Tapping: Breaking Through When You Hit the Border

Set-Up Statement

> "Even though I feel stuck and this is where I usually stop, I deeply and completely accept myself. Even though this border feels real and heavy, I know it means I'm on the edge of something big. Even though it's hard to push through, I choose to keep going because I deserve what's on the other side."

Acknowledging the Border

EB: I feel like I'm hitting a wall.
SE: This is where I usually stop or turn back.
UE: It feels too big, too uncomfortable, too much.
UN: Maybe I should just stay where it's safe.
CH: Maybe I'm not ready for this next level.
CB: This part of the journey feels really hard.
UA: I feel the resistance, and I acknowledge it.
TH: But what if this is proof that I'm on the edge of something great?

Releasing Fear and Doubt

EB: This resistance is just old programming trying to keep me safe.
SE: I am strong enough to push through this discomfort.
UE: I don't have to stop here—I can keep going.
UN: I am capable of handling what's ahead.
CH: I release the fear that tells me to stop.
CB: I choose to trust myself in this moment.
UA: I will breathe through this resistance and allow it soften.
TH: I can keep moving forward with confidence.

Pushing Through and Expanding

EB: I have come too far to turn back now.
SE: I am stronger than my resistance.
UE I am stepping into something bigger, and I am ready.
UN: This moment is proof that I am growing.
CH: I break through this border and rise higher.
CB: I trust myself to go all the way.
UA: I shatter this ceiling and expand into my full potential.
TH: I am free, powerful, and unstoppable.

Affirmations:

"I am stronger than my fears, and I have everything I need to keep going."

"I trust the process, even when it feels uncomfortable."

"Every challenge I face is proof that I am breaking free from my limits."

"Discomfort is temporary; transformation is permanent."

"Each step I take moves me beyond my old ceiling and into possibility."

"I am ready to shatter my limits and step fully into my power."