myself					
	I don't feel content with myself					
	I don't feel peaceful with myself					
	I look for happiness outside myself					
	I latch onto whoever or whatever I think I can provide happiness					
	I feel threatened by the loss of what I think provides me happiness					
	I feel threatened by the loss of who I think provides me happiness					
	I don't feel love and approval from my parents					
	I don't love myself					
	I believe other people can't or don't love me					
	I desperately seek love and approval					
	I often seek love from people incapable of loving					
	I believe other people are never there for me					
	I equate love with pain					
	I feel I need people more than I want them					
	I don't take time to figure out if I love or like other people					
	I center my life around other people					
	I look to relationships to provide all my good feelings					
	I lose interest in my own life when I love others					
	I worry other people will leave me					
	I don't believe I can take care of myself					
	I stay in relationships that don't work					
	I tolerate abuse to keep people loving me					
	I feel trapped in relationships					
	I leave bad relationships and form new ones that don't work either					
	I wonder if I will ever find love					
	I blame					
	I threaten					
	I coerce					
	I beg					
	I bribe					
	I advise					
	I don't say what I mean					
	I don't mean what I say					
	I don't know what I mean					
	I don't take myself seriously					
	I think other people don't take me seriously					
	I take myself too seriously					

EVEN THOUGH: _____, **I DEEPLY AND COMPLETELY LOVE MYSELF**

√	Problem	Aspects	SUDs	Post 1	Post 2	Done?
	I ask for what I want and need indirectly (ie. sighing)					
	I find it difficult to get to the point					
	I'm not sure what the point is					
	I gauge my words carefully to achieve a desired effect					
	I try to say what I think will please people					
	I try to say what I think will provoke people					
	I try to say what I hope will make people do what I want					
	I eliminate the word "no" from my vocabulary					
	I talk too much					
	I talk about other people					
	I avoid talking about myself					
	I avoid talking about my problems					
	I avoid talking about my feelings					
	I avoid talking about my thoughts					
	I say everything is their fault					
	I say nothing is their fault					
	I have believed my opinions don't matter					
	I wait to express my opinions until I know other's opinions					
	I lie to protect and cover up for people I love					
	I lie to protect myself					
	I have a difficult time asserting my rights					
	I have a difficult time expressing my emotions honestly					
	I have a difficult time expressing my emotions openly					
	I have a difficult time expressing my emotions appropriately					
	I think most of what I have to say is unimportant					
	I begin to talk in cynical ways					
	I begin to talk in hostile ways					
	I begin to talk in self-degrading ways					
	I apologize for bothering people					
	I say I won't tolerate certain behaviors from other people					
	I gradually increase my tolerance until I can tolerate and do things I say I never would					
	I let others hurt me					
	I wonder why I hurt so badly					
	I complain and try to control others					
	I blame and try to control others					
	I finally get angry and become totally intolerant					
	I don't trust myself					
	I don't trust my feelings					
	I don't trust my decisions					
	I don't trust other people					
	I try to trust untrustworthy people					
	I think God has abandoned me					
	I lose faith and trust in God					
	I feel very scared					
	I feel very angry					

EVEN THOUGH: _____, **I DEEPLY AND COMPLETELY LOVE MYSELF**

√	Problem	Aspects	SUDs	Post 1	Post 2	Done?
	I feel very hurt					
	I live with people who are very scared					
	I live with people who are very hurt					
	I live with people who are very angry					
	I am afraid of my own anger					
	I am afraid of other people's anger					
	I think people will go away if anger enters the picture					
	I think other people make me feel angry					
	I am afraid to make other people feel anger					
	I feel controlled by other people's anger					
	I repress my angry feelings					
	I cry a lot					
	I do mean and nasty things to get even					
	I act hostile					
	I have a violent temper					
	I have violent outbursts					
	I punish other people for making me angry					
	I have been shamed by others for feeling angry					
	I place guilt on myself for feeling angry					
	I place shame on myself for feeling angry					
	I feel increasing amounts of anger					
	I feel increasing amounts of resentment					
	I feel increasing amounts of bitterness					
	I feel safer with my anger than with hurt feelings					
	I wonder if I'll never be not angry					
	I am the caretaker in the bedroom					
	I have sex when I don't want to					
	I have sex when I'd rather be held					
	I have sex when I'd rather be nurtured					
	I have sex when I'd rather be loved					
	I try to have sex when I'm angry or hurt					
	I refuse to enjoy sex because I'm so angry at my partner					
	I am afraid of losing control					
	I have a difficult time asking for what I need in bed					
	I withdraw emotionally from my partner					
	I feel sexual revulsion toward my partner					
	I don't talk about how I feel about sex with my partner					
	I force myself to have sex anyway					
	I reduce sex to a technical act					
	I wonder why I don't enjoy sex					
	I lose interest in sex					
	I make up reasons to abstain from sex					
	I wish my sex partner would die					
	I wish my sex partner would go away					
	I wish my sex partner would sense my feelings					
	I have strong sexual fantasies about other people					

