Shattered Glass
Week 2 - Tapping

Tapping : Releasing Resistance to Change

Set-Up Statement:

Even though I feel resistance to this change, I deeply and completely accept myself.
Even though part of me wants to hold onto what's familiar, I honor where I am and choose to move forward.
Even though stepping into something new feels uncertain, I trust that I am safe and supported."

Round 1 – Acknowledging the Resistance

Eyebrow: This resistance feels so strong.
Side of Eye: Change feels uncomfortable and uncertain.
Under Eye: Part of me wants to hold onto what I know.
Under Nose: What if change is too hard?
Chin: What if I can't handle what's next?
Collarbone: This resistance feels real and familiar.
Under Arm: I want to move forward, but part of me is holding back.
Top of Head: What if I could gently release this resistance?

Round 2 – Releasing the Resistance

Eyebrow: I give myself permission to move forward, even if it feels unfamiliar.
Side of Eye: I can take this one step at a time.
Under Eye: Change doesn't have to be overwhelming.
Under Nose: I honor the part of me that feels hesitant.
Chin: But I also honor the part of me that's ready for more.
Collarbone: I release a bit more of this fear that's keeping me stuck.
Under Arm: I choose to loosen my grip on the old and welcome the new.
Top of Head: It's ok to feel safe to grow and expand.

Round 3 – Stepping into Possibility

Eyebrow: I am open to positive change in my life.
Side of Eye: I'm open to welcome new opportunities with trust and confidence.
Under Eye: I am capable of handling whatever comes my way.
Under Nose: Growth is natural, and I am ready for it.
Chin: I release resistance and embrace this transformation.
Collarbone: I choose to move forward with ease and excitement.
Under Arm: I am becoming the person I was meant to be.
Top of Head: I'm learning to trust myself, and this journey, more everyday

Tapping: "I'll never have enough money"

Set-Up Statement:

> "Even though I believe I'll never have enough money, and I feel this fear in my chest, I deeply and completely accept myself."

Acknowledging the Belief:

EB: "I believe I'll never have enough money."
SE: "And it scares the heck out of me."
UE: "I've struggled with money for so long."
UN: "It's hard to trust there will ever be enough."
CH: "This fear feels so real."
CB: "It makes me feel powerless."
UA: "I feel this fear in my chest."
TH: "I wonder how I can start letting this fear go."

Exploring and Softening:

EB: "What if this belief isn't true?"
SE: "What if I've been holding onto it unnecessarily?"
UE: "I've been stuck in this fear for so long."
UN: "I choose to no longer let this be my truth"
CH: "What if I can begin to believe in abundance?"
CB: "I'm open to seeing money differently."
UA: "I can start to release this fear."
TH: "I'm choosing to believe I can have enough."

Releasing and Reclaiming:

EB: "I am letting go of this fear about money."
SE: "I deserve to feel secure and abundant."
UE: "I am capable of creating enough."
UN: "I trust in my ability to have what I need."
CH: "I release the belief that I'll never have enough."
CB: "I choose to no longer feel confident about money."
UA: "I am open to financial abundance."
TH: "I am safe, supported, and abundant."

Tapping: "I'm not good with money."

Setup Statement:

> "Even though I believe I'm not good with money, I deeply and completely accept myself."

Acknowledging the Belief:

EB: "I'm not good with money."
SE: "It feels like I make lots of mistakes with money."
UE: "I feel overwhelmed and unsure."
UN: "Managing money feels impossible for me."
CH: "I just don't trust myself with money."
CB: "I've made so many financial mistakes."
UA: "I feel stuck when it comes to money."
TH: "I'm just not good with money."

Exploring and Softening:

EB: "This feels like a family belief"
SE: "I see evidence of it in my past."
UE: "But I've also learned from my mistakes."
UN: "I am capable of learning and growing."
CH: "I can develop new money skills."
CB: "I am willing to see myself differently."
UA: "I can become good with money."
TH: "I don't have to hang on to this belief"

Releasing and Reclaiming:

EB: "I release the belief that I'm not good with money."
SE: "I choose to believe in my capability."
UE: "I'm excited to see this change in myself"
UN: "What if it was enjoyable to learn how to manage money wisely."
CH: "I'am feeling empowered to handle my finances."
CB: "I am becoming confident with money."
UA: "I welcome financial stability into my life."
TH: "I love my relationship with money!"

Tapping: "Money is the root of all evil."

Setup Statement:

> "Even though, up until now, I believed that money is the root of all evil, I deeply and completely accept myself."

Acknowledging the Belief:

EB: "This belief that money is the root of all evil."
SE: "I hear that having money makes people greedy."
UE: "And I don't want to be a bad person."
UN: "Money feels dangerous to me."
CH: "And I was told that people with money can't be trusted."
CB: "I'm afraid money will change me."
UA: "It's safer to avoid having too much money."
TH: "Money feels like a burden."

Exploring and Softening:

EB: "I learned this belief a long time ago."
SE: "I've seen examples that seem to confirm it."
UE: "But not everyone with money is evil."
UN: "What if money itself isn't the problem?"
CH: "What if it's how people use money that matters?"
CB: "I can be open to seeing money differently."
UA: "Money could be a tool for good."
TH: "Maybe money can bring positive change."

Releasing and Reclaiming:

EB: "I release the belief that money is evil."
SE: "I choose to see money as neutral."
UE: "That money can amplify my values and intentions."
UN: "I can use money to help myself and others."
CH: "I am worthy of financial abundance."
CB: "Money can be a force for good in my life."
UA: "I willing to trust myself with money."
TH: "I open myself to have a healthy relationship with money