



Free By Tapping

Full Edition

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Preface

In the center of the personality is the 'I'. It seems we perform optimally, when we live in accordance with the 'I' – or what we truly are.

In the classical description of our personality, only few elements are included. With 'Free by tapping' you can uncover exactly which elements are part of your (can be many) – and how they interact.

When you uncover an interaction, you do not want, you can immediately change it.

It is negative thoughts that drain us of energy. With 'Free by tapping' you are able to in a moment to uncover, which element of your personality, a negative thought comes from – and very fast achieve to be free from the negative thought/thoughts, you do not want.

Thoughts spring from the convictions; the single elements in the personality have formed throughout life. Thoughts release our feelings/emotions. Often it is both negative thoughts and unpleasant feelings/emotions we wish to avoid.

When you of no negative consequence can change the convictions, which control the negative thoughts, it is because; they were formed or taken over in connection with experiences earlier in life, which in this present are no longer relevant.

If you want to, you can directly uncover, which experience, it is about, by pinning down your age, where you were – and with whom.

When you tidy up with 'Free by tapping', you have room for something new/different. It is a good idea on the way to make it clear, what you want instead of what you remove. You can choose to set some goals for, what you wish to be/have in your personal "house" – or what you want to be capable of.

Hope you get on well with your work!

Niels Gyldenkærne

Beginning

What do you think; it would mean to you, if you knew, you were able to create *lasting* positive change in less than 10 minutes – completely on your own?

Just after few pages in this working portfolio you will be able to in a simple way on your own to test and have answers to, how something is exactly for you. The working portfolio is build up in a way, where you fast get started using the tool, I here pass on experience about. Then you can on the way – or later – read explaining or supplementary parts.

You will discover, you on your own completely are able to uncover your own personality - contemporary with, you in very short time create the lasting positive changes, you want.

The tool, which is now in your hands, can increase the pace of your own process of development to a degree, you undoubtedly would not think possible.

It is a possibility for to a very high degree to take responsibility for your own life. Perhaps you could say, you are closest to doing that. Your feelings/emotions and your convictions are your own. Nobody basically have any joy from disclaiming responsibility for themselves – and to think themselves as a passive victim. On the contrary you can choose to face life as it is now or in this moment – and begin there.

Most people wish to feel free – and that feeling seems to be connected to the experience of having possibilities of choosing for one self.

Perhaps at points in your life you have felt inferior – perhaps you do it right now. With this working portfolio, you can choose to work with those feelings/emotions and convictions, which at this moment do, that you feel inferior – so that it can stop.

This is just *one* example.

You will discover qualities at yourself, which you will be excited about at last are allowed to unfold – and you will discover parts of yourself, you maybe did not think, you held – or held any longer. We hold both good and bad. The possibility of this tool is to shed light on all parts. Even though, there are parts, we do not want to think of, we hold, they are still there – and in different situations influence our lives in an unfortunate way.

Sometimes it is necessary to look at the dark sides to have the light sides come forward.

In order to be able to work with this portfolio, you are to learn a simple way of testing yourself – and you are (if you have not already) to learn a simple tapping technique – “thought field technique” – TFT (See ‘What is?’).

TFT is characterized in that you normally can finish an issue *here and now* – usually in 5-10 minutes.

Since use of TFT began in 1980 there seems not to be observed any adverse effects from use of TFT (neither by me). Therefore, it seems TFT exclusively have positive effect.

This working portfolio both hold outlines of feelings and life limiting convictions – and of who (part personalities and representations of others), who can have them. If you are to talk about, which are of most importance, you can point at life limiting convictions, because they seem to work like self-fulfilling prophecies and by that cause that we repeatedly face the same situation – or one that reminds of it – with the feelings/emotions that involve (see part about life limiting convictions).

So if we exclusively treat feelings/emotions – and there are one or more underlying/releasing untreated/unchanged life limiting convictions, which release feelings/emotions, we will have to recurrently to treat feelings/emotions.

You will discover, you have far stronger feelings/emotions in relation to people in your life, than you thought – both negative and positive.

You can benefit by using this tool on a daily basis.

It seems our soul knows, what will be better to do in the present – and therefore you can just ask (test), if there is something, you need to work with today.

You can also choose to focus on the relations, which are most important to you in your life – and work with the feelings, you have activated there. It can be relations to: partner, boy/girlfriend, mother, father, siblings, grand parents, friends, colleagues, bosses etc.

Another possibility is to work with the issues, which have the biggest focus right now ex unrest, prejudices, stress, weight, addiction (cigarettes, alcohol, food, sugar), crime and disease.

If you have a goal, you can choose to work with, what obstruct you from reaching it – or do, that it goes slowly.

I have always had an eye for simplicity. Simplicity is not possible in every field – and at the same time it is – for me to see – necessary to have an eye for the simple. I often say to my clients: “Life is simple, if we do, what needs to be done!” If we are said, what needs to be said. If we are done, what we want to.

The simplicity in TFT I of course was attracted to – and still am. It has something to do with the big changing effect; it – perhaps because of its simplicity – has had to myself – and my clients (and so many others).

The unique about TFT is, that it is so simple and foreseeable to learn and to use – that most people can use it – and that we can solve most of the issues, we carry, on our own.

The strength about use of test to find, what needs to be worked with, is that you faster become aware of/conscious about, what the cause of a problem is.

Usually we are not conscious about, that we can have nearly 300 different feelings released – and can carry more than 1400 life-limiting convictions.

That this tool holds outlines over these feelings and convictions means, you can work yourself forward with pinpoint accuracy.

It seems we first have a lasting solution, when we are capable of acting in new ways (which are in accordance with ourselves). Here understanding seems to be crucial – and understanding is achieved very fast by testing and use of the outlines of the portfolio.

The psychologist Roger Callahan developed TFT after having met with kinesiology (see ‘what is?’). Here it is testing methods from kinesiology, which are combined with TFT.

What is it that does, that we here stand with a unique possibility – or chance?

To me it is the possibility of actually creating a lasting solution in 5-10 minutes completely on our own, that sets a new standard for pace of personal development (also because we no longer need to pay to buy help to the same extent).

What is it that does, that we stand with this possibility now?

To me we have reached a point in our development, where it is necessary to undertake a larger inner clear-up.

Life limiting feelings and convictions have for generations spread by imitation, taking over or by traumatic experiences – and it seems, many have reached a point of big *accumulation*.

That also concerns people, who apparently manage well – ex occupationally.

At the same time, they apparently manage well; they can have severe difficulties socially.

I have considered to make an overview of, which connections I have found between disease/symptoms and feelings/convictions – which after all can only be for inspiration. That perhaps will be in a later version. There are however some examples along the way. At the end of the day, it is more important, which connections you find yourself.

If you are a therapist you will discover, you can save a lot of money to therapy for yourself and supervision by use of the tool, which are here presented.

A manager, I have coached and had in therapy for some time, visited my stand at a fair. He has run business for many years – and when we had talked a little while, I asked him, what he thought about my sales promotion. You have far too much information at your stand. There should only be one banner saying: “A simpler and happier life!”

Here I just want to express my wish for, that you to as high degree as possible may live out, what you deep inside dream about or long for.

10

The strongest incitements for change seems to come from ourselves, people we like, people we respect or people, we look up to.

When we become engaged in changing others – and try to, it seems, we do it in order to increase our own feeling of security. However, we are not able to change others – they only can themselves. We can believe, others are the cause of most of our feeling of insecurity. That is rarely the case. Far more often, it is within ourselves, the most important causes to insecurity are to be found.

Many of us have learned from life that we have no – or very limited influence on our life. You therefore can say, we because of that become somebody, who *reacts* to, what others do. That of course leads to a lot of attention to, what others do. The moment, we discover how big influence, we really have, it becomes possible to move focus to ourselves. By that we have become *acting* instead of *reacting* – and do no longer just feel like a victim of, what others do.

We have some very deep reasons – and by that, you can say very strong reasons for doing, what we do. That it goes deep means, we can feel our existence threatened, if we do something else. If we are to do something else or new. If we are to do something new, we therefore need time for gradually to experience, that our existence actually is not threatened by doing or thinking something else or new. If we are met with strong demands for here and now to do something else or new – or to think in another or new way, we therefore need to defend ourselves - for the sake of our existence.

To tap on your own

Are you ready?

“Point of no return” – can mean: “Now there is no way back.” It is an expression, which is used by people, who make movies. You can begin to tell a story – and get to a point, where it is no longer possible to stop – and you therefore just have to go on telling the story.

Inside psychotherapy “point of no return” also is a central concept. Here it about that you can reach a point of self-knowledge – and knowledge of possibilities and tools that work in relation to being well after which you cannot escape from going on – and all the time take care of being well – and to seek being even better.

It is as if, there is some authority inside, which will not accept that you stop – when this authority once has found out that, you *are* able to take care of being well.

It corresponds to that you cannot set back the bite of the apple, if you have once taken a bite of an apple – from “the tree of knowledge” (from a myth in the Bible).

So if you right now is in doubt about, if you should undertake the task, it is, to take care of being well, you might better stop here.

To take home the authority

The tools of this working portfolio gives possibility of taking back your authority to yourself (if you have left it to others) ex God (as others construe God), your parents, your friends, your partner, your doctor, your therapist, your teacher, your guru or others.

At the end of the day, there seems to be one truth – yours! That truth is – like you – in a state of flux. We all construct our own reality from the experiences, we have made until now. That entails that we are unable to find a common truth. All, we can, is telling each other about our own truth. Therefore, to take back the authority to ourselves does not mean, that you no longer are in dialogue with others - on the contrary. Most likely, you will feel the dialogue with others more and more easy, the more you take back your authority to yourself. The dialogue with others we cannot be without, because it helps us to figure out, who we are ourselves.

To take back the authority to yourself can entail a shift from feeling as a victim of, what others do – to taking 100 % responsibility for your own feelings/emotions – and by that *act* instead of *reacting* to, what others do.

There have been made many experiences with leaving authority to others – and without the best results. The most noticeable examples have been in relation with leaving the authority to a political or religious movement ex Nazism and communism – and today we strongly experience it in relation to Jewish, Christian and Islamic fundamentalism.

A less visible – and at the same time widespread example is experiences with leaving the authority to ex a partner, colleagues or bosses.

Can I/am I also able to take the authority to myself, when it concerns my body and my health?

You might be as far out a way/path, which is not right for you or does not fit with, what you are – and that your body therefore have started to “talk” by very severe *symptoms* (that seems to be one of the ways, the body points out that you do not live in accordance with yourself). Here it can be relevant to draw on the experiences, the doctors have, for a period (perhaps surgery or chemotherapy is the best to do in the present – in order at least to survive). Concurrently you can start finding your new way.

It seems you by use of the tools or methods of the working portfolio are actually capable of creating your own life.

To talk to the body

Exercise 1:

Stand up. Close your eyes. Say inside - just with your thoughts - to your body:

When you show me a yes, I would like you to tip forward – repeat some times. (After a little while, you feel, you tip a little forward. You do not need to tip very far, before you can feel it – perhaps down in your ankles or lower legs.)

Then say inside to your body:

When you show me a no, I would like you to tip backward – repeat some times. (Especially backward it does not feel nice to tip very far).

Now stand and say yes and no alternately – and feel how the body tips – depending on if you say yes or no.

Now say inside yourself: “I would like you to show me a yes or no, when I now say: “My name is xxxxx.” (say your own name) – and sense you tip forward. Then say inside yourself: “My name is yyyyy.” (say another name) – and sense you tip backward.

Subsequently you can practice by saying something else, you know is right – and wrong. This exercise for most people gives an immediate experience of how simple it is to have answers from the body.

There are more ways, which you will have the opportunity to learn as well.

(If you did not completely succeed, the explanation – and the solution will be there in short. (See eventually *Zero setting* under Part 2.)

It seems the body are me – and not something, I can separate from me.

How do I tap on my own?

The tools are introduced in 6 parts. In relation to each part, there are different additions, which you at first can chose to jump over, if you want a fast introduction.

Why am I to create changes?

Ex:

A mid-level manager, who had already been seeking several jobs to become manager, came to me, because he every time, he had been to an interview, had been sweating profusely. That had made it difficult for him to be fully mentally present at the interview.

By tapping and “looking at” situations previous in life he was no longer sweating that way – and had the next manager job, he was seeking.

It is often bodily reactions, which hold us back from doing, what we want to do – or dream about doing. By using TFT we can avoid bodily reactions to arise (or arise far less) – and by that feel free to live the way, we want.

Part 1

The first, you are to learn, is to use TFT in the simplest way. The TFT system holds quite few points – and to begin with, you only need to relate to eight (*figure 1 and 2*).