EVEN THOUGH: _____, **I DEEPLY AND COMPLETELY LOVE MYSELF**

√	Problem	Aspects	SUDs	Post 1	Post 2	Done?
	I consider or have an extramarital affair					
	I consider running away					
	I fantasize about leaving					
	I become a martyr sacrificing my happiness					
	I plan my escape from relationships I feel trapped in					
	I find it difficult to feel close to people					
	I find it difficult to have fun and be spontaneous					
	I combine passive and aggressive responses					
	I vacillate in decisions and emotions					
	I laugh when I feel like crying					
	I stay loyal to my compulsions and people even when it hurts					
	I am ashamed about family problems					
	I am ashamed about personal problems					
	I am ashamed about relationship problems					
	I am confused about the nature of the problem					
	I cover up, lie and protect the problem					
	I don't seek help because I think the problem isn't bad enough					
	I don't seek help because I don't think I'm important enough					
	I wonder why the problem doesn't go away					
	I feel lethargic					
	I become withdrawn and isolated					
	I experience a complete loss of daily routine and structure					
	I abuse or neglect my children and other responsibilities					
	I feel hopeless					
	I think about suicide or look forward to dying					
	I become violent when pushed					
	I become seriously emotionally or physically ill					
	I experience an eating disorder- over or under eat					
	I become addicted to alcohol and other drugs/cigarettes					
	I react because I'm anxious and afraid of what's happened					
	I react because I'm anxious and afraid of what might happen					
	I react because I'm anxious and afraid of what's happening					
	I react as though everything is a crisis because crisis has become habit					
	I react as though things shouldn't be happening as they are					
	I react because I don't feel good about myself					
	I react because I think I have to react					
	I'm afraid of people - they are people just like me					
	I forfeit my peace					
	I forfeit my power					
	I take things so seriously					
	I blow things out of proportion					
	I blow feelings out of proportion					
	I blow mistakes out of proportion					

EVEN THOUGH: _____, **I DEEPLY AND COMPLETELY LOVE MYSELF**

√	Problem	Aspects	SUDs	Post 1	Post 2	Done?
	I don't have to blow feelings out of proportion					
	I don't have to blow actions out of proportion					
	I don't have to blow thoughts out of proportion					
	I take others behavior as reflections of my self-worth					
	I take rejection as a reflection of my self-worth					
	I do things I really don't want to do					
	I say yes when I mean no					
	I do for others when they are capable of doing for themselves					
	I do for others when they should be doing for themselves					
	I meet people's needs without being asked					
	I meet people's needs before we've agreed for me to do so					
	I do more than a fair share of work after help is requested					
	I consistently give more than I receive					
	I fix people's feeling					
	I do people's thinking for them					
	I speak for another person					
	I suffer people's consequences for them					
	I solve people's problems for them					
	I put more interest and activity into a joint effort more than the other person does					
	I don't ask for what I want and desire					
	I learned to care for others as a measure of self-worth					
	I failed to cure my parents so I try to cure others					
	I find needy people to control					
	I doubt my own perceptions					
	I isolate myself from my community to help an addict					
	I seek approval and affirmation from my mate					
	I am unable to feel comfortable when alone					
	I feel different or not like others					
	I am confused or have a deep sense of inadequacy					
	I feel either totally responsible or completely without blame					
	I am extremely dependent on my mate and fear abandonment					
	I need constant control over all aspects of the relationship					
	I have extreme low self-esteem and may be very self-critical					
	I have difficulty developing or sustaining relationships					
	I have a long line of failed relationships always blaming others					
	I sometimes lie for no reason and create a false sense of self					
	I deny or refuse that my actions are not "normal" behaviors					
	I get bored easily and need to feel excitement					
	I am unable to relax and have fun					
	I am fearful of change					
	I am unable to positively see alternatives to bad situations					
	I believe there is something wrong with me					
	I think I need to change to make my partner happy					
	I feel I'm living a double secret life					
	I feel out of control					

Recovery Statements to Tap On Worksheets

Recovery Statements to Tap On

Read each statement below and rate SUBs - how much you feel these statements are true for you.
(SUBs = Subjective Units of Believability on a scale of 1 - 10)

I NOW DECIDE TO BELIEVE: _____.

