Shattered Glass
Week 1 - Tapping

Tapping: Releasing the Ceiling

We'll now begin our first tapping session, focused on acknowledging and releasing a personal ceiling that is keeping you stuck.

Set-Up Statement:

> "Even though I've believed [insert limiting belief], I deeply and completely accept myself."

Eyebrow -"This belief that I can't [change/achieve something]."
Side of Eye - "It feels so real and strong."
Under Eye - "I've lived under this ceiling for so long."
Under Nose - "It's shaped so many of my choices."
Chin - "I've believed this for as long as I can remember."
Collarbone - "But what if this belief isn't the truth?"
Under Arm - "What if I could break through?"
Top of Head - "What if I'm capable of more than I've allowed myself to believe?"

Eyebrow - "I'm ready to see things differently."
Side of Eye - "I'm open to the idea that this belief is just a thought."
Under Eye - "Thoughts can change."
Under Nose - "I can choose a new belief."
Chin - "I can shatter this ceiling."
Collarbone - "I am ready to step into my full potential."
Under Arm - "I release this old belief now."
Top of Head - "I am choosing to break through to a new level of possibility."

(Take a deep breath and check in with how you feel.)

Tapping: "I'm not lovable"

Set-Up Statement:

"Even though I believe I'm not lovable, and I feel this sadness in my chest, I deeply and completely accept myself."

Round 1 (Acknowledging the Belief):

1. Eyebrow: "I feel this sadness because I believe I'm not lovable."
2. Side of Eye: "This belief has been with me for so long."
3. Under Eye: "It's hard to let go of this feeling."
4. Under Nose: "I've convinced myself I'm not enough."
5. Chin: "This sadness feels so real."
6. Collarbone: "It's been part of my identity."
7. Under Arm: "I feel it deeply in my chest."
8. Top of Head: "I wonder if I can start to let it go."

Round 2 (Exploring and Softening):

1. Eyebrow: "I'm willing to challenge this belief"
2. Side of Eye: "What if I've been wrong about myself?"
3. Under Eye: "This saddness has been with me for so long."
4. Under Nose: "But maybe it's not who I really am."
5. Chin: "Maybe I am lovable, just as I am."
6. Collarbone: "What if I can see myself differently?"
7. Under Arm: "I'm open to the possibility of being lovable."
8. Top of Head: "I can start to release this sadness."

Round 3 (Releasing and Reclaiming):

1. Eyebrow: "I'm ready to step into a new way of seeing myself"
2. Side of Eye: "I am worthy of love and connection."
3. Under Eye: "This belief is not who I am."
4. Under Nose: "Because I am lovable, just as I am."
5. Chin: "I choose to see my own worth."
6. Collarbone: "I deserve love and kindness."
7. Under Arm: "I can open my heart to myself."
8. Top of Head: "I am enough, and I am lovable."

Tapping: "People always leave me"

Set-Up Statement:

> "Even though I believe people always leave me, and I feel this fear in my stomach, I deeply and completely accept myself."

Round 1 (Acknowledging the Belief):

1. Eyebrow: "This fear of being left is so strong."
2. Side of Eye: "I've been hurt before."
3. Under Eye: "It feels like people always leave me."
4. Under Nose: "I don't want to feel abandoned again."
5. Chin: "It's safer to protect myself."
6. Collarbone: "This fear is holding me back."
7. Under Arm: "But there is a part of me that can't let it go."
8. Top of Head: "I don't want to feel this fear anymore."

Round 2 (Exploring and Softening):

1. Eyebrow: "What if I don't have to live in this fear?"
2. Side of Eye: "What if not everyone will leave me?"
3. Under Eye: "I've held onto this belief for so long."
4. Under Nose: "But maybe it's not the whole truth."
5. Chin: "What if I can start to believe I'm worthy of people staying?"
6. Collarbone: "I don't have to be so afraid."
7. Under Arm: "I can begin to trust in connection."
8. Top of Head: "I'm ready to release some of this fear."

Round 3 (Releasing and Reclaiming):

1. Eyebrow: "I'm willing to consider letting go of this fear."
2. Side of Eye: "I trust that I can heal."
3. Under Eye: "I am worthy of relationships that last."
4. Under Nose: "Not everyone will leave me."
5. Chin: "I can feel safe and connected."
6. Collarbone: "I deserve stability and love."
7. Under Arm: "I am releasing this fear from my body."
8. Top of Head: "I chooseing to trust in myself and others."

Tapping: "I can't trust anyone"

Setup Statement:

"Even though I believe I can't trust anyone, and I feel this anger in my right there in my body, I deeply and completely accept myself."

Round 1 (Acknowledging the Belief):

1. Eyebrow -"This anger from being betrayed."
2. Side of Eye -"I've been hurt by people I trusted."
3. Under Eye - "It's hard to let go of this anger."
4. Under Nose - "I feel it so deep in my body."
5. Chin - "This anger protects me from being hurt again."
6. Collarbone -"But it's also keeping me stuck."
7. Under Arm - "I don't want to feel this anger anymore."
8. Top of Head - "I'm open to releasing it."

Round 2 (Exploring and Softening):

1. Eyebrow - "What if I don't have to hold onto this anger?"
2. Side of Eye - "What if I can trust myself first?"
3. Under Eye - "I don't have to let everyone in right away."
4. Under Nose - "I can trust myself to make good choices."
5. Chin - "I don't need this anger to protect me any more."
6. Collarbone - "I can keep myself safe in other ways."
7. Under Arm - "I'm ready to soften this anger."
8. Top of Head - "I can start to let go of this heaviness."

Round 3 (Releasing and Reclaiming):

1. Eyebrow - "I am letting go of this anger."
2. Side of Eye - "I trust myself to create safe boundaries."
3. Under Eye - "I don't need to carry this pain anymore."
4. Under Nose - "I am open to trusting in small ways."
5. Chin - "I can trust myself and others with time."
6. Collarbone - "I am free from this anger."
7. Under Arm - "I chooseing to create healthy, trusting relationships."
8. Top of Head - "I am reclaiming my power to trust."