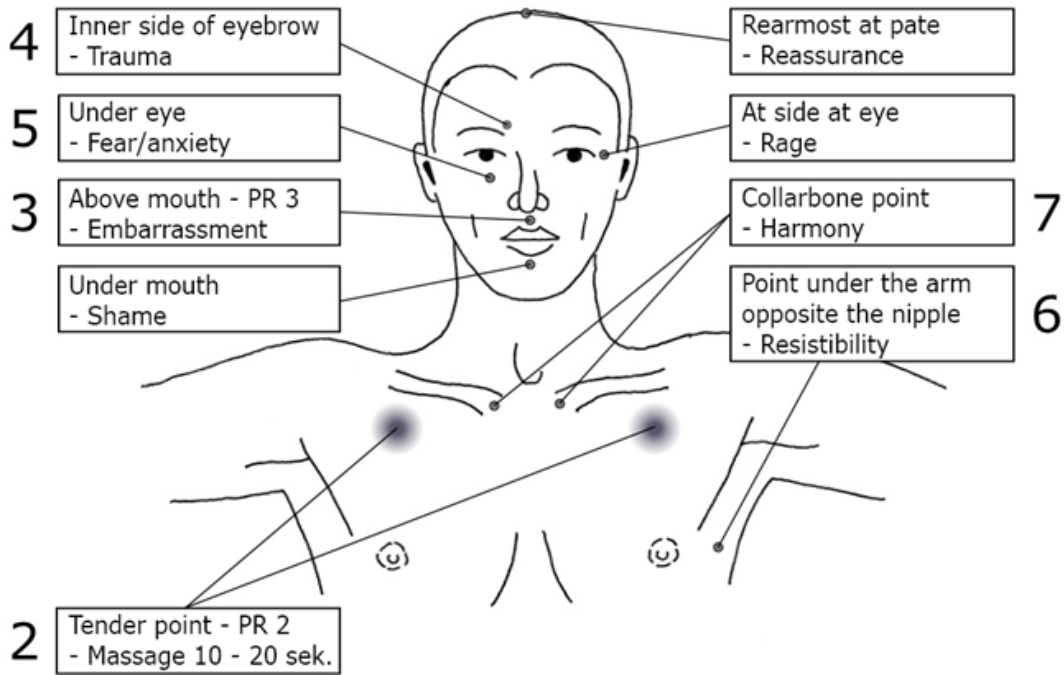


Figure 1

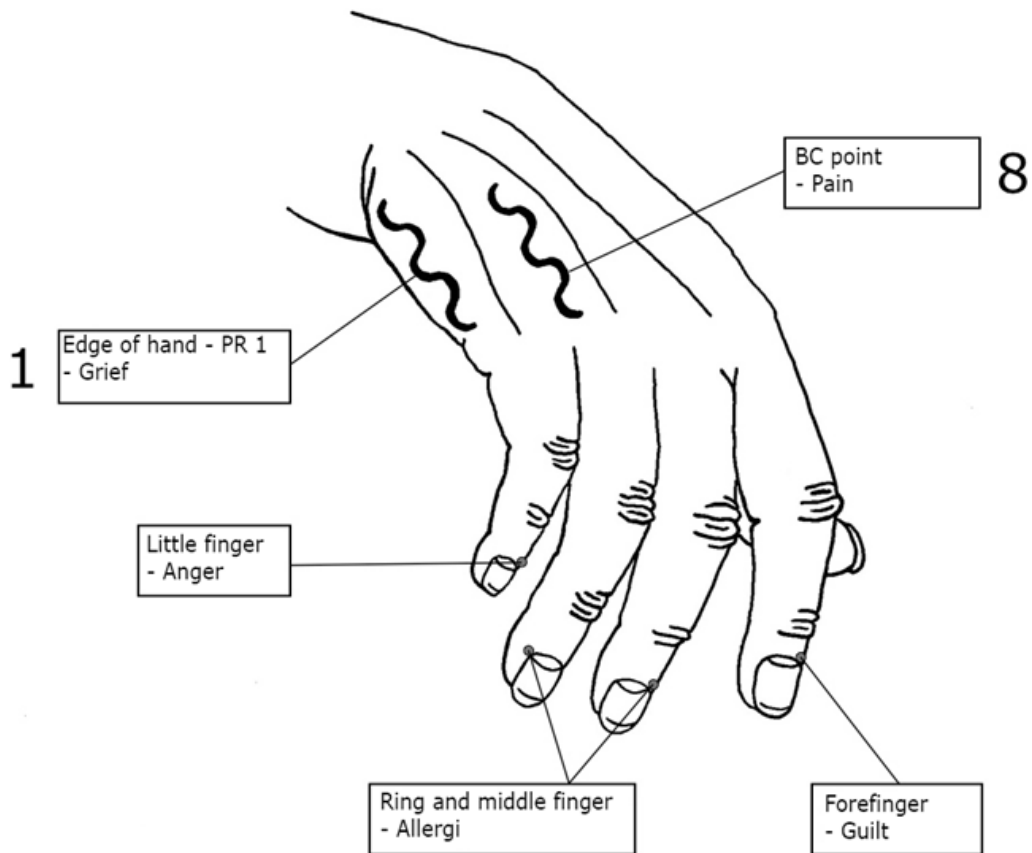


Figure 2

What do I tap with?

You tap with the end of a finger – for most people it easiest to use the forefinger – at the hand, which has the best mobility. Five gram – which correspond to what an ordinary piece of paper weighs – pressure (or less) is enough. You do not increase the effect by tapping harder - if anything, you achieve the opposite. The body is extremely sensitive – and it is therefore sufficient to tap very lightly.

How do I find the points (see figure 1 and 2)?

The first three are called PR-points.

1. *PR 1* you find by opening your hand and look at the side, where you have your little finger. A finger width below the little finger there is a fold, which goes out to the edge of the hand. The point is at the edge of the hand where the fold is. You know this point from karate (without that I expect you to practice or to have tried to practice karate).

The wave line at PR 1 and the pain point illustrate that it is not important to hit absolutely precise. The body is as already mentioned very sensitive – and the tapping (effect) of the single points spread like rings in the water.

2. *PR 2* (massage point) you find two finger widths below the middle of your collarbone.

3. *PR 3* you find between your nose and your mouth. If you want to be very precise, you divide the piece between the nose and the mouth in three. The point is at the border between the upper and the middle third.

The next four points are:

4. *The trauma point* you find right above where the eyebrow ends in towards the nose.

5. *The anxiety point* you find below the middle of the eye – one finger width below the edge of the cranium (there is a small hollow).

6. *The resistibility point* you find below the arm. If you are a woman it is at the lowest edge of the bra – two centimeters forward from the side hem of your dress or blouse – between two ribs (if you are very slim it be at the idle of the strap of the bra).

If you are a man, you lay your open hand (the thumb is to point upward and lie against the foreside of your shoulder) right up in the armpit and at the same time let your little finger point as far down as possible. Where the end of your little finger hit – between two ribs – the point is. For most people it feels a little tender when pressed (a way to know, you have found it).

7. *The Harmony point* you find by following your collarbone in towards the breastbone. It ends in a small curvature. From the top of the curvature, you go one finger width downward – and one finger width outward – and find a small hollow.

(These four points together are called *the trauma sequence*. Trauma you can translate to “an unpleasant experience”. So it is a sequence of points, which can be used in relation to unpleasant experiences”)

8. *The BC point*.

The point you find by looking at the back of your hand – at the side where your little finger is. Put your forefinger down between your little finger and your ring finger – and let it glide up above the knuckles – to one finger width above the knuckles.

The point is to be tapped on continuously while performing 9 parts, which helps the brain to cooperate – here called brain cooperation – abbreviated to *BC*:

1. Close your eyes
2. Close your eyes
3. Look down to the left (only with your eyes – keep your face steady)

4. Look down to the right (only with your eyes – keep your face steady)
5. Move the eyes all the way round
6. Move the eyes the opposite way (all the way round)
7. Hum coincidental notes
8. Count aloud (or whisper) to 5
9. Hum coincidental notes

Remark:

I always work with my eyes closed to save the brain from at the same time to process visual impressions – so I go straight to the second point.

How many times am I to tap?

Usually you tap 5-10 times at tapping points (all except PR 2 are tapping points).

For how long time am I to massage at PR 2?

Usually you massage 10-20 seconds at massage points (you can choose to massage both right and left – but is usually not necessary).

With right hand at left PR 2 point (seen from front) you massage in opposite direction of the clock.

With left hand at the right PR 2 point (seen from front) you massage clockwise.

How do I solve a problem?

You focus your thoughts at the problem, you experience – psychological or physical – or both. When you do that, you get in contact with or sense the connected feeling/feelings, tensions, pain, discomfort (not everybody does – and here the solution can be just to test – see par 2). Many experience it as a help to keep focus to say aloud (or whisper), what is in focus – and repeat continuously while tapping.

To sense if something is happening by tapping you set the intensity of the feeling, the pain or the discomfort at a 0-10 scale, where 10 correspond to very intense.

Then you begin to tap (see *figure 1 and 2*). First points 1-3 – PR 1, PR 2 (PR 2 is massaged) and PR 3 – then points 4-7 – then *brain cooperation* (BC) the 9 parts of the treatment (remember to tap the BC/pain point concurrently).

After BC treatment you sense, if you have gone down the 0-10 scale. If you are not yet at zero, you just go on by tapping/massaging all 8 points again.

When you are at 3 or below, you can choose to perform *floor to ceiling eye rolling*. (See eventually *Floor to ceiling eye rolling* in the section 'TFT Treatment'.)

It is a small exercise, which for most people works relaxing. Hold the face steady. Tap at the BC point. Use about 8 seconds to let your eyes move from floor to ceiling. When the eyes are at top position, you close them. Continue tapping at the BC point and sense if you just calm and orderly move down towards zero. If you stop at a place of the scale, you can again begin at point 1.

Basically it is as simple as that!

When you are at zero, you end up by performing *floor to ceiling eye rolling*.

Already now you can choose to read the story about, how TFT was used in Nairobi in connection with a bombing (The section 'Documentation'). That illustrates how simple it can be to use TFT, when the cause of a problem is known and understood.

Exercise 2

Sit down and only focus on automation of use of TFT (points 1-8). Tap PR 1, massage PR 2, tap PR 3, tap the trauma point, tap the anxiety point, tap the resistibility point, tap the harmony point, tap the BC point contemporary with performing the 9 parts of *brain cooperation*. Start again at PR 1 etc.

How can you experience/register the movement at the 0-10 scale?

Some people experience they go from dark to light (experience with eyes closed). Others can see a number or numeral that stands and flashes. Others again sense the feeling/emotion/pain/discomfort gradually disappear. Finally, it is possible to test forward the movement at the 0-10 scale (about that in part 2).

TFT works exclusively positive

It seems TFT exclusively (experiences have been made since 1980) works positively. Why we do not no entirely yet. Right now, I am just happy that it is so.

Summary of Part 1

You can sometimes solve a problem alone by focusing at it with your thoughts and affect 8 points by tapping/massaging them with the end of a finger.

Additions to Part 1 (here you can choose to jump to Part 2)

How am I to relate to the order of points ex 'the trauma sequence'?

A sequence (see eventually 'Overview – TFT points and sequences'), you can imagine, is like ex a recipe. It is nice to have something to hold on to; the first times you make a dish. Roger Callahan has developed some sequences, and they will work in many cases. He also adds that you are to break the order – do something else – if that is necessary to achieve the wanted effect.

The points 4-7 Roger Callahan calls 'the trauma sequence'.

I take my starting point in the trauma sequence and sense, what I am to do additionally (use my intuition). I experience, I am most effective, when I to a high degree use my intuition.

To relate freely to orders/sequences

I recommend all my clients – and you – to relate freely to the use of certain orders of points. That opens up to, that we discover new possibilities.

Can you use TFT without testing?

For 35 years, TFT now has been used without testing. It is possible to use TFT in connection with just to sense/feel a symptom or discomfort in the body.

To have a *lasting* solution it just seems that it is necessary to understand, what the body tries to or wants to tell with the symptom or discomfort you feel or sense in it.

It seems we first have a lasting solution, when we are capable of acting in accordance with ourselves (the one I truly am/my body/ my energy system). To involve test gives the opportunity to achieve understanding in very short time – be use of the outlines of this working portfolio (after short time practice about 30 seconds).

A detail is that it is very difficult for some people to sense their feeling – which is a precondition for use of TFT without testing. For them it is a great help to involve testing. Gradually they are able to open up for sensing their feelings – when they are able to handle sensing them.

The process can continue without a break

One feeling can in some cases be succeeded by the next, without that you register, you have reached zero.

Anxiety of the anxiety (or the anxiety that an issue will return)

It is important to end a treatment by treating the fear of that a problem returns – or the *conviction* about, that it will return.

After having treated an anxiety at 10 – and it has gone down to 0, the anxiety of or the conviction about, it will turn up again can also be at 10.

There are two aspects:

One is about, that it is nice to get rid of the anxiety of the anxiety. The second is about, that we seem to attract, what we expect. In this way, an untreated anxiety of the anxiety will be able to reactivate the anxiety.

If it always or sometimes is like that is not so important to make up one's mind about. You can just choose to relate to the first – that it is nice to get rid of the anxiety.

Often the fear of – or the conviction about – that a problem will return, is fast to treat.

How can I extend the trauma sequence (points 4-7)?

In the overview over orders/sequences, the names of the points are abbreviated to just one letter. As ending it says Seq. It is an abbreviation – for sequence – and means that the sequence ex T, A, R, H (the trauma sequence) are to be repeated as needed.

When you look at the trauma sequence in the overview, you can see how you can extend with other points (for feelings).

How do I find the additional points?

Reassurance you find by placing your hand on top of your head. The heel of the hand are to be at the hairline. The point you now find under the middle of your middle finger.

Pain is the same as BC.

Embarrassment is the same as PR 3.

Shame you find in the cavity between your chin and mouth.

Rage you find on the side of your face at your eye – a finger width back from the edge of the cranium (there is a small groove).

Anger you find at the upper curvature of the nail at you little finger – at the side facing the thumb.

Allergy you find at two fingers. In the upper curvature of the nail at the ring finger – at the side facing the little finger – and in the upper curvature of the nail at the middle finger – at the side facing the thumb.

Guilt you find in the upper curvature of the nail at the forefinger – at the side facing the thumb.

Grief is the same as PR 1.

I have chosen to call PR 1 'Grief' (from *my* experience).

Finally, it is possible to use a *point at the thumb* – and at the *lowest edge of the thorax*.

You find the point at the thumb in the upper curvature – at the side facing the forefinger. That is at the lung meridian.

The point at the lowest edge of your thorax you find under the end of your middle finger, if you place the heel of your hand at the side of your thorax at the lowest part – and let your middle finger hit the lowest edge of your thorax. That is at the liver meridian.

(See *The meridians work together in pairs*)

How can I use "additional points"?

As mentioned already you can just use your intuition to sense, where you are to tap. Be guided or inspired from overview 6. Finally – you can just tap/massage all points after one another.

What are these points?

The points are used as well in connection with acupuncture – where needles are used to stimulate the points. The points are at the main meridians of the body. We have 2 main meridians, which are situated at the middle of the body (and head) – and 12 at each side of the center-line (we have ex 2 heart meridians) – all in all 26.

The meridians work together in pairs.

Experience from (see eventually *What is kinesiology?*) points at, that the meridians of the body (also known from acupuncture) work together in pairs. The cooperation affects that the effect are sometimes achieved by affecting the opposite meridian of what to expect. The lung meridian works together with large intestine meridian. So lung 11 (the point at your thumb) can be used together with the point for *guilt* (at the forefinger), which is at the large intestine meridian – and the point at the lowest edge of your thorax, which is at the liver meridian, can be used together with *rage*, which is at the gall bladder meridian.

Anger at the heart meridian works together with *grief* at the small intestine meridian. *Trauma* at the *bladder* meridian works together with *harmony* at the kidney meridian. *Anxiety/fear* at the stomach meridian works together with *resistibility* at the spleen meridian. *Embarrassment* at the governor meridian works together with *shame* at the central meridian. *Allergy* at the circulation/sex meridian (middle finger) cooperates with *allergy* at the triple warmer meridian (ring finger).