√	Statements	Aspects	SUBs	Post 1	Post 2	Done?
	I am free from insecurities from all my relationships					
	I am free from doubt in all my relationships					
	I am free from fear in all my relationships					
	I like the new person I am becoming					
	I have many good things to share with others					
	I am beautiful and lovable					
	I can be trustworthy in my relationships					
	I can love someone					
	I can trust in my relationships					
	I am open and honest with myself and with others					
	I can communicate my feelings to others					
	I can accept others as the individuals they are					
	I appreciate my qualities and those of the people around me					
	I can be myself and be with others					
	I can let others see who I really am					
	I want good and healthy people all around me					
	I bring good qualities into a relationship					
	I can let others give love and care to me					
	I am blessed by wonderful relationships					
	I embrace the life that I have been given					
	I am good at things					
	I am a capable person					
	I can learn to do most anything and do it well					
	I have some good talent, skill and ability					
	I am good in relationships					
	I have a skillful mind					
	I have skills and talents					
	I have a skillful body					
	My body is attractive enough					
	I run my life well enough					
	I'm a good enough parent/employee/partner					
	My actions are rewarding and fulfilling					
	Things are getting better all the time					
	I receive more and more					
	I illuminate my world with love					
	I accept everything in my past as complete and perfect					
	I assume an active rather than a passive role in life					
	I widen my range of behaviors					
	I develop a wider range of interests					

I AM LEARNING HOW TO: _____

√	Choices	Aspects	SUBs	Post 1	Post 2	Done?
	Take care of myself					
	Turn it over, one day at a time					
	Install happy, positive feelings and strategies					
	Face it and clear it and change it					
	Make a fun adventure of recovery & tapping to clear my way					
	Have more and more positive experiences					
	Be more productive, experiential, creative					
	Feel comfortable around good men/women/people					
	Get used to things working out					
	Transform my life					
	Heal more and more every day					
	Get used to being happy					
	Grow					
	Experience more and more good					
	Get used to nice people					
	Expand my mind, my life and my heart					
	Recover from what happened before					
	Recover more and more of myself					
	Become more and more of me and who I am					
	Return to my true nature and return to God					
	Follow my intuition					
	Hear my intuition more and more					
	Create my life					
	Date up					
	Stay fit and not gain any more weight					
	Make better friends					
	Be a better parent/employee/partner					
	Recover from the effects of what I've been through					
	Recover from depression					
	Recover from addiction					
	Handle my money better					
	Ask God and others for help one day at a time					
	End being on the fence and accept what I have and don't have					
	Be grateful and move on					
	Be here and available but not reach out to old relationships					
	Want, like and learn to enjoy the process					
	Not focus on the outcome					
	Socialize better					
	Understand my disease					
	Turn over my shortcomings					
	Manage my symptoms as they come up					
	Follow God's will for me					
	Read and pray every day					
	Follow principles of my good and truth					
	Follow principles of my love and wisdom					
	Follow principles of my faith and action					

I AM LEARNING HOW TO: _____.

√	Choices	Aspects	SUBs	Post 1	Post 2	Done?
	Be a good person					
	Have personal value and worth					
	Deserve good things in life					
	Deserve to be loved					
	Deserve God's love					
	Have a good mind					
	Have a good body					
	Want to live					
	Want to be happy					
	Love myself					
	Embrace the life I have been given					
	Positively relate to God in positive ways					
	Have great gifts and use them well					
	See the good in my life and think of ways to make it better					
	Be peaceful and calm					
	Get what I need out of my life experiences					
	Not be defined by my feelings					
	Honor my need to take action					
	Realize that only the feelings I act on express who I am					
	Be good at what I do					
	Open myself up to people and the world					
	Use all of my experiences to grow					
	See the goodness of my life, my friends, myself					
	Feel worthy					
	Love myself and treat myself gently					
	Realize I have a lot to offer					
	Be free from the damage of my past even if it's one day at a time					
	Transform my life into something higher					
	Bring something good and beautiful to the world					
	Develop a loving relationship with myself					
	Allow my spirit and my soul to dance anyway they want to					
	Trust myself					
	Trust my soul					
	Trust my intuition					
	Trust my Higher Power					
	Deserve the best and accept it now					
	Be a success					
	Open myself up to and experience life					
	Lovingly forgive myself and be free from guilt					
	Be enthusiastic about life and be filled with energy					
	Express who I am and feel safe in being me					
	Release the past and allow life to flow through me					
	Take in and give out love in a balanced way					
	Freely and easily release the old and joyously welcome the new					
	Love, enjoy, give to and be good to myself					
	Allow my thoughts to be free and be at peace with them					

I AM NOW MOVING INTO: _____.

