



Tap it Out – Day 11

Taking Your Power Back

Your first endeavor today with tapping is to deal with this core toxic seed that's been causing so much havoc in your life over the years. I will walk you through this process step by step.

- 1) Your MPI (Most Pressing Issue) is your core toxic belief: I'm not important, I'm not safe, I'm not worthy, I'm not enough, or I'm not lovable. When you think of your MPI, I want you to think of a time when it caused issues for you and allow yourself to feel the darkness of those feelings. Allow the anxiety and pain to rise in your body and then begin.
- 2) Look at the diagram to see where the 'karate chop' point is and begin to tap those points on both hands as if you are gently banging them together and repeat this phrase; *"Even though I've had this toxic belief that I am not _____ for years, I still deeply and completely love and approve of myself."* Now, repeat two more times.
- 3) Now, take your index finger and middle finger (tall man) and gently tap between your eyebrows and say, *"This belief that I am not _____ has caused a lot of havoc in my life."*
- 4) Next, continue using the same finger but use both hands (one on either side of your eyes and move to position 2. Say, *"I've had enough of this belief. It's time to shift this belief and start making positive changes for me."*
- 5) Move to position 3, under the eyes, using both hands. Say the opposite of your toxic belief (ex. *I'm not important turns into I AM Important*). Repeat two more times.
- 6) Move to position 4, using one hand. Say, *"I know I am _____ because _____."* Give yourself positive praise from this point forward.
- 7) Move to position 5, the chin and continue to praise yourself.
- 8) Move to position 6, closing your hands like fists (like a gorilla gently pounding on its chest) and say, *"I am stronger than I believed. I can heal. I am healing and changing for the better every day."*



9) Move to position 7, crossing your arms across your heart and tapping under each of your arm pits. Say, *"I've got this. I am becoming my own hero. I have the tools to be my best self. I am _____."* (insert the opposite of your toxic belief).

10) Move to position 8, top of the head, using one hand. Say, *"I am _____."* (the opposite of your core toxic belief).

11) Take a deep breath in and ask yourself how your pain/anxiety is within your body at this point. It should've decreased. If you still feel anxious, then start the process again and repeat until you have calmed down.

For more detailed information on EFT (Tapping) go to

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