Why am I to affect PR – points?

PR is an abbreviation for Psychological Reversing. The psychological condition of reversing is like “driving” backward - or down in a hole! The big critic within is “in play”. It is a kind of self-destructive programming. On basis of experience from kinesiology it seems, we make blockages to the free flow of energy in our meridians by thinking negative thoughts.

When you use TFT, you think negative thoughts (it is necessary to focus on a problem in order to solve it) – and therefore it is necessary recurrently to remedy/adjust for PR (recurrently to make the energy flow in the meridians). An image of the meridians is to imagine they consist of small batteries, which lie after one another. By thinking negative thought, some of the batteries are turned – and the same happens as when you have turned a battery wrong in connection with change of a battery/batteries in a torch – it does not light. Therefore, if you discover, you are thinking negative thoughts during your day, you can choose to stop them – and tap a little at PR 1 – to make the energy flow again!

This “turning of batteries” can also affect a test (ex Exercise one). The consequence can be that the body is answering *yes*, where it should have been *no* and the reverse (see eventually *Zero setting* in Part 2).

That the energy can move/flow freely in the body is a prerequisite for that the tapping, we perform in connection with TFT treatment, has effect.

You can choose to begin with tapping a sequence (see eventually Overview 6 with sequences) and wait to adjust for Psychological Reversing, if you want to examine the effect.

I still have not met with a person, who were not just a little psychologically reversed – so I always begin with adjusting for PR – at first only PR 1 and PR 2. PR 3 I tap, if I sense a need.

Why am I to perform “Brain Cooperation” – BC?

There are different perceptions when it comes to the brain. One is that the brain consist of two halves, which work in each its way. One is logical and performs ex computation, planning, works consciously and conscientiously – while the other part visual, creative, guided by emotion and works pleurably. If the two halves do not agree – which means that emotions and logic do not agree – confusion and inactiveness arise, and it is not possible to accomplish, what you want. Normally the right part (usually the creative) of the brain controls the left side of the body – and the left part (usually the logic) controls the right side.

It is possible by use of test (ex Exercise 1) to ascertain, if the two parts of the brain cooperate about thoughts, emotions, statements and situations.

We perform BC treatment to ensure that the two halves of the brain work together.

New brain research points at a less sharp division of the brain. In that light, you could say, BC treatment opens for communication between all parts of the brain.

BC treatment serves the same way as correction for psychological reversing – PR – for that the energy gets to flow freely all the way through the body. By this, the sequence tapping has optimal effect.

BC treatment serves to re-establish the connection between the two halves (all) of the brain – the logical (the one which is used for counting) and the creative (the one which is used for humming). (See eventually *The Ego is being stressed, when you tap* under Documentation)

The reactions of your body

While you tap you may feel need of burping (just do it). To *burp* (and to throw up) are natural reactions in connection with an intoxication condition. Here it is also an intoxication condition – a psychological.

When you approach zero, you might feel a desire for *yawning*. Perhaps it is a fatigue, we feel, after our body or our energy system – perhaps for many years – has used energy to suppress a feeling/emotion. When you no longer are to perform this “work”, you feel how tired you are after having performed it (you can test, what the cause of the fatigue is – I get into that in part 2).

What is the cause of a problem?

The cause of a problem seems to be an unpleasant experience – which we can be conscious or unconscious about. To an unpleasant experience is connected one or more feelings/emotions (which most often are to be treated separately). These feelings/emotions we sense, when we are in situations that somehow reminds us about the trauma or the traumatic experience. Therefore, you can call the trauma sequence a *basic sequence*.

The cause of a problem can also be a life limiting conviction; you have taken over (see later).

A third way

Normally there will be two possibilities for what you are to find – a feeling or a conviction.

In some cases, you are to go straight to the experience or the trauma, which is the cause of a problem. When you have found the experience – then stay in the experience: feel the feelings/emotions – and tap in relation to them. If you are in doubt about, which feeling/feelings, it is, you can test them forward by use of the outline (Outline 4).

An experience previous in life can ex leave a physically weakened or weaker spot in the body.

To say positive statements

In some cases (it is very rare, there is a need) it can be a good idea to say positive statements (aloud or within) during a work with something, which is negative (in some cases you faster get down the 0-10 scale).

Ex: Lack of self-respect.

In the beginning you can think of (or see for yourself) situations, where you have not or do not respect yourself.

On the way, it is possible in between to say ex:

I am to believe in myself!

I am to believe in my goals!

I value myself!

(Here it is a possibility at the same time to see for yourself, how you value yourself – and eventually how, you have experienced others having valued you).

Etc.

What is happening by tapping?

Figuratively you can imagine that we are born into life with a core (the true me), which is still intact within. Around the core there have been placed or there are placed layers of demands or expectations, which are not our own. We have bowed to supremacy (parents or other significant adults, who were much bigger than us) – partly cooperated with our parents (something children do) by taking their feelings/emotions or their convictions to heart to help them feel easier about being parents (by feeling less wrong).

You can help your father with a pent-up anger to make yourself object for it – do something to deserve it – so that father can release the anger. When we are small, we are totally dependent of our parents – and therefore we support them – basically for our own sake.

The problem of supporting our parents this way is that it has consequences for our experience of /perception of ourselves.

You can say many in this way gets to live to a higher degree the lives of others, than their own. The more, we have cooperated with our parents in this way, the thicker a *layer* there have been placed around our *core*. Over time this *layer* can have become so thick that it is difficult to sense the *core* – or ourselves. Sometimes we may say: “I feel like I am walking by my own side!”, “I am wide of myself!” or “I am not at all able to figure out, who I am!” Then we live on demands and expectations, which are not our own. Then you can talk about suffering from intoxication (or bewitched in a fairytale perspective) – because it seems we are to live our own life.

The imprinting, we have been exposed to – or the imprinting, we have exposed ourselves to, does not disappear by itself.

The way we specifically experience the imprinting is by the inner dialog, you can have, when you are to relate to something. This dialog can be between the ‘I’ and one or more part personalities of ourselves or between the ‘I’ and representations of the people, we are imprinted by (can be a combination) – and it sometimes can make it difficult to find out, what to believe/think. (About part personalities and representations of others a little later.)

It is those layers, we have had placed – or which have placed themselves around our core it seems we remove with this method. By that we begin to move towards being our truly self. (See eventually *What else can you meet with in connection with use of TFT?*)

It can be experienced as if, there are no feelings

It is very different to which degree; we have blanked out a feeling. When I began in therapy more than 30 years ago, my therapist at a time asked: “How do you feel?” – I thought: “I do not feel anything!” It was as if there were totally closed between my head and my body (where the emotions first are stored). Afterwards I found out, I had some very good reasons for, it was like that.

A man around thirty also had this problem. The first situation, we came back to, was, when he was three years old. His mother’s voice became very shrilly, when he did not hear (or understood) something the first time – and the more shrilly the voice became, the harder it became for him to hear (and understand).

Part 2

Here you learn how you can test/have answers from your body (as in Exercise 1) to what, there is a need of working with – and how you find the feeling, that it can be a good idea to work with (tap in relation to/use TFT in relation to).

One day, shortly after a client had started to use the tool, that you are now about to learn, she looked at me and said: “How simple it is!”

It seems there is a very clear link between understanding a problem – and solving it.

You can use TFT by just focusing on something, you feel in your body as a feeling or pain. It just seems the feeling or the pain show up again (can show up with another – or stronger – symptom), if you have not understood the connection or the cause yet.

We can sometimes have a feeling inside for a long time without finding out, which feeling it is. By testing – and use of the outlines of the working portfolio, it after short time practice takes about 30 seconds to find out exactly which feeling, it is about.

How fast can you make a problem go away by tapping?

It seems there is a connection between understand of a problem (or a connection) – and how fast you get down the 0-10 scale.

One of my clients said at a moment:

“When first the understanding is there it drops sharply on the 0-10 scale!”

At the same time, an issue can be very old – and hold many traumatic experiences. In very rare instances, one issue can take up to an hour to overcome.

To test

To some people it can be difficult to accept that it is possible to have answers from the body – to most just because, it is new to them. When they after a moment sense/feel clear reactions/answers from the body, they usually become curious and interested in that it seems to be possible to have answers from the body.

When we have answers from the body it seems we have answers from our true self (that I previous have called the core) – and not ex answers, which we think, others rather would like to hear.

First way:

If you skipped exercise 1 it is now, you are to perform that.

I still have not met with one person, who were unable to start to test that way. To many it therefore will be a good place to start!

At first, it can seem a bit troublesome – and at the same time, you faster and faster sense if it is a yes or a no.

The one of my clients (a leading nurse), who has moved longest and at the shortest time, has solely used that method.

She increased her self-knowledge by 1000 percent in just 4 months (if you want to you can test in percentages).

When you are to talk with your body by testing, you are solely to ask questions, which can be answered with a yes or a no.

(See example below)

Second way:

“Finger test”

You can have answers from your body by testing if there is tension in a muscle. Like in exercise 1 it is an agreement, you make with your body. Agree with your body that a yes is tension in a muscle (that it can hold strong) – and no is when the muscle relax or “switch off” (does not hold tension).

It is not necessary to use big muscles – and here you just hold against with your forefinger – and use your middle finger to press down the forefinger (place you middle finger over the forefinger).

If you are right handed, you use right hand – if you are left handed, you use left.

Begin with (like in exercise 1) to say some simple things ex: My name is xxxx (own name) and test. Then say: My name is yyyy (say a wrong name) and test. Afterwards you practice by saying something (it is enough that you think of it), you know is right – and something, you know is wrong

– in order to make it known to you, when the forefinger holds strong – and when it cannot hold strong or “switch of”. (You can choose to practice while watching television).

The best way of asking questions to the body is to say a statement (the clearest way).

Ex: I am angry?

If you are angry, your forefinger will hold strong. If you are not angry, you will not be able to hold your forefinger strong (the muscle switch of). That is this method I use myself.

Third way

It is also possible to test in a way, where you use both hands. You are to use your thumb and forefinger on both hands.

If you are right handed:

Put your fingertips of thumb and forefinger at left hand against each other so that they form a closed “beak”. Place the thumb of right hand under “the beak” and the forefinger above – so that you with those two fingers can hold “the beak” closed. You test by examining, if you are capable of holding “the beak” closed.

You test the muscle tension in your right hand. When you are capable of holding “the beak” closed, the answer is yes. When you are not capable of holding “the beak” closed, it is a no (you can see “the beak” opens – and imagine it says no).

Ex: If you say: “My name is xxxx (own name)? – and you are capable of holding “the beak” closed, it is a yes.

Ex: If you say: “My name is yyyy (another name)?” – and you are not capable of holding “the beak” closed, the answer is no.

If you are left handed:

Put your fingertips of thumb and forefinger on your right hand against each other so that they form a closed “beak”. Place the thumb of left hand under “the beak” and the forefinger above – so that you with those two fingers can hold “the beak” closed. You test by examining, if you are able to hold “the beak” closed.

You test the muscle tension in your left hand. When you are capable of holding “the beak” closed, the answer is yes. When you are not capable of holding “the beak” closed, it is a no (you can see “the beak” opens – and imagine it says no).

Ex: If you say: “My name is xxxx (own name)? – and you are capable of holding “the beak” closed, it is a yes.

Ex: If you say: “My name is yyyy (another name)?” – and you are not capable of holding “the beak” closed, the answer is no.

It is different, which test method we are to begin with. Experience shows that you succeed in one of them. Experience also shows that it is possible to change to another, when testing is established. Here also practice makes perfect.

Fourth way:

You can also have such a simple agreement that when your forefinger moves upward, it is a yes – and when it moves downward, it is a no (or reverse).

Turn to a kinesiologist

It is a possibility that you have a session at a kinesiologist (See eventually *What is kinesiology?*) – just to experience that *your* body is possible to talk with as well – and that it wants to answer by “tipping” or strong/not strong muscle.

Here you will meet with that it is possible for the kinesiologist to test you (in reality it is a cooperation, where you and the kinesiologist together sense the answers from the body).

Experienced or developed kinesiologists are able to test you without touching your body (ex by “finger test”). That they are developed means that they have reached to *not* having any view of/do not relate to the results that emerge. The results just are as they are for that person they are with now. You can also say that they ‘have no projects’ on behalf of the client – they are capable of keeping themselves outside.

That it is possible to test without touching/sensing the person, who is tested, it is difficult to explain in other ways, than that we somehow are connected – or that a connection temporarily is established.

You are also able to reach to being able to test for another/others. You will be able to test forward if – and when, you are ready for that. However, it seems first to be when, you completely have understood that you yourself and other people are free – and you therefore have no right to interfere in their ‘life project’.

Zero setting

The precondition for having correct answers (yes, when it is a yes – and no, when it is a no) is that your body is “zero set” (See eventually *Why am I to affect PR points?*). Zero setting is a concept from kinesiology (See eventually *What is?*). The problem is, as already mentioned, that our polarity (the image with the batteries that are turned around) can change under influence of negative thoughts.

The first precondition to be ‘zero set’ is that we hold a sufficient quantity of water in the body. We are about 70 % water and the fluid balance must therefore continually be adjusted or balanced. Therefore, you with advantage can begin at saying: “I need to drink some water? – and test. If you need to drink some water, the body are able to tell instantly after you have taken some water, if you now hold sufficient water in your body.

Zero setting you else attain by affecting PR-points (see eventually overview 6 over TFT-points, Figure 1 – points 1, 2 and 3).

If you do not succeed in ‘zero setting’ by affecting PR-points, you can use another tool, which is also used within kinesiology: think alternately of something green and something white. It can be by thinking of a summer green grass field and a field covered by snow – or combined ex by thinking of a white horse on a green grass field (I do not know, why it works – but it does).

Remark:

If you do not have correct answers, or you are in doubt, you are just to make sure that you are ‘zero set’.

Already when you have formed a concept about, what ‘zero setting’ is – it is hereafter enough just to say (or think within): “Zero setting is ok?” – and test if it is (takes a second) – and adjust, if there is a need. It seems to be rarer; there is a need of that, the further you get in your personal work.

In some situations, where you are strongly affected emotionally, ‘zero setting’ can be impossible to perform/reach. After some hours it is however possible to ‘zero set’ again – and to get on with the work.

If you are strongly affected, you can choose just to tap (while you think of, what affects you).