√	Choices	Aspects	SUBs	Post 1	Post 2	Done?
	Feeling good					
	Feeling it's normal to feel good					
	Feeling better and better all the time					
	Feeling good is familiar					
	Feeling grateful for my life					
	Feeling good things					
	Amazement at how well my life is going					
	Gratitude for all the blessings in my life					
	Getting used being happy more and more of the time					
	Being thankful for all the good things that flow to me					
	Being grateful for my life and how it keeps getting better					
	Feeling safer and more relaxed					
	Using EFT to create a better life					
	Feeling it's normal to feel this good					
	Wanting myself to heal					
	Choosing to feel healthy					
	Inviting change into my life					
	Wanting to finally end my current problems and be good to myself					
	Turning it over to my Higher Power					
	Taking responsibility for myself, my health and my life					
	Feeling God is with me					
	Feeling cherished/loved/protected/safe/guided					
	Feeling I deserve to let good things happen to me					
	Moving toward the right life for me					
	Moving toward the right partner for me					
	Moving toward the right work for me					
	Moving toward the right home for me					
	Moving toward the right surroundings for me					
	Meeting people who are positive and supportive in my life					
	Learning to have a commitment to a daily program					
	Learning to live, especially in the present					
	Learning to choose the reality of the here and now					
	Knowing I have all that I need to do good in my life today					
	Learning to be in charge of my healing and recovery					
	Recovering my hopes and my desires					
	Feeling peace and relaxation flow through me					
	Learning who I am right now without judgement					
	Learning who I am with love and acceptance					
	Learning who I am and moving on					
	Having the courage to look without fear at what needs to be changed in my life					
	Treating myself gently today with love, care and respect					
	Feeling God is giving me all the energy I need to make positive changes in my life today					
	Discovering who I am					
	Discovering the joy in knowing who I am					

I AM NOW MOVING INTO: _____.

√	Choices	Aspects	SUBs	Post 1	Post 2	Done?
	Caring about myself today					
	Supporting myself today					
	Nurturing myself today					
	Expanding my life as I identify, overcome and resolve my problems					
	Surviving to creating my own life					
	Self-care and taking better and better care of myself					
	Deserving to get over it					
	Expanding, letting go and growing					
	Feeling safe to get over it					
	Being OK if I get over it					
	Feeling everyone else will be OK if I get over it					
	Being willing to get over it. I'm ready now					
	Being a decisive person and following through					
	Releasing all that is unlike love					
	Making time and space for everything I want to do					
	Living					
	Having my own healing and transformation to live for					
	Getting well					
	Feeling safe to be healed					
	Feeling I deserve to be healed					
	Being healed					
	Giving myself permission to be healed					
	Believing it will benefit me to be healed					
	Knowing it's possible for me to be healed					
	Affirming I will be healed					
	Doing what I need to do to be healed					
	Taking action. First things first. One day at a time					
	Being enriched and continuing to grow					
	Being good to others in a healthy way for me					
	Being good to myself first					
	Understanding and empathizing with others					
	Understanding and empathizing with myself					
	Surrendering to the divine with humble gratitude					
	Feeling it's good enough to be an imperfect human					
	Helping myself achieve my full potential					
	Being on earth fulfilling my mission and purpose					
	Being independent in an interdependent network of support					
	Change					
	Having plenty of time and money for the things I want to do					
	Knowing I can bear and survive all my feelings					
	Feeling love, hope, joy and courage					
	Knowing what my options are					
	Know that I am always loved, lovable and valued					
	Release anger at myself and another					
	Come from my heart and not my ego					
	Focus on the abundance and not the lack					

I NOW PREFER: _____

√	Choices	Aspects	SUBs	Post 1	Post 2	Done?
	That confidence is my natural state					
	Activities that maintain my health and well-being					
	To open myself to health and well-being					
	Strength, energy and vitality					
	To see life is a process of change					
	Health, healing, vitality and love					
	To eat the foods I need to maintain optimum health and vitality					
	To feel energized throughout the day					
	To think young and feel young					
	To awaken each day feeling healthy and alive with energy					
	Notice what's good in my life					
	To expect good things to happen to me					
	To think and act in ways that support my recovery					
	To believe I deserve recovery					
	To feel wonderful					
	To matter a lot					
	To trust the process of life					
	Right and good action					
	To discover how wonderful I am					
	To love and enjoy myself					
	To easily and comfortably release that which I no longer need					
	To make my decisions based on what's good for me					
	To rest securely					
	To like my body					
	To love and protect myself					
	To forgive and forget the past and be free in this moment					
	To express the joy of living					
	To allow myself to enjoy every moment of every day					
	To feel young again					
	To stand tall and free					
	To love and approve of myself more and more					
	To believe I deserve best and accept it now					
	Notice my accomplishments					
	To be willing to experience more in life					
	To lovingly forgive myself and be free					
	To rejoice and love being my gender					
	To be enthusiastic about life					
	To be filled with energy and enthusiasm					
	To express who I am safely and with confidence					
	To allow life to flow through me					
	To have a right to change any rules about my life					
	To feel I deserve to be loved					
	To freely and easily release the old and joyously welcome the new					
	To be alive and go on living					
	To be good to myself and give to myself again and again					
	To allow my thoughts to be free and be at peace					

I NOW AFFIRM THAT: _____.

