Shattered Glass

Week 5 – Tapping

Tapping: "I Don't Deserve to Be Happy"

Set-Up Statement:

> "Even though part of me believes I don't deserve to be happy, I am open to the possibility that I am worthy of happiness, and I now give myself permission to welcome joy into my life."

Acknowledging the Limiting Belief

EB: I don't know if I truly deserve happiness.
SE: Maybe happiness is for other people, not me.
UE: I've been told I have to earn happiness.
UN: What if I don't deserve to feel good?
CH: I feel a lot of tension around happiness.
CB: Part of me feels guilty for wanting happiness.
UA: That I should be greatful for what I get.
TH: However, what if I could change this belief?

Releasing the Old Story

EB: What if I am just as deserving of happiness as anyone else?
SE: What if I don't have to earn happiness?
UE: Maybe happiness is my birthright.
UN: Maybe I don't have to feel guilty about being happy.
CH: I give myself permission to experience joy.
CB: Happiness is not something I have to prove myself worthy of.
UA: It is available to everyone, including me.
TH: I am open to receiving happiness now.

Welcoming Happiness

EB: Happiness flows to me naturally.
SE: I am worthy of joy just as I am.
UE: I allow happiness to exist in my life.
UN: I embrace the possibility of feeling good.
CH: I am learning to welcome happiness into my heart.
CB: I deserve love, joy, and peace.
UA: Happiness is natural, and I allow it in.
TH: I am worthy of happiness in every moment.

Tapping: "I Have to Earn Happiness Through Hard Work or Struggle"

Set-Up Statement:

> "Even though I believe I have to struggle to be happy, Even if I've been taught that happiness must be earned, I choose to welcome ease and joy now."

Acknowledging the Belief

EB: Happiness isn't free—I have to earn it.
SE: I've always been told that hard work leads to happiness.
UE: Maybe I have to struggle before I can enjoy life.
UN: What if I haven't done enough to deserve happiness?
CH: This belief has kept me stuck in a cycle of exhaustion.
CB: I'm afraid that if I stop working so hard, I'll lose happiness.
UA: What if I could feel happy now, without earning it?
TH: I wonder if happiness could be easier than I thought.

Letting Go of the Struggle

EB: What if happiness isn't something I have to work for?
SE: What if joy is available to me right now?
UE: I don't have to suffer to deserve happiness.
UN: I give myself permission to let happiness be easy.
CH: I choose to release the belief that struggle equals happiness.
CB: Happiness comes from within, not from overworking.
UA: I can allow joy to flow to me naturally.
TN: I embrace happiness as a part of my daily life.

Embracing Ease & Joy

EB: Happiness is available to me in this moment.
SE: I allow myself to feel good without struggle.
UE: I choose to believe that joy can come easily.
UN: I welcome happiness into my heart with ease.
CH: I don't have to do more to be worthy of happiness.
CB: I give myself permission to enjoy life fully.
UA: Happiness is my natural state.
TH: I embrace ease and joy now.

Tapping: "If I'm Happy, Something Bad Will Happen"

Set-Up Statement:

Even though I'm afraid to be happy because something bad might happen, I deeply and completely accept myself.

Even though I've learned to be cautious about happiness, I am open to the idea that I can feel safe in my joy.

Even though I fear happiness won't last, I choose to welcome it anyway.

Acknowledging the Fear

EB: If I'm happy, something bad might happen.
SE: I've been taught not to get "too happy."
UE: I've seen things go wrong right when I felt good.
UN: What if happiness isn't safe?
CH: What if I let myself feel good, and then I lose it all?
CB: This fear keeps me from fully embracing joy.
UA: It's hard to trust happiness when I expect it to disappear.
TH: What if I could start feeling safe in my happiness?

Releasing the Fear

EB: What if happiness and safety can exist together?
SE: What if I don't have to fear joy?
UE: I give myself permission to enjoy happiness fully.
UN: It is okay for me to feel good.
CH: It's time to let go this fear that happiness brings bad things.
CB: I choose to believe that I can trust joy.
UA: It'm allowing mysel to feel happy.
TH: Happiness is not something I have to fear.

Embracing Lasting Happiness

EB: Happiness is my natural state, and I welcome it.
SE: I deserve to feel joy without fear.
UE: It's okay for me to feel good.
UN: I allow myself to embrace happiness fully.
CH: Happiness is something I can cultivate.
CB: I have the power to feel good at any time.
UA: I am open to creating more joy in my life.
TH: I trust that happiness belongs to me.

Strengthening My New Belief

EB: Since happiness is my natural state of being.
SE: I can experience joy without fear.
UE: The more I trust happiness, the more it becomes familiar.
UN: I am safe, supported, and free to feel joy.
CH: I t's so like me to feel this good energy.
CB: I allow joy to flow easily into my life.
UA: I choose to feel good without hesitation.
TH: I embrace happiness with my whole being now!