After having related to the three ways of testing, you choose one of them. You are now to test forward a feeling.

How do I use the outlines of 'Free by tapping'?

'Free by tapping' holds five outlines.

1. Life-limiting part-personalities
2. Representations of others
3. Life aspects
4. Feelings
5. Life-limiting convictions

Experience from kinesiology (See eventually *What is?*) is, that a problem is either determined by something physical (how we use the body), something chemical (typically what we drink and eat) or something psychological/mental (the way we think of ourselves and others). The psychological/mental part determine 80-90 % (can be more) – and therefore it is that part, 'The Free by tapping working portfolio' first focus on.

(You can purchase outlines of physical and chemical aspects).

The two outlines, you will be to use the most, is fourth and fifth – life-limiting feelings and convictions.

What, we feel in different situations, are bodily reactions to our feelings – and what releases, determine or is the cause of, what we feel, is convictions about ourselves, we have formed or embraced at a time in life (elaborated in Part 3).

Sometimes you will discover you are just to go directly to finding the conviction, which releases the feeling. Other times it is necessary to find out exactly which feeling, it is about – and sometimes begin with tapping in relation to that.

What makes 'Free by tapping' so simple is that there are only two possibilities (when it is about psychological/mental aspects or causes of psychological/mental problems: Either you are to find a feeling or a conviction.

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Therefore, the first and simple question to your body is:

"I am to find a **feeling**? – and sense the answer.

If you have a yes, you go to the table of contents, which is right after 'Instruction in short form'.

There you can see the outline of feelings are at page 71 and 72.

You now say (to your body): "It is at page 71?" (I am to find the feeling)

If you have a no, you go on – and say: "It is page 72?"

When you have a yes to a page, you can choose as control to ask an extra time.

When you have found the page, you say:

"It is column 1?" etc. – until you have found the right column.

The explanation to, what it is that does, that you are able to find a feeling this way, comes later ('Additions to Part 2'). Right now, you are just to experience, that *you* can as well. It is not necessary to relate to, what is stated opposite the numbers, before you have found the right number (the right feeling).

This is just an example to illustrate, how you move forward:

If it is ex column 2 at page 71, you first split the column in two parts – and say:

“It is from 51-75?”

If yes:

It is from 51-62?”

If yes:

“It is from 51- 56?”

If yes:

“It is from 51-53?”

If yes:

Now there are so few left that you just ask to them one at a time.

When you have found the number (of the feeling), you say:

“It is the right feeling, I have found?”

If yes:

Now it is time to tap (use TFT)

You can just think of the feeling (sense in your body), while you tap.

You can say or whisper the feeling, while you tap.

You can form a sentence, which the feeling is part of, and say that while you tap.

Ex: “I feel thirst for revenge, when somebody is criticizing me?”

In rare cases, the feeling, you find, gives rise to a conviction, you are to formulate yourself (one you have formed or taken over at a time).

What is the best to do; you can just ask your body.

Where a computer has a calculation time in order to find an answer, the body has *no* calculation time – it answers instantly. The body is answering to, what you think of, the moment you ask.

There is a faster way of finding the right number. I describe how below.

It goes fast!

You may think for a moment that it is a difficult way to find, what you are to work with – and at the same time you will discover, it in just very short time practice takes about 30. Seconds. The great advantage, you achieve by testing, is, that you directly have an understanding – just by knowing exactly which feeling, it is about.

If you test with one hand – “finger test” (middle finger over forefinger)

After a while, you may perhaps just let your finger of one of your hands “run” down the list with feelings or life-limiting convictions – and concurrently have your “test hand” ready to register, where your forefinger “switch of”.

There, where the forefinger “switches of” (are unable to hold against the middle finger), it is an expression of, that the feeling weakens you or have a negative impact – and you have hit the one, you were to find.

I close my eyes, when I do it – so that it is solely the body that decides which life-limiting conviction or feeling, it is, I am to work with.

It seems the body very much wants to cooperate, because it all the time becomes still more released throughout the process – and it therefore becomes still easier to sense the answers from the body (test eventually how it is for your body).

My recommendation (little warning)

To some it is not advisable to forward more than one feeling or life-limiting conviction at a time – and tap in relation to that. If you have had many hard experiences in life, it can be overwhelming to face more things at one time. If you choose to tap every time, you have tested something forward, you all the time neutralize, what you have tested forward (makes it possible to face).

The daily work

‘Instruction in short form’ and ‘Addition to Instruction in short form’, which are in connection with the outlines of the working portfolio, in your daily life will be enough to remind you about, what you are to do.

The daily notes

Note down all you work with. Note the date. Note the issue, the sentences you worked with – and your movements on the 0-10 scale. It is of great satisfaction to be able to go back and look at all that you have put behind yourself.

It also gives you the possibility of ascertaining, that you as well achieve lasting change/solutions.

When have I finished my daily work?

You keep on saying: “There is more, I am to work with now?” – until the answer is no.

When the answer is no, you can choose to say: “There is something I am to work with later?”

If the answer is yes, you can choose to test forward, when you are to do that.

Summary of Part 2

You can test, which feeling you need to work with by use of the outlines of the working portfolio.
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Additions to Part 2 (here you can choose to jump to Part 3)

What makes us able to test forward a feeling?

What it is that makes it possible for our bodies to respond to or communicate with something, which is said in a working portfolio, we can wonder about. A quantum physicist will answer, it is because all is or hold energy. A letter, which stand alone, holds another energy than letters, which are put together as words – and words put together as sentences.

Kinesiologists have known that it is possible to communicate this way for years.

You have an answer to, what you ask for

It is important that you make it clear to yourself, of what you ask. Actually, it is with your thought, you ask. So if you think, you want to ask about something – and in the same moment, you test, have another thought, it is that, you have an answer to. Usually you instantly will discover that – and it is so simple to test/ask that it does not mean so much to make a “control test”.

We live in a present

You may in situations think back of a present, and think you there acted irrationally, compared to what you are able to in this present. At the same time, you could not be in another present, than you were (with who you were), when you were in the previous present.

That will often be in a present or in a situation, where you have experienced to be strongly emotionally affected, you will think back of. However, you just handled your emotions as well as you were capable of in that situation. If you blame yourself, that you were incapable of acting differently in a previous situation that is important to work with (now).

When you test, you always test from within the present you are in right now.

What do I do, when I stand still at the at the 0-10 scale?

We do not always directly get in contact with the unpleasant experience (the trauma), which causes the current feeling.

By focusing our thought on, that we would like to “get into” an experience, we “knock on” to the unconscious. Often that will be enough to, that we in short time (within a week) get in contact with the experience – either by remembering directly – or by being led by a dream.

Another possibility is to seek the unpleasant experience, which has left this imprint (feeling), right away. Test forward the time (how old, you were – or year, month, week, day + eventually time of the day), when it happened – together with whom – and where. Usually that is enough to get in contact with the trauma or the unpleasant experience, which has left imprints.

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When you have full contact to the experience, you can see or feel who is in it: mother, father, sister, brother, a grandparent, an aunt, an uncle, a cousin, a neighbor, a teacher, a schoolmate, an old boss, an assailant etc.

When you get in contact with the experience, that causes the current feeling/emotion, you sometimes discover, that there are other feelings activated in connection with the same experience ex: fear/anxiety, powerlessness, shame, guilt, grief or else – feelings you right there feel paralyzed by. Physically your heart beats alarmingly, the stomach writhes itself together, you sweat, you shake, the legs get unrestful, you have buzzing in your ears, you get acute headache or else. You are just to focus at one feeling at a time while you tap – but you may experience it as if, you just “glide” further to the next feeling (if there are more, when you have finished one feeling – tapped that down).

When you no longer feel a feeling, which another person has been able to release within you, you will sometimes – if you with your eyes closed see this person in front of you – see him or her disappear in a cloud (like in a cartoon) or just see him or her go away.

Just sense which feeling or feelings, that is/are activated in the situation (eventually use the outline of feelings to test them forward) and work with it/them by tapping.

When you turn back to the point of departure (the feeling or conviction, you came from) there typically have been a drop on the 0-10 scale – and it is now possible to get all the way down to the bottom of the scale.

In rare instances, there may be a need of help to get in contact with an experience eventually in connection with therapy. (See eventually ‘*Are there any limit to, what I can work with?*’)

The conscious and the unconscious

Far most of our consciousness (the unconscious) – some says 90 % - we in general have no contact to (you can test, how much of your consciousness, you in general have contact to).

You can say our memory has two departments. One department for what we experience, we *are* able to remember – and one department for all the experiences, we do *not* experience to be able to remember. The two departments are often called *the conscious* and *the unconscious*. Therefore, there are no experiences, which are *not* stored in our memory.

The way, we first of all experience the unconscious storage, is by that we feel – or by having activated/released one or more negative feelings, which is/are connected to a stored experience, when we are in a situation in the present, which somehow remind about the experience, which is stored in the unconscious. (Usually it is the negative feelings, we notice, because they cause disturbance in relation to, what we want to – or with – our lives).

Why is it a good idea to test?

By using our thoughts to seek answers to, how something is connected, we can “knock on” to the unconscious – and in many cases have answers over time.

Some experience to use a week or longer time to find out, what something is about (and maybe do not find out at all), when a feeling is activated inside.

The immediate advantage by testing is that it seems, you by that have direct access to the unconscious – that you example can test forward, *which* feeling is activated, in about 30 seconds.

Focusing

It is, as mentioned already, a good idea to say loud (or whisper) what you focus at.

There are three possibilities:

1. You can choose just to focus on the feeling while you tap
2. You can choose to form a sentence to clarify, what it is about – ex with the feeling anger:

The feeling can both be directed towards yourself and towards others.

When you have found a feeling – here anger – the first question is:

Say: “I am angry with myself?” – and test

Say: “I am angry with someone else?” – and test

You do this in order fast to identify, what it is about.

The feeling can be equally draining for your energy – regardless of if it directs itself towards yourself – or towards someone else.

Ex: You find out, the anger directs itself towards your partner:

You try to form a sentence ex:

“I am so angry, because I experience, my partner do not take her/his time to understand me!”

Say: “This is the best sentence, I can use?” and test

Amend the sentence - until you have found the best.

3. In some cases, you are led to (through test) a feeling, you previous have worked with. It might just be a “step stone” to “look at” a conviction. (About life-limiting convictions in part 3)
It might just have something to do with *delay*.
(See eventually ‘*Delay*’ under additions to Part 5)

Here you say:

- a. "There is a need of working with it again (tap)? – test
- b. "I am just to think about it (to understand more – or to be reminded about something?) – test
- c. "I am to form a life-limiting conviction on basis of the feeling – or where the feeling are included? (About life-limiting convictions in Part 3)

Anger is a base feeling

The next question is about, which feeling/feelings, there are beneath the anger. We all have a cause to get angry. If you tap in relation to anger, you might get down to zero. If you do not succeed in that the next step is to examine (test forward), what is beneath the anger – and tap in relation to that. It can be ex disappointment, breach of trust, jealousy, grief or else.

Anger can work like a shield that protects us against sensing/feeling hard feelings/emotions.

Anger, which is not to be tapped

In some situation (rare) you are not to do anything (ex tap or think) to the feeling, you have tested forward. It seems it means that you are just to feel it for a while – in this case – how angry, you are. If you still want to change the anger, you can choose to build experience with releasing the anger by screaming in a pillow (dampens so that it is not even to be heard in the next room). Breathe all in, open your mouth, hold the pillow to your mouth and scream until you have absolutely no more air to breathe with (only *one* breathing in at a time and maximum three times a day). You can also choose to beat at something, that does not hurt yourself (a pillow, a duvet or position a mattress up against the wall) – eventually put on gloves – and while you beat see the person in front of you (with eyes closed), you are angry with.

What do you meet with while you tap?

In the example above it will typically be situations you have lived through with your partner you see (with eyes closed). It is different from person to person, what one meets with. As I have already mentioned you may get in contact with the experience, which causes the feeling or conviction, you are about to work with. The contact to the experience can sometimes give contact to more feelings, if more different feelings have been activated in connection with the experience ex fear, anger, disappointment, breach of trust, powerlessness, grief (just go on tapping while you sense/feel the feelings/emotions come and go – become intensive and abate).

In some cases, you can meet with that involved persons (representations of others – elaborated in Part 5) in the experience tells something, which contributes to your understanding.

You can also meet with changing colors. You can experience it changes from being dark to gradually lighter and lighter. You can see figures or shapes that change themselves – maybe become smaller and disappear.

What else can you meet with in connection with use of TFT?

The inner landscape can be both concrete or in touch with reality – and like in a fairy tale.

The concrete or in touch with reality.

In many cases is what, you meet with, very concrete and in touch with reality – like in the example above, which was about anger in connection with not feeling understood by the partner.

The concrete or in touch with reality inner landscape consists of people (or animals or other creatures, we have met with), we have been in contact with.

Like in a fairy tale

When you work with a feeling, you can sometimes meet with, that what happens (what you see with eyes closed), is in another reality, you do not know or have known previously. One

experienced herself in a meadow with flowers (where she had never been before) – and experienced it was possible to talk to a bear.

Another woman, I treated for depression, began to tell about a gray landscape, she walked in. She came to a wall, which reached as far as she was able to see. I asked her if it was possible for her to get over the wall – but it was too high. I then asked if there were openings in the wall – and she spotted a gate. I asked her, if she was able to open the gate – which was impossible. I then asked her, if there was something, she could use to open the gate. There was something, she could use as a battering ram. She began to “work on” the gate – and after a while, it began to give way – and at last to lie down. She now wanted to pass the gate – but every time, she tried to, it tipped up again. I encouraged her to continue – and at last, it stayed down – and she was now able to pass the gate.

On the other side, the sun was shining. The landscape was no longer gray – but a meadow with flowers – and the world was lying open as far as her eyes could see!

Part 3

Here you learn, how you test forward life-limiting convictions – and about the relation between feelings and life-limiting convictions.

Life-limiting convictions are Outline 5 of the outlines of the working portfolio – and holds more than 1400.

When you are to solve a problem, you can say:

“It is a feeling, I am to find? – test

If you have a no, you can deduce, it is a life-limiting conviction (there are only those two possibilities).

Still you can now say as a control:

“It is a life-limiting conviction, I am to find?” – test

If you have a yes to that, you go on to the table of contents, which is right after ‘Instruction in short form’.

Here you can see the outline of convictions is at the pages 73-101.