√	Choices	Aspects	SUBs	Post 1	Post 2	Done?
	Loving myself brings me happiness and fulfillment					
	It's safe to love myself					
	I deserve to love myself					
	I'm entitled to love myself					
	I am attracting more and more love into my life					
	My life overflows with love					
	Love is the most powerful force in my life					
	The more I love, the more I am loved					
	I can trust others to love me					
	I can trust my Higher Power to love me					
	I can trust myself to love others in a healthy way					
	Loving is easy and safe with loving and safe people					
	I deserve someone special to love and be loved by					
	I welcome love into my life					
	Because I love myself, I can love others					
	Love feels good					
	I am a success					
	I can be, do and have everything I want					
	I can do anything I put my mind to					
	I vividly picture what I want and resolutely move toward it					
	Success is circulating in my life					
	Success may come to me when I take action					
	Success may come to me with the help of my Higher Power					
	I am a success anyway					
	I am comfortable with success					
	My needs, desires and goals are worth my action					
	I am enthusiastically achieving my goals					
	I have unlimited self-confidence					
	I deserve attention					
	I am creating success with positive action					
	Ideas come to me that will help me achieve what I want in life					
	I immediately and enthusiastically act on good ideas					
	I'm right where I'm supposed to be					
	I effortlessly direct my thoughts toward what I want					
	I act with confidence to use the creative ideas I receive					
	I am willing to take well-thought-out risks to move towards my goals					
	I am creative					
	Creative ideas flow through me					
	I am a fountain of creativity					
	Incredible ideas come to me, easily and effortlessly					
	Ideas are coming to me now that will help me achieve my goals					
	I am tuned in to my creativity					
	I easily make creative connections in new and innovative ways					
	I solve problems with creative solutions					

I NOW AFFIRM THAT: _____.

√	Choices	Aspects	SUBs	Post 1	Post 2	Done?
	My creative thoughts empower me to act and follow through					
	I am insightful					
	I see solutions everywhere					
	I put information together in new and creative ways					
	My creativity increases and expands					
	My creativity is unlimited					
	As I take action I am bursting with creative ideas					
	Creative ideas flow to me and through me in every situation					
	Creativity, for me, is natural and effortless					
	I am capable					
	I am valuable					
	I am confident					
	I can do anything I set my mind to					
	Every day, in every way, I am getting better and better					
	I trust myself					
	Because I trust my Higher Power, I always know exactly what to do					
	Every cell in my body vibrates with love and self-confidence					
	I know what I want and I want what's good for me					
	I feel energized throughout the day					
	I believe in myself					
	I decide to be happy					
	I think and act in a way that supports and creates self-care					
	I deserve self-esteem					
	I move toward what I want, and let go of the results					
	I have confidence in my abilities					
	I have all the resources I need to accomplish anything					
	I am decisive, confident and I make things happen					
	I surrender to the here and now and I accept what is					
	My love lets in what fear shuts out					
	I parent myself					
	I protect myself					
	I make peace with myself					
	I drop "shoulds" and think "coulds"					
	I always have options and choices even if I don't see them right away					
	I am wanted and needed by the Universe					
	I have a right to be here or I wouldn't be here					
	I was invited to be here or I wouldn't be here					
	I have power; I let go of the need to control					
	I drop guilt; I deserve pleasure and happiness					
	I drop self-will and trust my Higher Power					
	I do what I need to do and trust the Universe to carry me through					
	I have what I need and need what I get					
	Whatever happens to me is for me					
	Whatever happens to me helps me grow up					
	I love others more as I let go of any sense of obligation towards them					
	Wonderful changes are happening in me because I allow them					

I NOW AFFIRM THAT: _____.

√	Choices	Aspects	SUBs	Post 1	Post 2	Done?
	My sexual choices make me feel better and better about myself					
	I am already what I most want to be					
	I am over the fear that I never have enough					
	I am over the fear that I'm never good enough					
	I have enough; I have an abundance of enough					
	I lighten up on others and myself					
	I express my love in healthy ways					
	I notice, receive and appreciate authentic love from others					
	I bring out love in others					
	I am loved and appreciated					
	What I admire in others is my potential					
	What I deny myself I may dislike in others					
	I transform every defect into a capacity					
	I am important to this planet					
	I am thankful to be so rich in love					
	Every beat of my heart releases love into the world					
	I choose reconciliation and forgiveness					
	I let go of the need for revenge					
	I feel abundant love within me and release it					
	I grant myself love again and again					
	Everyone and everything are my teachers					
	I allow my feelings					
	Life supports me as a joyful person					
	Life supports my every transition					
	I am perfect here and now and honor myself as I am					
	I have all the skills I need to take this next step					
	I stop fighting what is					
	I honor my present predicament as OK					
	I can find wisdom and power in this predicament					
	I honor others' choices					
	I am gentle toward my inner fears					
	I am always free to choose and to change					
	I send love to my fears					
	My fears are places inside of me that need healing					
	I risk unsupported moments					
	I open myself to support					
	I let go and go on					
	I allow myself to be happy					
	I ask for what I want and let the chips fall where they may					
	I ask for what I want from others					
	I let go of my insistence that others provide things for me					
	I allow others to say "No" to me and take it as information					
	I drop distancing and thereby learn how much space I need					
	I love myself just as I am, day by day					
	I have more and more to give and I give it					

I NOW INTEND TO: _____.

