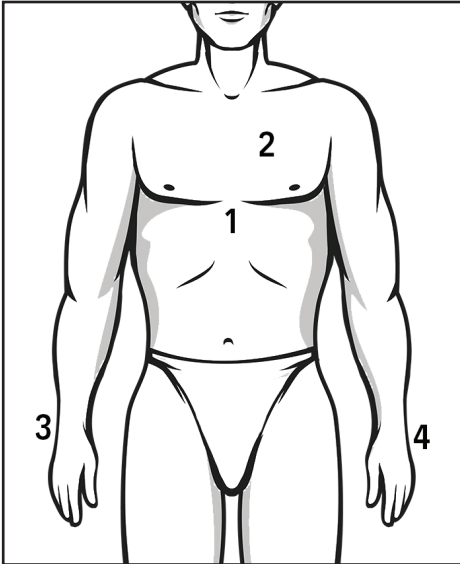


# Belief Reset Tool

To help your system reframe and release negative thoughts, it's helpful to first identify them, and then to construct a statement that is the opposite of that negative thought. You want to replace the negative with the positive, or another negative thought will probably fill that space. Nature abhors a vacuum, and it is never more true than in situations such as these.

Negative thoughts might include:



- I'm a fraud or failing
- I can't do \_\_\_\_\_
- I'm too afraid to try \_\_\_\_\_
- I'm not confident in \_\_\_\_\_

Procedure:

1. Place your right three fingertips on Pt. 1 and your left three fingertips on Pt. 2. Keep contact with both points as you tap.
2. Tap point 1 then point 2, 60 seconds each while repeating the negative thought.
3. Then massage 3 then 4 clockwise for 60 seconds each while thinking about the positive thought.

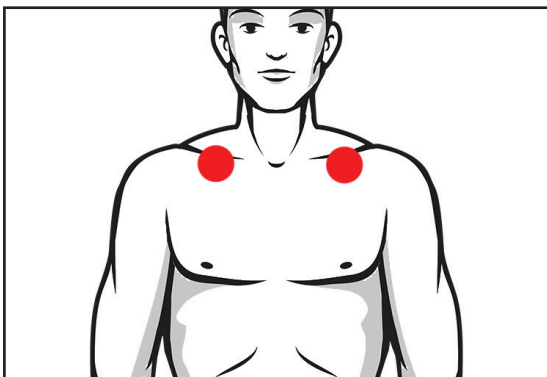
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## Collarbone Statements

Collarbone statements help you to communicate truth from your conscious mind to your subconscious. They are energizing as well as soothing.

The procedure is simple. Touch the tender spots about an inch under each collarbone. Gently rub while saying a statement such as, "I am safe to do this work" at least three times. When you're finished, tap the karate chop point three times to set the statement in your subconscious. (See Forgiveness diagram for karate chop point.)

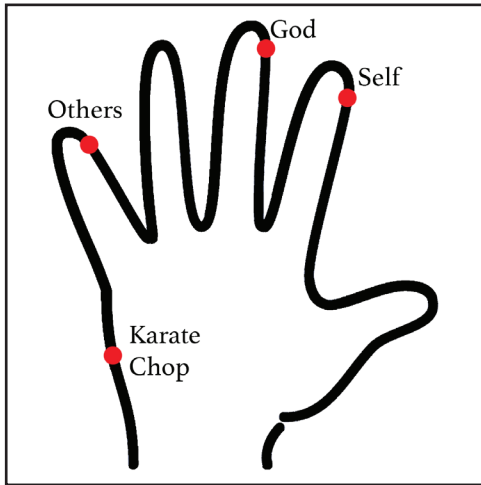
You can do these as often as you need to, with as many different variations of the statement you need as you like.



Here are some sample statements that can give you ideas where to start.

- What I can do, I will do, to move towards my goals.
- My business and I will be fine even if I take time off.
- I am confident and can do difficult things well.

# Forgiveness



To help your system release negative emotions and energy, forgiveness is an important too. as well. Please note, that forgiveness does not equal trust, nor does it mean that you have to allow people back into your life. Trust is earned by the other person. Forgiveness is given for your benefit primarily.

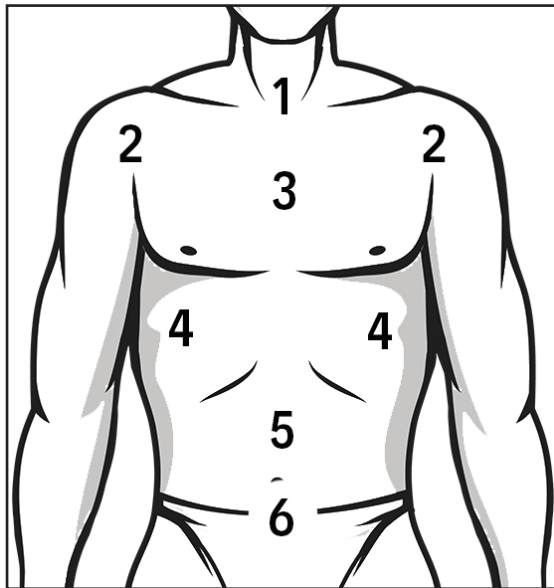
Procedure:

Say “I forgive \_\_\_\_\_ (for \_\_\_\_\_)” three times while tapping the appropriate point. When finished, tap the karate chop point on either hand 3-5 times to set this into your subconscious.

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## Release Negative Emotions

Hold the point shown for the emotion you're releasing, and your forehead. Think about releasing that emotion. Hold until you can feel the emotion release or you feel really awkward. Now think of the opposite of that emotion, and hold the points while you set your intention to fill you with that positive emotion in this context.



Point 1 - Loneliness, Frozen, Fear of Missing Out

Point 2 - Betrayal

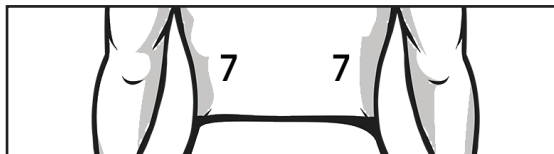
Point 3 - Rejection, Anger, Shut-down, Disheartened, Burnout, Discouraged

Point 4 - Insecurity

Point 5 - Anxiety

Point 6 - Perfectionism, Invalidated, Incompetent, Unworthy, Fear

On your back



Point 7 - Shame