Like when you were to find a feeling it is fastest to split up – I call it to split up in “spaces” – here an example:

You now say (to your body): “It is from (page) 73-80? (I am to find the conviction)? - test

If yes:

“It is at (page) 73-76?”

If yes:

You can choose to split up further – or ask to one at a time.

In this example we chose, that you have a yes to page 73.

As control, you now say:

“It is (at page) 73?”

Opposite to, when you find a feeling, where you often take advantage from/benefit by forming a sentence, are the life-limiting convictions formulated in a way that in most cases can be used directly (is elaborated later).

You also sense/feel life-limiting convictions.

When you work with life-limiting convictions, you also sense/feel (if you are able to sense/feel yourself), the physical storages in connection with convictions ex: heartbeat, sweating, tensions, stinging, pain, feeling strangled. The less, you feel, as you tap, the closer you are zero on the 0-10 scale.

You may also register the movement on the 0-10 scale in the ways, which previous are described. (If you right now are unable to feel yourself, you just test where you are on the 0-10 scale.)

Why is it important to work with life-limiting convictions?

Our "thought powers" seems to be of big influence to, what is happening in our lives. A life-limiting conviction seems to (as previous mentioned) work as a self-fulfilling prophecy and to be the cause of, that we again and again create negative situations in life (test eventually if they have/have had this consequence for you).

We have formed these convictions in connection with significant experiences in life, where we have thoroughly made up our mind about that something is in a certain way – for ourselves. We also might have taken over some convictions from parents, grandparents or other persons that have been of big importance to our lives.

Some convictions (positive) will be life promoting for us in our lives – and others, those I call life-limiting, will certainly not! It is the last ones you need to treat.

One of the life-limiting convictions, I formed in connection with being immersed into cold water, when I was just 6 months old, was:

"I am convinced that, I am to be weak to be loved."

Until then I had insisted on (powerful) to have love by showing strength – by screaming very loud – until I fainted (both my parents worked a lot). The fainting worried my parents – and our doctor recommend them to take of all my cloth, when it happened, and put me into cold water!

Some of, what I saw, when I worked with this life-limiting conviction, was situations with girls/women, who had rejected me, because they did *not* want my weakness!

A life-limiting conviction can release many feelings

In connection with, that I worked with this conviction: "I am convinced that, I am to be weak to be loved.", I chose to look at, which feelings it had been able to release throughout life until then:

Anger
Powerless
Distrust
Unwanted
Mistrust (in relation to other people)
Grateful (felt I was to be)
Conciliatory (felt I was to be)
Rejected
Discontented
Neglected
Irritated
Utilized
Without motivation (has made me)
Difficult (life felt difficult)

Disgust (in relation to other people)
Let down
Disappointed
Unsociable (has made me)
Repelled (of other people)
A failure
Forced (together with other people)
Stupid
Not respected
Frustrated
(All were at 10)

I also chose the reverse – to look at, which life-limiting convictions that had been able to release the feeling weak:

I am convinced that, there is never enough.
I am convinced that, others are to understand me.
I am convinced that others do not live up to their responsibility.
I am convinced that, I am not to show weakness.
I am convinced that, I am to do something extra to be taken seriously.
I am convinced that, I am to be weak to be loved.
I am convinced that, I am to be like others.
I am convinced that, I become dependent by owing something to others.
I am convinced that, I am to mean something to others.
I am convinced that, I lose others, when I confront.

Another example of a life-limiting conviction is:

'I am convinced that, there is never enough money.'

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If you have this life-limiting conviction, you will repeatedly experience that there is not enough money.

Is there an "underlying" life-limiting conviction under a feeling, you have tested forward?

From my own – and from the experiences of my clients, I can only recommend to examine, if there is an "underlying" or "releasing" life-limiting conviction, when you test forward a feeling – to my experience there always is (especially I can recommend to have it tapped down to zero).

One example of this can be:

Feeling:

I am so *afraid* of, that my partner will reject me.

Life-limiting conviction:

'I am convinced that, my partner rejects me.'

If you chose to find the underlying life-limiting conviction right away, when you have found a feeling, you maybe will experience, like I do, that the intensity (on the 0-10 scale) of the feeling goes down by itself, if you first tap in relation to the underlying life-limiting conviction (halving is normal). Then afterwards there is just the last piece down to zero to work with in relation to the feeling (concern when it is a conviction in the 'I' – elaborated in Part 4).

You are to rephrase the life-limiting convictions in the outline sometimes.

The outline of life-limiting convictions already holds many aspects of life. At the same time, it is not complete. That means that in some cases you find a conviction, which you at first think are spot on – and yet still not is precise. Here you are just to rephrase the conviction until it is precise (you can test, when it is precise).

Not all life-limiting convictions are in the outline.

In the outline, you will find life-limiting convictions, which are important for you to work with. The one, which fit exactly for you, can be missing – and then you just add to the list. The list is not complete.

(See eventually *Other work*)

How am I to work?

You can choose to make your way forward as described above – where you work from, what there is a need of in the present (here you just leave the plan to your soul).

You can also choose to work with point of departure in a problem, you experience – emotionally or physically.

Summary of Part 3

You can test which life-limiting convictions; you need to work with by use of the outlines of the working portfolio.

Additions to part 3 (Her you can choose to jump to Part 4)

Convictions lead to action

Convictions lead to action, but does not necessarily lead to immediate action. In some cases, an incipient self-harming action leads to a self-promoting reaction to this action.

If and when convictions lead to action seems to depend on all aspects of our personality – and how they interact.

Life-limiting conviction – an example

“I am convinced that, I am not being seen and heard.”

One morning, where I once more set about my personal work, I tested “I am convinced that, I am not being seen and heard.” forward. Before my thoughts had focused on, there had been difficulties about my announcement of one of my talks about TFT. There had only been very few enrollments yet. I began to say and to keep on saying my conviction, while I tapped. Just a little moment went by before the inner movie began:

I already have told about how my parents, when I was a baby, took of all my cloth and put me into cold water. Later, when I once more insisted on being heard, my father spanked me in my bum (much).

My sister went to gymnastics – and my parent were always there, when she was to make a performance. I chose to play football – and my parents have never attended one single of those numerous football matches, I have played.

My sister was often able to cause, that I had awareness on myself – some time with spanking as result. Other times I was made feel ashamed and mocked at.

Therefore, during the work with the last part of the conviction, I sat full of feelings of embarrassment and shame – and sobbed.

I tested, I had reached zero – and felt calm spread inside.

Fifteen seconds later, the phone rang. It was two enrollments for my talk!

To test forward the experience

At the same time, it can be difficult to understand (perhaps we will understand over time), the explanation, Eric Abrahamsen had in connection with attending use of TFT, the best, I have found (see 'Documentation')

Here he tells, how – it to him – looks, as if it is possible to bring about that our unpleasant memory pictures or survival pictures gradually are erased by disturbing or stressing (by tapping) the inner authority, that takes care of survival.

At the same time, we feel happy about survival, we wish for to live – a wish for life in life.

If you just use your intuition

You can choose just to use your intuition to find feelings and life-limiting convictions. You can ex let yourself be led by which page, you look up (or which page you sense, you are to look up) – and where your eyes seek.

If you follow your heart

Similar to the way in Exercise 1 you can have answers from your heart. Here it is just a matter of finding out, how the heart reacts, when it is a yes/no. Sense your heart – and say inside yourself (with your thoughts) down to the heart: "My name is xxxx" (your own name) some times – and sense every time, how the heart reacts (here a yes). Now say inside yourself: "My name is yyyy (another name) – and sense the reaction (here a no). Practice now by saying something, you know is right – and something, you know is wrong.

It is about to learn the reactions of the heart to know, when it "says" yes or no.

You can (if you can feel/sense your reactions from the heart) ask the heart, if it is the right feeling or life-limiting conviction, you have found.

You can also use answers from the heart the same way as ex by tipping.

Ex: It is a feeling I am to find? And if it is a feeling – It is 1-5? Etc.

There is complete concordance between the answers; you have from the heart – and the answers, that you have from your body.

To interpret gut feeling

Another possibility than to sense the heart or to test is to interpret your gut feeling. If there is rest/calm in the stomach, it indicates, that you move in the right direction. Unrest on the other hand indicates that you are heading the wrong direction.

Previous lives?

From time to time, I have clients, who are *ready* to cross the "border" to previous lives. Some of them spontaneously go from a feeling back to that experience in a previous life, which has created the actual feeling. It can involve also experiencing, how one died in that previous life. Sometimes the client gets in contact with other feelings, which are related to the experience – and then it is just to work with them one at a time.

One of my clients I recommended to test forward, when he had formed the life-limiting conviction, he had found, he was to work with. He tested forward; he had formed it in connection to his birth. I could see, he tested on something without telling, what it was. A moment later he told: "I tested forward, that this is the 16th incarnation, where this issue has been a theme!" (We had not before that talked about previous lives.) I then recommended him to test, if it was possible to "end" this issue by tapping. He tested yes.

It seems some of our life-limiting convictions, we live in accordance with in this life, are formed earlier (you can test, how it is for you.)

Are there any limits to, what I can work with?

There seems to be no limits to, what you can work with. Still, to many, the courage can fail.

Sometimes feelings can hurt very much – and there can be situations, where the courage lets us down, and we therefore refrain from "entering" a feeling – and therefore needs help!

I sometimes use this picture:

As a child, I experienced how unpleasant it could feel to walk through a dark room. If there was someone, who was bigger than me, who would walk along, I dared.

In between, we need to be together with another human, whom we trust, when we are to get through a “dark room” – or an unpleasant experience – with appurtenant feelings.

Previous I have mentioned, that we sometimes spontaneously get in contact with the experience, that released the actual feeling. That only seems to happen, when we are ready for it. When you are not ready to handle something on your own, the contact with the previous experience first turn up, the moment you are together with another human (can be a psychologist/psychotherapist), whom you have confidence in is being able to help getting through it. Before however, you choose to find another human, you can try to make the failing courage to object of a work. Our issues seem to lie in different layers or planes – and we are to work with, what lies outermost or on top, at first.

Part 4

Here you are to learn, how you find, *who* has the feeling or the life-limiting conviction.

A feeling or life-limiting conviction can be at/in the ‘I’, a life-limiting part-personality (Outline 1) or a representation of another (Outline 2).

(See Part 5)

From where has the part-personality its convictions?

Like the ‘I’ the part-personality either has taken over life-limiting convictions from significant others or have formed them in connection with experiences (unpleasant) throughout life.

What is a part-personality?

None of us is or acts the same way all the time. We change personality depending on the situation and with whom we are together. These changes we are able to perform in fractions of a second. Part-personalities are formed in the interplay with parents and other significant persons in our lives. We hold both *life-promoting* and *life-limiting* part-personalities (you may need to add some to the outline). The life promoting can be: ex the ‘I’, the happy, the positive, the accommodating, the open, the strong, the warm, the righteous, the upright, the faithful, the flexible, the spontaneous, the peaceful, the considered.

Outline 2 holds a number of life-limiting part-personalities (you may need to add to the list).

You may remark that the ‘I’ is on the list of life-limiting part-personalities. The ‘I’ is life-limiting until it is set free from life-limiting convictions.

The self-hurting human

You can say it is a paradox that we because of our life-limiting convictions, we live in accordance with, can be self-hurting or self-destructive.

To me it is a paradox, that many people hurt themselves – and by that apparently shorten their lives.

The ultimate way is to commit suicide. Here I think of doing something, which has an immediate – or almost immediate result.

We can also in many ways harm ourselves by acting in ways, which are in deep contradiction to our self-interest – or our real interest.

You can say that the life-limiting convictions place us in a “state of contenting oneself”. We are content with the life, we have, because of the convictions; we carry or live in accordance with.

The result of living in accordance with these convictions is that we: eat too much, drink too much, use narcotics, accept to be beaten (mentally or physically), over-use/consumption of the body, let us abuse by others, beat others (mentally or physically) – and often achieve by that to harm ourselves by being rejected by others.

It seems be the 'I', who ends up making a decision about, what I am to – or how, I am to act in an situation.'

Something that give/often gives problems for us is, when we because of a life-limiting conviction at/in a part-personality have had released a feeling in the 'I', which makes it difficult to for us to act – or to act in an optimal way (in accordance with our true self).

If a part-personality has the life-limiting conviction, I have mentioned already: "I am convinced that, I have to be weak to be loved", it will affect the 'I' in situations, where the 'I' strives to unfold its strength. Inside the part-personality will stand and say (or shout): "Remember you are to be weak"! – which releases a feeling in the 'I'.

(I seems our natural condition is strength. We dream about being strong in every aspect – and are attracted to people, who dare show their strength.)

If you use to set goals or make objectives, it can be: to be in the 'I' or a life-promoting part-personality most of the time.

Outline 1 makes it possible to test, which part-personality that has a feeling or a conviction. I have had opportunity to work with some of the most extreme, human life offers. The outline of part personalities bear witness to that.

Begin the way, you have learned to test already, if it is a feeling or a conviction, you are to find – and find it.

It is at/in the 'I', it is? – test

(If yes, it is just as you have learned already.)

If no:

Say: "It is at/in a part-personality, it is?"

If yes:

Find 'Outline 1' with life-limiting part-personalities.

Find (by test) the life-limiting part-personality.

Imagine (or feel), you are the life-limiting part-personality, and tap in relation to the life-limiting feeling or conviction, you found.

Remark:

When it is a life-limiting conviction at/in a life –limiting part-personality that releases a feeling in the 'I', you can (like I have described previously) with advantage work with the life-limiting conviction first. Here you just most likely experience (like I – and my clients), that the feeling in the 'I' has went down to zero on the 0-10 scale just by working with life-limiting conviction at/in the life-limiting part-personality.

I have also experienced that both the 'I' and 'The perfect' (Niels) were intolerant (feeling). That was solved at one go – just be focusing at the feeling intolerant (and tap).

Summary of Part 4

You can test if a feeling or a life-limiting conviction is at/in the 'I' or at/in a part-personality. If it is at a part-personality, you can find out which by using 'Outline 1'

Additions to part 4

The inner critic – an example of a per-personality

A part-personality, who at many are “well-developed”, is *the inner critic* or ‘*The critic*’. When you – with your eyes closed - see that, it looks like you. It is formed of ways of acting (we have “aped”), life-limiting convictions and approaches father, mother and other significant persons in our life had or have.