√	Choices	Aspects	SUBs	Post 1	Post 2	Done?
	Know that I am always loved, lovable and valued					
	Release anger at myself and another					
	Come from my heart and not my ego					
	Focus on the abundance and not the lack					
	Have fun once a week					
	Focus on my work					
	Play and be happy					
	Trust and know I have the ability to take care of myself					
	Know I am worthy and lovable					
	Accept my responsibility for fulfilling my needs and my health					
	Renew my commitment to my health					
	Accept responsibility for my recovery					
	Accept life on life's terms					
	Be willing, forgiving and accepting					
	Believe there's something good coming down the road for me					
	Not worry that I won't rise to the occasion					
	Believe that I am about to do my best work					
	Create clear boundaries before proceeding					
	Follow my intuition					
	Not confuse lust for love					
	Stop blaming others					
	Bring sexual energy up into my heart					
	Cultivate love and respect					
	Step out of romantic illusion and into reality					
	Create a win-win situation for all involved					
	Acknowledge when my current desire is not aligned with my best and highest good					
	Move into leadership					
	Stop procrastinating and take action now					
	Rejuvenate with nature					
	Acknowledge my fears in order to transcend them					
	Take a breath and rest					
	Retreat as needed					
	Take responsibility for being a victim					
	Call in the my Higher Power for support and guidance					
	Be grateful and appreciative					
	Trust my intuition					
	Reach out to others for support					
	Accept responsibility for fulfilling my own needs					
	Learn valuable lessons					
	Release and let go so that something new may grow					
	Believe financial gain is on its way					
	Laugh and play and lighten up					
	Communicate my resentments and doubts					
	Heal my inner child and play					
	Honor myself first and foremost					

I NOW INTEND TO: _____.

√	Choices	Aspects	SUBs	Post 1	Post 2	Done?
	Go within and fill up with self love					
	Embrace and trust my Higher Power					
	Address sexual issues					
	Trust and know I have the ability to take care of myself					
	Break the spell, clear the contract, recant the vows and release old patterns					
	Heal myself					
	Use insight and wisdom to get myself out of a tight spot					
	Stick to my same sex to charge my batteries					
	Be responsible to myself first					
	Release all struggle and gently go with the flow					
	Clear my fear of opening up and trusting					
	Meditate and go within					
	Love myself so I will also be loved					
	Be at peace and appreciate what I now have					
	Be committed to my own process right now and and not other's					
	Acknowledge that I have the power to create what I want					
	Release my fear of rejection					
	Be vulnerable yet strong					
	Accept that this person is not for me					
	Realize I am being a caretaker at my own expense and stop now					
	Realize that forgiving is understanding and letting go					
	Realize communication is necessary to resolve a situation					
	Realize that guilt does not serve me					
	Be fearless					
	Be open to the outcome but not attached					
	Surrender my ego					
	Know that I am always loved					
	Enjoy my sexuality					
	Own my talents and gifts					
	Look to see where jealousy exists					
	Not be passive, demand respect					
	Believe a new relationship will enter my life					
	Be open to joy					
	Step out of denial					
	Believe there is meaning in what I choose to do					
	Believe I am worth the planning and effort					
	Plan enjoyable self-enhancing activities that I want to do					
	Be safe in this world and be at peace with life					
	Trust the process of life					
	Discover how wonderful I am and enjoy myself					
	Make decisions based on the principles of truth					
	Lovingly protect myself with thoughts of joy and peace					
	Stand tall and free and love and approve of myself					

Codependency Re-Assessment

Codependency Re-Assessment

Read each statement below and rate SUDs - how much you feel these statements are true for you.

(SUDs = Subjective Units of Distress on a scale of 1 - 10)

√	Problem	Date	SUDs 1	SUDs 2	Notes	Done?
	I have problems with relationships					
	I can't get over childhood abuse					
	I'm scared of people					
	I have unresolved grief					
	I feel guilty, ashamed of self					
	I feel I'm bad, wrong, can't match up					
	I have addiction problems					
	I have problems with food					
	I have sexual problems					
	I have money problems					
	I feel like I don't fit in					
	I feel different					
	I feel Invisible					
	No one understands me					
	I feel very emotional					
	I feel very sensitive					
	I'm prone to depression					
	Feels like fetal position grief					
	I feel anxious					
	I feel nervous a lot					
	I feel a lot of tension					
	I feel stressed out a lot					
	I worry a lot					
	I worry about others					
	I worry about myself					
	I'm jealous of what others have					
	I feel envious of others good fortune					
	I feel something's missing					
	I feel something's wrong with me					
	I give up easy					
	I don't go for what I want					
	I'm not sure what I want					
	I feel I can't get what I want					
	I feel I'll get in trouble					
	I feel ungrounded/off balance					
	Life has been really unfair to me					
	I have anger issues I try to keep a lid on					
	I feel I won't make it					
	I feel like giving up					
	I blow up around people					
	I feel less than					

