Shattered Glass
Week 3 - Tapping

Tapping: "I'm not good enough to succeed"

Set-Up Statement:

> "Even though I believe I'm not good enough to succeed, and I feel this tightness in my chest, I deeply and completely accept myself."

Acknowledging the Belief:

EB: "I believe I'm not good enough to succeed."
SE: "This belief holds me back from even trying."
UE: "I've failed in the past, so I must not be good enough."
UN: "Maybe I don't think I deserve success."
CH: "This tightness in my chest makes it hard to move forward."
CB: "It feels like success is just out of reach."
UA: "Maybe I don't deserve success."
TH: "But I'm ready to challenge this belief."

Exploring and Softening:

EB: "What if I am good enough to succeed?"
SE: "What if I've just been doubting myself?"
UE: "Maybe this belief isn't true anymore."
UN: "What if success is available to me?"
CH: "I'm open to seeing myself as capable of success."
CB: "I can begin to release the fear of failure."
UA: "I do deserve to be successful."
TH: "I am worthy of achieving my goals."

Releasing and Reclaiming:

EB: "I'm releasing this belief that I'm not good enough to succeed."
SE: "I am open to seeing myself as capable."
UE: "And that success is available to me."
UN: "I give myself permission allow success."
CH: "Turns out I'm completely worthy of success."
CB: "And I am ready to embrace success in my life."
UA: "I'm willing to release the fear of not being good enough."
TH: "And choose to believe in my potential now!."

Tapping: "Success is for other people, not me"

Set-Up Statement:

> "Even though, up until now, I believed success is for other people and not me, and I feel this weight in my stomach, I deeply and completely accept myself."

Acknowledging the Belief:

EB: "I have believed success is for other people, not me."
SE: "And that I didn't think I deserved success."
UE: "This belief has kept me stuck."
UN: "I'm not as capable or worthy as others."
CH: "It feels like success isn't meant for me."
CB: "I've watched others succeed and wonder why not me."
UA: "This weight in my stomach keeps me from taking action."
TH: "I wonder if I can release this belief now."

Exploring and Softening:

EB: "What if success is for me too?"
SE: "What if I'm just as worthy as anyone else?"
UE: "I'm open to the idea that success is possible for me."
UN: "Maybe I've been telling myself this story long enough."
CH: "What if I'm just as capable of creating success?"
CB: "I'm ready to believe that success is for me."
UA: "I can create the life I desire."
TH: "Success is for me too, and I am ready to claim it."

Releasing and Reclaiming:

EB: "I ready to release the belief that success is for other people."
SE: "And trust that I am capable of creating success in my life."
UE: "That I deserve to have success."
UN: "I trust myself to make it happen."
CH: "I am worthy of the life I desire."
CB: "I embrace success and allow it to flow to me."
UA: "I believe in my potential for success."
TH: "I choose to create success in my life."

Tapping: "I have to work hard all the time to be successful"

Set-Up Statement:

> "Even though I believe I have to work hard all the time to be successful, and I feel exhausted, I deeply and completely accept myself."

Acknowledging the Belief:

EB: "I believe I have to work hard all the time to be successful."
SE: "It feels like I can never relax or take a break."
UE: "This belief keeps me stuck in overworking."
UN: "And I'm tired and drained from this belief."
CH: "I've been taught that success comes with sacrifice."
CB: "I feel like I can't stop pushing."
UA: "This belief keeps me from finding balance."
TH: "I wonder if I can change my perspective on success."

Exploring and Softening:

EB: "What if success doesn't require constant work?"
SE: "What if I can succeed while also resting?"
UE: "Maybe I can release this belief that success equals stress."
UN: "I can create success in a way that feels good."
CH: "What if success can come with ease?"
CB: "I am worthy of success without burnout."
UA: "I am open to success flowing into my life effortlessly."
TH: "I release the belief that I have to work hard all the time."

Releasing and Reclaiming:

EB: "I release the belief that success requires constant work."
SE: "I am open to success that comes with ease."
UE: "I trust myself to balance work and rest."
UN: "Success can be achieved without sacrifice."
CH: "I allow success to come to me naturally."
CB: "I deserve success without overworking."
UA: "I am open to receiving abundance with ease."
TH: "I trust that success can be both joyful and fulfilling."

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.