When we are to treat the inner critic with TFT, we are to relate to which feelings; it is capable of hitting/hurting us in – or with. You can also talk about, how it is capable of controlling us – and by that control our life.

It may be capable of making you feel stupid, inferior, incapable, sorry, feel guilt.

When we feel self-hate, this part-personality can be the one that hates us – because we do not live up to the demands and expectations – which were once build in in this part-personality.

The solution can be to work with each feeling, it is capable of activating in you (in the ‘I’).

The most effective however is to focus on the life-limiting convictions of ‘The critic’. (See *How do I support the ‘I’ – or set the ‘I’ free?*)

As long as ‘*The critic*’ acts on basis of life-limiting convictions, ‘*The critic*’ is harmful to the ‘I’. In the end *The critic* can however reach to have a good and constructive function as the one, who ask critical questions – without judging the ‘I’. The critical questions we benefit from having asked.

An inexpedient balance

You may in some cases discover that life-limiting part-personalities (because of their life-limiting convictions) balance each other or hold each other in “check”, in a certain way that it ex is possible to let yourself exploit – and to exploit others.

The balance shifts along the way

There are moments in the process of liberation, where the balance between each of the parts of the personality are/has been displaced. You feel it – or register it by what, you test forward, there is a need of working with.

We can have formed many part-personalities of the same

A young man around thirty, who had been in a long-term deep depression, had formed many part-personalities of the same. The depression was released, when his girlfriend left him, when he was 22 years old – and the part-personalities were formed at that time. The part-personality, which had been formed many of, was ‘*The depressive*’ – and one of the convictions, they all needed to work with, was: “I am convinced that, nothing is ever going to be the way, I had imagined.”

I you are not aware of this aspect (that more of the same can be formed), you can wonder why, you test forward the same life-limiting conviction repeatedly. Test if more of the same part-personality have been formed.

Part 5

When the feeling or conviction is at/in a representation of another.

Here you are to learn, how you test forward if a life-limiting feeling or a life-limiting conviction is at/in a representation of another.

The most important representations are often ex: mother, father, grandparent, siblings, teachers (see outline 2 with Life-limiting representations of others’).

You can see the representations by closing your eyes and see them in front of you one by one (some just see them as shadows in grey tones).

In some cases, you will also need to find a life-limiting part-personality of a representation of another. Here you just use the outline of life-limiting part-personalities.

How do I feel/sense a life-limiting part-personality or a life-limiting representation of another?

Often you will feel how the life-limiting part-personality or life-limiting representation feels emotionally – and by that bodily, when you work with a life-limiting conviction or feeling at/in them. It can seem a little unusual the first times – but your observation/observations just contribute to your self-understanding or self-knowledge.

Remark:

Not all aspects (part-personalities) of our parents or others are life limiting for us. To a greater or lesser extent, they can be supportive as well. It is just the aspects, which are life limiting for us, we can benefit from changing.

Say: It is in the 'I' (the feeling or the conviction is)? – and test.

If no:

Say: It is in a part-personality (the feeling or the conviction is)? – and test.

If no:

Say: It is a representation of another (the feeling or the conviction is)? – and test

Tap in relation to life-limiting convictions before you tap in relation to the released feeling – also when it is a life-limiting conviction in or at a representation of another.

Summary of part 5

You can test if a feeling or a life-limiting conviction is at/in the 'I', at a part-personality or at a representation of another. If it is at a representation of another, you can find out which/who by using outline 2.

Additions to part 5

“The self” and “the ego”

Some use to talk about “the self” and “the ego” as two main authorities in the personality. In ‘Free by tapping’ “the self” is represented by the “the I” – and “the ego” by “the life limiting part-personalities”.

When a trauma is activated

We can choose to be damned about that there now is an imbalance again – or we can choose to see it as a possibility to take yet another step towards freedom. Of course, I find the last approach more constructive.

‘Free by tapping’ and children

Children often have even faster effect from TFT than adults do – perhaps because they have not build so many reservations yet.

Children can learn to tap themselves, when they are ready (mature and motivated) for it. It is possible to see children as some, who entirely live with the consequences of growing up with their parents or as some, who live with the consequences of all the lives they have lived. No matter if you see them in one way or the other, you can just right now choose to focus on this life.

Children show with/by their behavior (in most cases) just a natural reaction to what they are exposed to in their family. You therefore talk about, that children can be *symptom carrying* or that the behavior of children is just a symptom of the problems in the family.

Parents are leaders in the family – and by that have managerial responsibility. This responsibility “seems to” be carried out with the greatest effect by that the parents take responsibility for being well themselves.

One example:

A woman phoned me and told she had problems with her two children, whom she was with “alone”. When she asked, if she was to bring her children, I asked her just to come herself at first. We worked with things that frustrated her in relation to herself and in relation to the children – including her problems with holding the natural reactions of her children to her frustrations. The behavior of the children changed very fast – and I never saw them.

Normally I reject “just” to treat a child without at the same time to treat the parents (it is not just the *symptom*, which is to be treated) – but, as I experience, a child can hold aspects (have problems), “which seem” not to have any connection to this life.

In a case, where there has been made a balancing (ex from social authorities) that a child can continue to stay in its home in spite of relatively big problems in the family (parent can have an addiction – and therefore have difficulties in grasping their responsibility). In such a case I only focus at supporting the child (to hold the behavior of the parents).

When you “look at” a *pattern breaker*, it appears that there has been one or more significant adult/adults (outside their family) in their lives.

When small children are treated with TFT, it requires that they are treated, when they experience or are in, what is unpleasant.

Here the parents with advantage can learn to tap, because it more often will be they, who are in the situation, where the child experience the unpleasant.

Parents must just all the time be aware, if it is they, who are the cause of the unpleasantness, the child experience – and in those cases take care of treating themselves. You can directly test, if something within you is the cause.

Within the kinesiology treatment per substitute, one of the parents is tested and tapped on – while he or she has physical contact with his/her child.

For children, who are a little older and still not have developed numeracy, a “pointing board” (with pictures/drawings of people, who are at different levels of discomfort) can be used to talk about the movement at the 0-10 scale.

It is important to state that it is *not* fair to treat a child for a family problem.

What is the goal?

If one was to describe a goal, it could be to feel free to live in accordance with oneself – and to live in an interplay with others, who live in accordance with themselves.

That implies that the ‘I’ reaches fully to handle life on its own – and can be in cooperation with or supported by life promoting part-personalities. It can be those, who have been life promoting ex the happy, the humorous, the positive, the open, the confident, the strong, the instigator – and those who previous were life limiting, but now have had worked sufficiently with their life limiting convictions.

The tools of the working portfolio give the opportunity to remove all that, which causes conflict within – or conflicts with others.

During this process with removing all that, which you actually do not want to be part of your personality, you sometimes discover also very unpleasant aspects, which you perhaps not at all

were aware, you held – and so intense or with such strength. Here there is nothing else to do, than to look life in the face – and tap. It is as it is – and we cannot change something, we do not look in the face.

If you look at the outlines of part-personalities, it directly gives you an idea of, what man can hold. Some of my clients have used the expression “to dismantle” life limiting part-personalities. I deserve to talk about reaching acceptance of the former life limiting part-personalities (and that they reach acceptance of themselves). This accept we can reach, when the life limiting part-personalities (and the part-personalities of representations of others) no longer attack the ‘I’ – but back it up (that can also happen by, that they just do not interfere).

Where the ‘I’, part-personalities and representations of others work together (no longer work against each other), there is calm/peace inside – and the thought is experienced clear and focused.

All our part-personalities (and the ‘I’ and the representations of others) need to feel accepted. Even the that, which is capable of killing another human being in self-defense).

What is the body?

The body is necessary in order to experience, what it is to be a human. How, the body is, seems to be an expression (if it is well or ill – and how it looks) of our convictions.

Try to test, how it is for you!

The body/our cells seems/seem to hold information from all the experiences, we have had (in this and previous lives). Ex: One of the life-limiting convictions, I have worked with, I was able to test, I had formed 50.000 years ago.

The seven-year perspective

According to some researchers, our cells are replaced in seven years. We can have physical symptoms or “disabilities” which, we think, are inevitable – and at the same time it is possible to have a positive perspective by thinking of the gradual replacement of the cells.

It seems, we by changing our life-limiting convictions create or promote different cellular development. You can also talk about that the information in the cells are changed.

(How do you test, it is – for you?)

What can I work with?

You can work with many different aspects by means of the tools of the working portfolio ex:

Relation to/view of superiors/authorities

Relation to/view of others/partner

Relation to/view of yourself

Relation to/view of success

Relation to/view of wealth

Relation to/view of debt

Weight

Sexuality

“Consideration infection”

Excessive desire to please

Disease – all kinds

When I worked with aspects concerning debt, I went to think of, what a positive conviction about debt could be. After a moment came: “I am convinced that, debt is possibilities.”

28 years ago, we borrowed money for the house we live in. Economically it was hard the first years – but it has given so many possibilities.

What can I take as my starting point?

A feeling or something you sense in your body.

A symptom (unpleasantness, pain, tension) you feel in the body.

A frustration from lack of movement/development.
A negative thought you become aware of
A goal for development (to work with the barriers, there are between you and your goal).
Something you experience as a problem.

What can I expect?

It depends on your story, what you can expect. You are to expect, you again will meet with those feelings, you have met with earlier in your life. If they have felt hard/unpleasant, it can feel hard/unpleasant to meet them again. The good about using TFT is that it – as a main rule – is not for very long time (typically five minutes), it feels unpleasant to meet with the feelings again. It seems to be of importance, how patient you are. If you have been longing for a change for very long time, you might have to work with something every day for a period. Something, which also seems to affect the “inner demand” for change fast, can be severe or life-threatening disease.

Feeling of emptiness

For some a situation can arise – after very many negative convictions have been eliminated – which can be felt as an emptiness, which calls for being filled up. If you are to experience such an emptiness, you can choose to consciously relate to, which positive convictions, you want to live with from now on – as your ‘I’/self, which have focus on living (in opposition to the ‘ego’, which has focus on survival).

Here you can tap a ‘sequence’ on negative conviction’s positive obverse (here you can use the outline of convictions as well). You just have to rephrase ex: “I am convinced that, I am worth nothing.” to “I am convinced that, I am a very valuable person.”

It seems, you can prevent feelings of emptiness by tapping a sequence on the positive obverse, when you have tapped a life-limiting conviction down to zero.

A client told about a feeling of emptiness, that he had found other ways to change himself. He experienced after having eliminated very many life-limiting conviction still to have thoughts, which could be related to ‘the ego’. He also discovered, that pain, he could register different places in the body, arose, when he had thoughts related to ‘the ego’. The pain this way told him, when he was on a “wrong path”.

He found a technique, others have described, where you put a hand at the place/spot, where there is pain at the moment – listen to the thoughts of ‘the ego’ (negative, self-exalting or self-overrating) – rephrase them (positively) – and repeat them more times – still with the hand on the place/spot. He experienced, that the effect was, that it made it easy for the positive phrases to take over, when ‘the ego’ yet another time thought negative, self-overrating or self-exalting thoughts.

I chose to write this as an example of, that you can do something else than tapping as well.

What motivates on the way?

The same way, it is with something else, we need to learn, you also with TFT experience immediate results, which encourage or inspire to go on.

After that, there can be phases with doubt, where you can even be ready to give up. Still you try to go on a little further – and by that opportunity to experience the next encouragement. That can be an insight or understanding. It can also be experiences of something; you succeed in (which you usually do not succeed in). It can be a feeling of relief and others.

How does the “process” proceed?

It is different from one person to another. Often however it is so, that it goes from the fundamental to the more detailed. That can entail, that you at the beginning exclusively are to work with feelings and convictions in the ‘I’. Later on you may more and more often especially work with life-limiting convictions in part-personalities and representations of others. There is not something, which is right or wrong – the only thing, there is, is what you experience.

You can just begin with doing it simple and exclusively focus on the 'I'. Every time, you experience, that a feeling is activated (in most cases experienced physically somewhere in the body – including the head), you find out which – and sense or test how intense it is on the 0-10 scale. After that you find the life-limiting conviction, which releases the feeling – and sense or test, how strong the conviction is on the 0-10 scale. Then you tap in relation to the conviction.

When you are to tap in relation to the life-limiting conviction, before you tap in relation to the feeling, it is because, that you by that at the same time achieve that the intensity of the feeling is reduced (goes down on the 0-10 scale). When you have finished tapping in relation to the conviction, you tap in relation to the feeling.

(Remember all the time to note down, what you work with).

When you are familiar with focusing on the 'I', you choose every time a feeling is activated to test, if it is in the 'I', in a part-personality or in a representation of others – find out which feeling, it is – and sense or test, how intense it is on the 0-10 scale. (This instruction is gathered in "Addition to instruction in short form, which is in connection with the outlines of the working portfolio).

Then you test, who has the releasing conviction: the 'I', part-personality or representation of another – find the conviction – and tap.

If it is a feeling or a conviction in the 'I', it is the same way as above. If it is a feeling in the 'I' and a conviction in a part-personality or representation of another, the feeling is at zero in the 'I' at the 0-10 scale, when you have tapped the conviction down to zero.

If both feeling and conviction are in a part-personality or a representation, it is the same way as if both feeling and conviction are in the 'I' – that there may be a need of tapping in relation to the feeling, when you have finished tapping in relation to the conviction.

When you at/on behalf of a part-personality work with a life-limiting conviction, which has released a feeling in another part-personality, this feeling is at zero (the same way as if it was a feeling in the 'I'), when you have finished working with the life-limiting conviction at/on behalf of the part-personality.

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By constantly moving your way forward you all the time change the interrelationship between the 'I', part-personalities and representations of others.

You can only have answers, to what you ask about

The more, you work, the more possibilities you discover regarding, what you can ask about/test.

If you need inspiration to solve a problem, you can choose to contact a psychologist, a psychotherapist, an experienced kinesiologist or a specially trained "Free by tapping – instructor".

The situations, where you may feel the need of inspiration, are, if you experience, it is not possible to reach zero at the 0-10 scale. Then there is a need of enhancing your understanding of the cause of a feeling or the cause of, why you formed a conviction.

The inner representations of yourself

You have inner representations of yourself in all ages – stored in connection with significant experiences throughout life. The surroundings or relations, you have taken part in have formed them all.

What activates feelings at/in part-personalities?

Part-personalities can have activated/released feelings on grounds of both life-promoting and life-limiting convictions in the 'I', convictions in other part-personalities or representations of others. you need not wondering about in which order, you are to work with different aspect – just test (the 'I' knows what is optimal).