Read each statement below and rate SUDs - how much you feel these statements are true for you.
(SUDs = Subjective Units of Distress on a scale of 1 - 10)

√	Problem	Date	SUDs 1	SUDs 2	Notes	Done?
	I feel inferior					
	I have panic attacks					
	I have appetite problems					
	My hands shake					
	My heart races					
	I have sleep problems					
	I have libido problems					
	I feel sadness a lot					
	I cry easily					
	I have obsessive thoughts					
	I have compulsive habits					
	I feel easily triggered emotionally					
	I feel upset at Christmas/Holidays					
	I feel upset at birthdays/anniversaries					
	I give more than I receive					
	I feel used/I've been used					
	I feel victimized/I've been a victim					
	I fear abandonment					
	I fear criticism					
	I seek approval					
	I'm very judgemental - hard on myself					
	I beat myself up					
	I don't know how to get over it					
	I'm always surviving things					
	I'm isolated					
	It's hard for me to confront others					
	It's hard for me to be mad at others					
	It's hard for me to set boundaries					
	It's hard for me to say no					
	It's hard for me to connect with others					
	I fear rejection					
	I doubt myself a lot especially when others are mad at me					
	I'm an overachiever, I feel I have to give extra					
	I'm a people pleaser					
	I don't feel entitled to basic love and respect					
	I try to prevent crisis by helping					
	I try to anticipate others needs					
	I clean up after others messes					
	Disapproval can feel devastating to me					
	I've been devastated by people more than once					
	I'm a perfectionist					

Read each statement below and rate SUDs - how much you feel these statements are true for you.

(SUDs = Subjective Units of Distress on a scale of 1 - 10)

√	Problem	Date	SUDs 1	SUDs 2	Notes	Done?
	I'm uncomfortable with pushy sales people					
	I try quick fixes/can't follow through long term					
	I don't trust things to work out					
	I feel the system didn't work for me					
	I have low self esteem					
	I have unrealistic expectations of myself					
	I give in easily					
	I'm easily manipulated or pressured					
	F. O. G. (fear, obligation, guilt) plagues me					
	Obligation and guilt push me to people please					
	If someone needs help I feel sorry for them, "have to" help them and I feel guilty if I don't)					
	I'm a rescuer/fixer/caretaker					
	I repress feelings and desires					
	I feel like a loser					
	I feel only losers will accept me					
	I feel inner rage boiling up					
	I get sick a lot/feel fatigued, exhausted					
	I'm desperate for attention					
	I hope someone notices how good I am					
	I bend over backwards for others					
	I walk on eggshells around angry people					
	I feel like a rug's been pulled out from under me					
	People hurt me then act like nothing happened					
	I have a high tolerance for verbal abuse					
	I fill people's needs only to continue feeling					
	I'm not good enough					
	I don't feel good enough					
	I feel I'm always on "wait and watch"					
	I've been in several toxic relationships					
	I don't feel others have my best interest at heart					
	I feel drained					
	I feel exhausted					
	I try to make others happy so they'll love me					
	I put up with abuse so others will appreciate me					
	I feel discouraged					
	I'm easily excited by people who give me attention					
	I feel worthless					
	I feel unappreciated					
	I have abandonment issues					
	I feel I always have to be perfect					

Resources

Look up Codependents Anonymous, Alanon/Alateen, Adult Children of Alcoholics, Alano Clubs, SMART Recovery, WRAP groups, Survivor support groups, Narcissist survivor groups, etc. online or in your area.

A word of Caution: There are many support groups online but ALWAYS protect your personal information when using the internet. NEVER meet anyone without someone knowing *where* you are going AND the contact information of the person you are meeting, or leave it where it can be found. ALWAYS meet in a populated public place. Better yet, meet near a police station.

Gary Craig, creator of EFT, retired in 2010. His free manual is no longer available on emofree.com.

Donna Eden, author of “Energy Medicine” can be found at www.InnerSource.net

The Association for Comprehensive Energy Psychology’s website is www.EnergyPsych.org

www.HolisticHarmony.com a wonderful, long time site with lots of FREE good positive stuff.

Here is a link for a FREE 12 step workbook based on the original program but re-written in a modern fun style. www.12stepWorkbook.org

www.Joy2meU.com long time codependency information and support site with excellent content.

