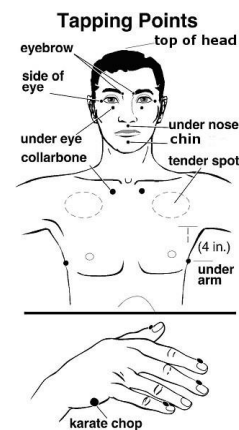


EFT tapping for “Learning to say no”

Even though it is pretty hard to say “no” to friends, family and others, I am going to make an attempt to learn how to say “no”. It might make me feel uncomfortable, embarrassed and afraid of losing my friends, family and others. I choose today to become more confident and honest and to say how I feel. All the while I said “yes” when I actually wanted to say “no” because I thought that I would be a bad person or my friend/family would reject me. But now I want to be myself, and if my friends, family and others are going to reject me, or are not going to talk to me, I am choosing now to accept their attitude and behaviour. I deeply and completely love and accept myself when I say “no”. It is okay to say “no” when I need to. (7 Times)



Between your eyebrows	I will learn how to say “no” finally without feeling guilty.
Side of your eye	If others are not happy with me, then it is not my problem.
Under the eye	Maybe I can explain to them about my situation and how I feel.
Under the nose	It will be good if they can see my point of view, if they can't, than it is okay.
Under the chin	Sometimes it is okay to say “no” or “yes” and it depends on the situation.
Collarbone	When I really need time for myself, instead sometimes I put others first. I choose now to take care of myself and my time, and to do that I have to sometimes say “no” to others. I cannot give my time to others if I don't have the time for myself. Charity begins at home.
Under the arm	I need to put on my oxygen mask first before I can give to another. If my friends, family and others reject me for it, that is okay.
Top of the head	I was afraid before, but not now. I am able to speak up for myself and let people know about my need. I choose to be in harmony with all whom I know, no matter who they are or what they do. I am at peace within myself.

REPEAT AS MANY TIMES AS POSSIBLE AND DO THE BREATHING. BRING THE SCORE TO ‘0’.