How do I support the 'I' – or set the 'I' free?

(How you generally can work.)

You can choose two ways to go:

1. Focus on the 'I'.
2. Focus on what affects or hurts the 'I' – and by that limits the 'I' (a life-limiting conviction in the 'I', in a life-limiting part-personality or in a life-limiting representation of others).

A parallel "picture":

A little the same as you can focus on "the bullied" or "the bullying" (can be more).

The most fundamental solution is to focus on "the bullying". However, it has an effect as well to work with the feelings, which are released in the "the bullied". The result can be that "the bullied" is less responsive to bullying – that it does not affect so much – that it by that becomes less interesting for "the bullying" to bully him or her.

What causes our problems?

It seems all our experienced problems originate from conflicts between the 'I', our part-personalities and our representations of others (on grounds of previous formed life-limiting convictions).

Change

Some say, change begin, where you begin to focus on something, you experience as positive – something you really want!

You can also say change is happening when you move from thinking negatively to thinking positively.

What makes it so difficult to change?

At the beginning of our life, we are born into a small family group and learn "to howl like the other wolves in the flock". That means (as I have mentioned before), we gradually take over – or in some cases are *forced to* – thoughts, life philosophies and convictions.

Where we are *not forced to* take over terms of ways of thinking, we do it anyway to back up our parents (also, when it thwarts our own psychological well-being/state of health).

If you ex have/have had parents with a negative approach to life (negative expectations), you will be permeated by that – and experience negative expectations be fulfilled.

It seems physical survival has a first priority in this phase of life (can have it later as well). You can also say, we choose to "cooperate" with our parents. We do, what we can, to help our parents to be in as good mood as possible. We also form our own convictions in connection with the experiences; we have with members of the family group – or others.

The problem of being part of this "cooperation" is, that it permeates us or sets – often deep – *imprints*. It is all these *imprints* or *patterns* (most of them are unconscious – we just feel them), we are to oppose, when we are to set ourselves free.

How is it to remove imprints?

Some say, the first step is the biggest. That seems to be the case here as well. You here maybe could say that the first *steps* are the biggest.

The problem can be that you *unconsciously* "hang on" to the loyalty towards your parents. The feelings, we can seek to avoid to create in our parents, are ex that they get sad, feel powerless, feel guilt, feel incompetent etc.

When we seek to avoid creation of these feelings in our parent, it is because, we at the same time get hit in or have some feelings activated/released: It feels so unpleasant (feelings of guilt, insecurity, anxiety) for me to be the cause of, that mother or father gets sad. It feels so unpleasant within me, when mother feels incompetent – then she begins to talk about leaving father and I (and I feel bad about being abandoned). It feels so unpleasant within me, when father feels powerless – he either gets very angry – sometimes for long time – or he begins to hit. It feels so unpleasant within me, when mother gets feelings of guilt towards me – then I feel, I am to blame.

So a substantial part of removing imprints is to work with those feelings, you have activated, when you are about to remove them.

To work with your opposition

We can have opposition to many things. Here I am to focus on perhaps the most important – in the sense that it influences how life is experienced in all aspects – opposition to giving oneself the best.

Many of us have learned life is not about us – but about other people ex mother, father, one of ones' siblings etc. The result is, that our 'I', our part-personalities and representations of others can hold a number of life-limiting convictions, which are related to the perception of ourselves or the experience of how valuable/significant we feel ourselves. Practically you can imagine, that the life-limiting part-personalities and representations of others, who have life-limiting convictions concerning, how much you are to give or not to give to yourself, comment (say or shout) within you, when you try to give something to yourself. The unconscious experience can even be that they stand in a circle around you – and all of them at the same time expresses: "Here in life it is not about you!" Then it can be very hard to get started with using the tools of the working portfolio – to give oneself the best – liberation.

I can therefore strongly recommend beginning working with a possible opposition, because it forward can make the way to solve a problem very short.

Therefore, start with examining, how big your opposition is and what it consists of. Treat that – in order to make it easy for you to sit down every day – or when you feel the need – ex by a symptom from the body – or you just ask the 'I', if you better had to work with something at this moment (and use the tools in this working portfolio to uncover and change).

There, where you fail an agreement with yourself about working daily (where you have made one), you eat into your own self-esteem or self-worth. There, where you keep your agreements with yourself, you all the time build up your self-esteem or self-worth – or improve. You say respectively: "You are not worth it! or "You are worth it!"

In my company name or name of the clinic I consciously/deliberately have shifted *you* and *I* – so that it instead is called "*I & you*". To set '*I*' before '*you*' has nothing to do with egoism – but is just a necessity, if I am to go on having something to give to my '*yous*'.

To work on the basis of a dream

When we have had a dream, there usually is something in the dream, we especially notice. Focus on that and say:

"There is something, I can work with in relation to, what I especially notice?" – test

"It is a feeling?" – test

"It is a conviction?" – test

Etc.

Help to understand

When you are *in under* a feeling – and you eventually have difficulties in finding precisely, what it is about, you can use the outlines over feelings and convictions (eventually life aspects) *from here*, where you are now. Say again: "I am to find a feeling?" or "I am to find a conviction?" – in order to find the connection or the understanding.

Both a negative and a positive content can affect us

It is both a negative and a positive content in a statement that can affect us – or be of influence to, where we get to on the 0-10 scale.

Many people feel unpleasant or insecure, when they are appreciated or praised. Ex: “I just think you are so pretty!”, “I just think, you have a fine charm!”, “I think, you are a fantastic human!”. No matter if it is something negative or something positive that affects us, it can be nice *not* to be overwhelmed by one's feelings – and in relation to these positive examples just is capable of saying – thank you!

A positive statement seems to affect us in an unpleasant way, because there is/arises an inner conflict between the positive statement and one or more life-limiting convictions. Here it could be ex: “I am convinced that, I am ugly!”

Other work

Sometimes you may perhaps run into that you are to work with a conviction, you previously have worked with. When you test, if you are to “tap” again, the answer is no. (It is extremely rare; you will need to tap in relation to the same conviction twice.)

However, we can form life-limiting convictions at all times in life and can by that in principle reform a life-limiting conviction.

In most cases it is about, that there is a need to think about the conviction for a moment (again). Maybe you are to test, when the conviction became valid for you – which again leads to consideration. Maybe you are just to test, for how long time it will have effect yet (you may have emitted this energy for most of your life – and it may have effect for three more months – see eventually *Delay*). Maybe you are to rephrase the conviction (and tap in relation to the new approach to a problem, the rephrasing causes).

Finally, it can be a feeling connected to this new conviction, you are to work with.

Catch the thought

Catch the thought (note down immediately) and find out, from whom it comes/came. We experience our inner dialogue as thoughts. When you think something negative about yourself or another person, you can find out if the thought comes from the ‘I’, a part-personality or a representation of another – and the underlying life-limiting conviction. When you have worked with the underlying conviction, you will experience, that the thought does not come again.

Projections

When you project, you *attribute* another person – or part-personality something, you feel it difficult to hold yourself. It is possible directly to test, if something is a projection (after having formed a concept about, what a projection is).

What is the strength of this way of working?

In connection with therapy, we talk about two aspects:

1. *The therapy*, which is about removing obstacles to doing, what you want.
2. The pedagogical part, which is about to discover, the obstacles are no longer there.

That means that you normally after the therapy must out in life to discover the obstacle or the obstacles no longer is/are there.

Here you have an instantly response on your effort from your body: “You are at zero now!”

Why are the obstacles so important to remove?

We are to work with the obstacles to having the life we want. When it is so important to work with them, it is because they often are the cause of why, we do not succeed in acting – or make us postpone acting. So the obstacles are to be cleared away in order to be powerful in the present. It is the actions, you are capable of performing, that creates your life. You can say: “Action transforms!”

You live the story, you tell about yourself – both what is conscious and what is unconscious – and it is here your (often unconscious) life-limiting convictions are/become of so vital importance.

Accept of all parts

All the aspects, we hold, have good reasons to be there – or have some causes to be there (in many cases related to survival). The most extensive are perhaps the aspects, which can promote, that we kill either ourselves – or others. The only way to change aspects are to face, that they are there – and start changing or neutralizing them.

Dependence of/addiction to being ill.

The same way, that we can be addicted to many other things, we can be addicted to being ill. Then it is that way that we (settle for) handle our lives (feelings). Illness is in the eyes of many people an acceptable “drug” – and it therefore can be experienced as a refuge (without demands/expectations from others) to be ill. In order to let go of ones’ illness, one have to (re) discover a part of ones’ own strength ex to reject demands and expectations from others – there, where they are not in accordance with what/who one (truly) is.

Physical symptoms motivate

A young man in his late twenties (from an alcoholic home) came; because he had been held out prospects of that, the next step from the doctors was to remove his large intestine. Already the first time he learned how to tap himself – and felt immediate change in the function of the large intestine the next days – apparently, because he was persistent with tapping at home. Before he came again he although experienced a gradually worsening.

When he came again, I explained the connection, there apparently is between solving a problem and the understanding of the cause of a problem. He then learned, how he could work with “The Free by tapping – working portfolio”.

The clients, who have been most persistent in working/tapping themselves, have had more or less severe physical symptoms. I although have experienced that very scary psychological experiences have worked very motivating as well.

Severe/life-threatening disease

You can work with any aspect. You may think: “Now I have become seriously ill – and many die from this.” – or “I only no some, who have had to live with this.”

When you think, you have *felt* ill; it also means that you have not always been ill. Most people have ignored a number of symptoms from the body, before they felt ill – and it seems the body with its symptoms just tries to have our attention – tries to make us change the way, we are in the world right now – which for the body at this moment is *not* experienced as good.

It seems we all in different areas have limits to, how much we can stand – and that the body tells us, when the limit is reached.

The paradoxical is that we as human beings are capable of doing things and be in ways that end up killing us.

Sometimes we have gone so far out a wrong way, that there is no longer time to change the course by working with feelings and convictions. That you meet with death before there is enough effect (a lot can need to be changed). In that case it can be necessary concurrently to cooperate with a doctors/surgeons).

All can in different situations contribute with something.

A very positive point of view in connection with life-threatening disease, chronic disease or long-term abuse of the body (and to all others as well) is, that the cells of the body are replaced in the space of 7 years.

Delay

It seems the life-limiting convictions; we dissolve in the present, work for some time more, depending on their strength – and for how long time, they have worked already. You can test, for how long. In very rare instances, it can be necessary to tap once more in relation to a life-limiting conviction and eventually derived feelings. You discover that by testing the conviction forward again in connection with your daily work.

A quantum physicist perhaps would say that something, that had sent out energy for so long, could still have effect.

It is possible to test for how long further a life-limiting conviction will have effect. To my experience the maximum is about three months (not for so long in a life perspective). I tested "delay" for some time to gather experience – but now only in between.

Apparently, it has to do with *the law of attraction*.

It seems our life is just a reflection of our thoughts and terms of thinking (conscious and unconscious). It usually takes some time, before one manifests something in a concrete form – or sees the consequences of ones' thoughts. Some expectations demand that more things fall into place, before they are fulfilled.

One possibility is simple to try:

Many people try just to "order" a parking space in a specific place at a specific time. Usually they succeed in short time (I did as well).

The DVD, "The Secret", which is about *the law of attraction*, illustrates how delay in relation to manifesting something concrete/physically can be appropriate – and that we are to see it as an advantage that we do not manifest something at the first thought: A man is sitting in his easy chair in his apartment. He thinks of an elephant – and turns around – and now sees, that an elephant is standing right in front of him!

I can have an elephant in my life. I can choose to make/create a zoo, I can be employed in a zoo, I can be employed in a circus, I can move to Africa or Thailand. No matter, what I choose, it can be nice to have little time to prepare oneself.

What can I ex choose to test forward?

A feeling.

For how long, you have had the feeling.

A life-limiting conviction.

For how long time, you have had the life-limiting conviction (can be from previous lives).

When you formed the life-limiting conviction ex year, month, day – or how old, you were ex years, months, days.

If it is in a previous life, you can test, how long time ago it is, where and under which circumstances.

If it is a life-limiting conviction, you have taken over from another – from whom.

When you took over the conviction.

Who has the feeling or the life-limiting conviction – the 'I', a part-personality or a representation of others.

Who releases a feeling (the 'I', a part-personality or representation of others).

For how long time a life-limiting conviction will have effect, after you have treated it (had it down at zero).

How strong influence the 'I', the individual part-personality and representations of others have within you (here you can choose to test in percentages).

How much your self-knowledge is enhanced (here you can choose to test in percentages). You can ex test forward, how much it is enhanced, since you began to tap yourself.

If you set your bodily balance (the ability to ex handle infections or to absorb nutrients, vitamins and minerals) to 100 %, you regularly can test the effect of your work at your bodily balance.

Understanding seems to be crucial/vital

Very often, you will have an immediate understanding, when you have found the releasing conviction to a feeling. Often however you have to have built on further understanding – something that often arise spontaneously, while you tap.

In some cases still it is necessary to test forward, when – and in which connection – a conviction was formed, in order to get in contact with the relevant experience – and by that the sufficient understanding to make it possible to get down to a zero on the 0-10 scale.

It does not seem we can have a lasting solution, before we understand.

Draw your personality

When you reach to work with your part-personalities and your life-limiting representations of others, you can choose to begin drawing your personality.