Tapping for Success & Abundance with EFT [<Click Here EFT for Success>](#)

EFT Tap-a-Longs for Abundance & Money [<Click Here EFT Tap-a-Longs>](#)

The Tapping Solution Movie on DVD shows amazing healing [<Must See EFT Movie Click Here>](#)

Would you like to learn how EFT can help you lose weight? [Tap Away Your Extra Pounds with EFT](#)

Have you ever thought about becoming a coach and get paid for helping others? It’s easier and less expensive then you might think. [<Click Here to be a Coach>](#)

Newbies Guide to Starting an EFT Practice [<Click Here EFT Practice Guide>](#)

Dream Setting (hypnosis audio & book) [<Click Here for Hypnosis Dream Setting>](#)

Here is a link for FREE Goal Setting Guides I love [<Click Here Goal-Set-Success/life-plan-workbooks>](#)

Cool Meditation Adventure Game! (Includes finger monitors to measure heart rate which gives you the bio-feedback you need to relax - or get excited as you navigate through colorful gardens in an enchanting palace! [<Click Here for WildDivine Game>](#)

KEEP UP WITH RECOVERY TAPPING – go to www.RecoveryTapping.com/Blog for articles & tips.

(Feedback, Comments & Questions always welcome so please stop by and let us know how this book has helped or how it can be improved - we want to hear from you. Spread the word and help others.)

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About the Author

Jeanette found recovery in 1988 and has been passionate ever since about learning and teaching adult children of all kinds of dysfunctional families to heal and recover. She found Energy Psychology in 2002 and has safely worked with people using EFT to clear away issues around patterns that keep showing up in relationships such as emotional hurt, heartache, fear, grief, abandonment and guilt.

In between those years she earned her Master's Degree in Counseling Psychology (1998) and her Bachelor's in Social Work (1992). Her studies also include Advanced Clinical Hypnotherapy (New York), the Avatar Course, Rebirthing Breath work (San Diego) and Neuro-dynamic Self-Management Coaching (University of Zurich).

Jeanette worked at the Veterans Affairs Department on the Gulf War Study as a psychology technician interviewing veterans about Post Traumatic Stress Disorder, depression and anxiety. She also worked as an assistant on the Shingles Prevention Study. After 5 years in research she returned to the mental health field working with the elderly for several years.

She discovered Eye Movement Desensitization and Reprocessing (EMDR) in therapy and felt she had cleared up "five years of issues in one year" and became fascinated with how eye movements search and sort memories in the brain which can cause profound healing. As a result, it was not that far of a leap for her to understand how Emotional Freedom Techniques (EFT) – a method that combined acupressure with eye-movements - was clearing up emotional issues in as little as 15 minutes.

She has since read dozens of articles, books and acupuncture research to understand the meridian energy system and the central nervous system. She has training certificates in EFT (2002), Emotrance, (2003) P.E.A.T. (2004) and Energy Medicine with Donna Eden (2006). She has also had specialized training in personality disorders, mental health and older adult issues.

In 2008, after many years of practicing on healing emotional trauma, she had the inspiring idea to write a book to reach more people. She feels it is her mission to combine energy work with recovery work, bridge Western psychology and Eastern medicine for emotional healing and wellness with Meridian Energy Tapping.

Jeanette lives in California with husband Robert, son Lamar, dog Kane, cat Mable and snake Pretzel.

Emotional Freedom Techniques for Codependency Recovery

Learn Meridian Energy Tapping to Quickly Heal Abuse and Codependency

J. P. Bailey, MA

If you've ever tried any of the costly therapies to recover from the traumas of childhood abuse you know firsthand they rarely provide complete and lasting relief from anxiety, depression, and stress. This book by longtime Energy Psychology Counselor, J. P. Bailey, hands adult survivors of abuse the only tool they'll ever need to heal codependency issues permanently in the privacy and comfort of their own home for little or no expense. The secret? Tapping.

Emotional Freedom Techniques for Codependency Recovery takes codependency sufferers step-by-step through the use of Emotional Freedom Techniques (EFT), as developed by Gary Craig, and use it with recovery. A handy workbook section in the second half will help you quickly and effectively heal the symptoms, deeper underlying issues, and emotional blocks that prevent you from having loving relationships that can be free from fear and constant emotional stress.

Outlining techniques that can be learned and applied in literally a matter of minutes *Emotional Freedom Techniques for Codependency Recovery* presents a checklist of over 100 of the most common codependency traits and symptoms for self-assessment. The "Laundry List" and over 400 other EFT set-up statements are provided that you can use to tap your way to recovery. Another list of almost 500 empowering choices then provides life-affirming thought patterns you can tap into for creating the life you've always imagined and, more importantly, deserve!

J. P. Bailey found recovery in 1988 and has been passionate ever since about teaching adult children of all kinds to heal and recover. She earned her Master's Degree in Counseling Psychology in 1998 and holds a Bachelor's Degree in Social Work. In 2002 she discovered eye-movement therapies and soon after trained in various forms of Energy Psychology. For over eight years she has safely treated clients with EFT and EmoTrance, clearing away issues around dysfunctional relationships and emotional trauma.

Insights & Important Notes:

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Insights & Important Notes:

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