Begin drawing a circle – and write 'I' in it. Around the circle with your 'I' you can now draw circles when you gradually uncover (test forward) life-limiting part-personalities. Around the part-personalities you can draw circles with life-limiting representations of others – and perhaps their part-personalities as well. Here is a couple of examples:

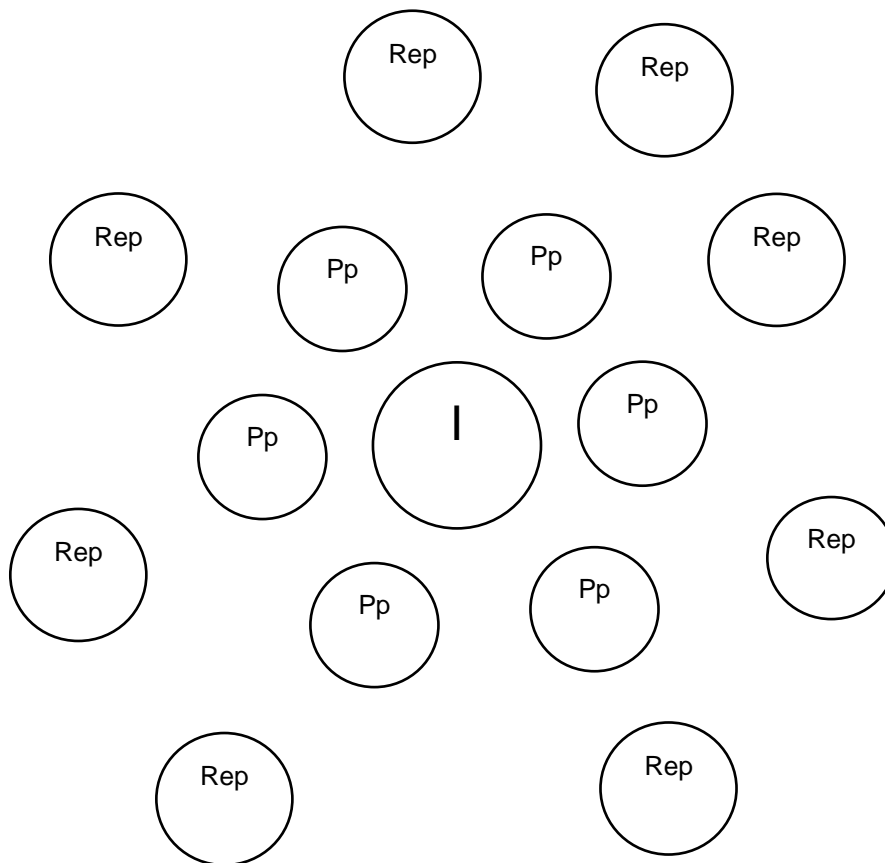


Figure 3

Figure 3 shows how the 'I' can be surrounded by life limiting part-personalities and representations of others.

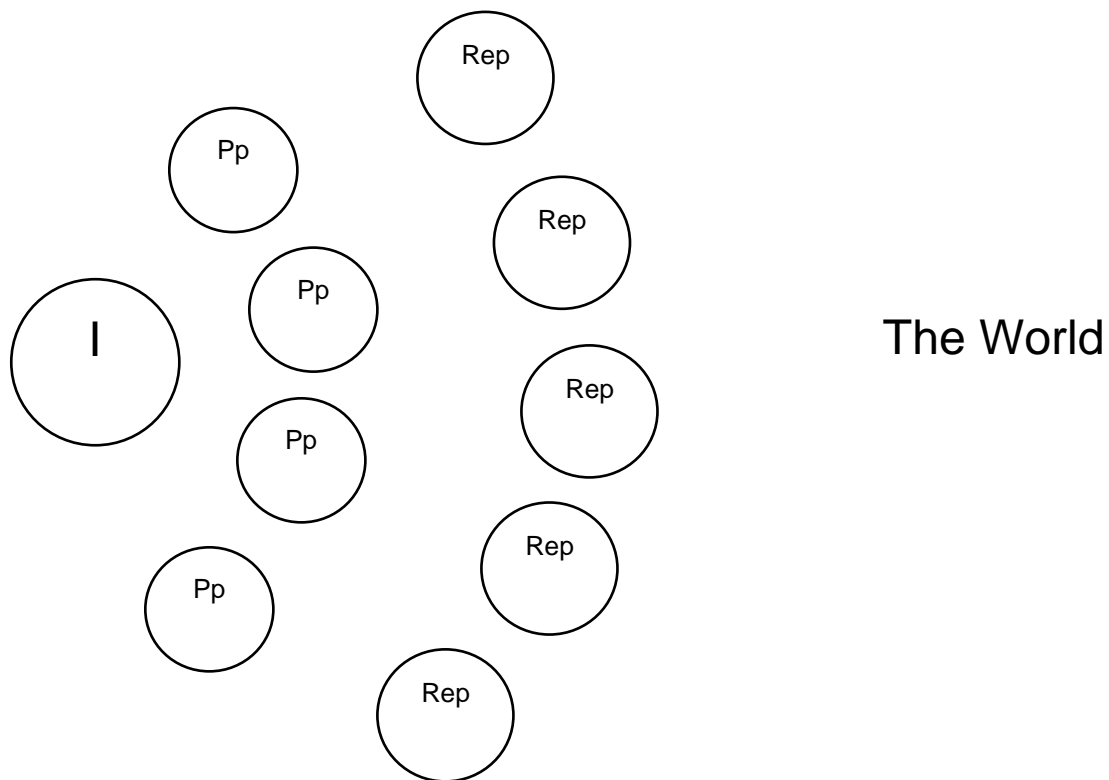


Figure 4

Figure 4 shows how life-limiting part-personalities and representations of others can be obstacles to “going out in” the world. You can say that they stand between you and the world. You can also say that they are to be scaled, before you are in contact with the world/other people.

During your course, you may need to make a new drawing (you can choose to archive your drawings over time).

You may also choose to add life-supporting part-personalities (see eventually *What is the goal?*) When you become aware of them.

To phase out life-limiting part-personalities

All have a need of being respected – part-personalities as well. There can be situations, where you think very negatively about a part-personality, because the behavior of the part-personality has affected you in a negative way – or you experience the behavior of the part-personality morally condemnable. Here it is important to focus on that the part-personality as something instantaneously positive has had focus on survival. What, you are able to see now, is, that it has not been an optimal way of living – but on the other hand after all have given you possibility of survival until now.

Part-personalities are often exhausted after their effort and therefore feel fine about – after you have acknowledged them for their effort – to have early retirement. That gives them possibility for that relaxation, they long for.

The goal is that they either do not interfere or contribute positively within you.

Help can be to learn something new

Sometimes we have to turn to people, who have had some different experiences, than we have had ourselves, to learn from that. That can add new knowledge, new points of view, ideas to new ways of communicating etc.

Bodily reactions during the work

You may from time to time experience relatively strong reactions in the body during the work. If you experience that, you can test forward, if it is just a reaction to the work, you are or have been about to perform – and how long time it takes, before the reaction is no longer there.

Be open to what you experience

A special experience, I have had myself, was in connection with a work, which originated from a symptom from the heart.

I found the life-limiting conviction, I was to work with, and started tapping. While I was tapping (with eyes closed), I saw, that I walked inside a vein and scraped of sediments.

A client discovered during her work, that she could be threatened to her life (by working with a part-personality of a representation of another). She also *felt* threatened to her life – and had an experience of, that her consciousness expanded. She experienced, she could hear the person, she felt threatened by – without being where that person was. You can talk about, that she was temporarily clairvoyant.

That was a situation, where she chose to phone me, in order to have my help to interpret her experience.

It can be a good idea to seek help the times, when you cannot yourself.

We experience, what we experience – and it cannot be wrong. We can just from time to time need help to interpret experiences.

To seek help

Many have – in spite of that we are here together with seven billion others – learned, that they are rather to handle *everything* on their own. You might be one of them – and therefore need to work with the obstacles, you have, in relation to asking for or seeking help.

There is often a need of working with some life-limiting convictions, before one succeeds in seeking help the moment, one actually needs it. Instead, one can postpone – or not get the help at all.

It can be ex:

I am convinced that, it will cause inconvenience, when I ask for help.

I am convinced that, I put myself in debt, when I ask for help.

I am convinced that, I am to do everything on my own.

I am convinced that, I exhibit my weakness, when I ask for help.

I am convinced that, I am inferior in the eyes of others, when I ask for help.

I am convinced that, others reject me, if I ask for help.

I am convinced that, I cannot go on in life, if I show what I cannot.

I am convinced that, I am just to be satisfied with, where I am now.

I am convinced that, I am to compare myself to others.

I am convinced that, I cannot have confidence in my own credibility.

I am convinced that, I am to be perfect all the time.

I think there is a meaning of, that we are here together with others, and that we are to use the others for something ex for exchange of experience.

Sometimes you may find help, support or courage at your sweetheart, partner, mother, father, sister, brother, grandfather, grandmother. Other times at good friends. Other times again at a psychologist or psychotherapist. Seek help, when you are unable to do on your own (like you seek: a doctor, a dentist, a mechanic, a craftsman, a lawyer etc.)

Where, you perhaps will want to seek help, when you choose to tap on your own, is in situations, where you are just about to be overwhelmed by, how strong feelings, you hold – and how it is felt in the body. You may not have felt your feelings so strongly for many years (our defense can help us suppress feelings). The strength of the feeling, which is released, are just natural reactions to what, you have experienced – and at the same time, it is natural reactions, it can be strong reactions. Here it sometimes can be nice to be reminded of, what it is, you just need to do: find

which conviction, that releases the feeling and at/with whom (the 'I', part-personality or representation) – and tap it down to zero.

In many cases it is just little help, we need, to get back on the “path”. It seems, the best we can reach, is *not* to hesitate to seek help, when there is a need (you can test, if you need help – or if you just get on in a little while).

A story is told until, it is understood

“I almost do not have the strength to tell it again!” – and then she does anyway – the new client, who has sat herself in the chair in front of me. She tells it anyway, because she hopes, it will be understood this time.

To me there are two elements in understanding. One is that she understands herself – the other that I (or another human) understand.

An important way to that I understand (myself) is to have the opportunity to tell to another human, who makes an effort to understand (by asking questions), what I understand. By telling to another human, I make out something more about, what I understand, while I tell.

Often it is enough to have the opportunity to tell to another human to reach understanding. Other times we benefit from that another human in between tells, what he/she thinks of, what we have told. By that, we meet with the experiences of another human.

To eat an elephant

During the process of liberation some have felt it as an almost insurmountable task, they were on. Together with a client, I compared the task to eating an elephant. We are able to eat an elephant, if we eat it in adequate bites – if we just take it easy – one bite at a time.

When we talked together again, she told, she had tested how much of the “elephant” (the work for liberation) she was to “eat” to feel *well*. She was to “eat” 62 %. When we have got so far, we have also become good at setting about solving problems as soon as they arise – or are made aware of (by the body or others), that this now is something, which is next.

Another client tested, he was to “eat” 42 % to feel *ok*.

Divorce/separation can be necessary

A relationship is only good, if both parties feel well. In some cases one can discover unbearable things.

In other cases, there will be a need of separation, because the one part to an inadequate extent have eyes for the needs of the other. It can be in general – but can as well be in connection with different kinds of addiction.

The separation in some cases have a positive effect by that the part, who did not want to change, now feels sufficient (necessary) pain to want change.

In some cases, it becomes possible to meet again after a separation. It can be a possibility before real divorce. My experience is that the requisite for meeting again is, that both parties use the separation for “looking at” (work with) themselves.

Use of medicine

In some cases, medicine can be a support for a period. To me, it does not seem, medicine has any effect in itself in relation to the changes, that seems to be needed. The medicine can just in some cases entail, one feels oneself a little less – or it can be helpful in order at all to begin receiving help/treatment – or to begin treating oneself.

In some cases, medicine can affect that TFT has a reduced effect. In few cases medicine even can affect that TFT have *no* effect (See eventually *Energy toxins*).

Cold and flue

You can test forward, what it is that has contributed to that, you have caught a cold or flu. When you are in one of these conditions (which is normally harmless), the body needs little time to “handle” the problem.

By tapping often (focus on the unpleasantness, you feel) you can support the body in this “handling”, so that you have a faster recovery.

Remark:

Catching a cold can break out in connection with cooling – but also seems to emerge in connection with emotional stress in some form.

Influenza is a virus; it seems we can be more or less responsive to – depending on how tired/exhausted, weakened or have much out of balance, we are.

Psychoses

My experience with treating psychoses are limited. A psychosis is a condition, where you experience something (marked different to), you have been used to experience, else – or something you do not else experience.

The experience, I have with psychosis, points at that it seems the psychosis is also a way, in which we can be told, that we right now do not live in accordance with ourselves – like ex stress, anxiety and depression.

The psychosis often involves anxiety or severe anxiety – and feelings of anxiety can often be changed fast by use of TFT. To me however it is most fruitful to focus on the aspects that causes that one reaches/finds oneself in psychosis. That is possible to test forward (life-limiting convictions).

Concerning psychosis there are often many aspects that need change. Learning to use the tools of this working portfolio (do a lot of the work on your own), makes it possible to have faster results, than if you are to receive help for it all.

If you use medicine – then go on doing that. If you have people, who help you – then continue that cooperation or find more/others. Heighten gradually your confidence in testing (emerge due to experience).

It can be a dilemma, if you experience that TFT does not work or work very slow (in most case TFT can be used concurrent with the use of medicine) – and you therefore can be lead to stop using medicine.

Choose instead to test forward if there are some aspects, you can work with, that hinder the effect of TFT.

You will be able to test, when you eventually are ready to begin a cutback of medicine (I recommend always to do it very slowly).

On the track?

I have not yet been able to track down, what does, that we develop – or experience different ways of getting to know, that we right now do not live in accordance with, who we are. What, I experience, I have found, is, that it is possible for each of us to find out, which life-limiting convictions (and life-limiting feelings released from those), that lead us astray.

Maybe we are not at all to be concerned about finding out, what involve most people – but just be concerned about to tell our own story – and clear up/explain the connections there. That can then in between be an inspiration to others.

It is about development

In many cases, we are only concerned about solving a problem. Especially if we experience the problem as huge. At the same time, it seems to be like, that the meaning is, we are to learn from solving a problem.

How fast does a symptom disappear?

It seems a symptom disappears, the faster you understand it, have worked with the causes – and act in new ways.

I often have worked with (on the basis of) a symptom just as soon that, I became aware of it (the same day). Then the symptom is often gone in minutes – in rarer cases within 24 hours.

There can although be symptoms that are felt a longer period of time – because it is a longer process for the body to create the change, you have procured the preconditions for to happen.

Bodily changes because of your work

As elsewhere described it seems bodily symptoms is just one of the ways the body communicates, that it wants less strain.

I have experienced *marked* change – both in myself – and at my clients. Just some few examples: At one point I felt symptoms from the heart and was able to test, blood supply was reduced. By the work, I made, I had the blood supply improved from 72 % to 100 %.

A man in his twenties tested after the first moth of work (which had not had focus on eyesight) that his eyesight was 12 % improved (had noted that his eyesight was less sharp) – and was to have new contact lenses with less strength.

A woman in the middle of her forties improved in less than a year the function of one of her kidneys from close to zero to 80 %.

A woman in her mid-forties, who always had had problems/discomfort when having menstruation, are completely free of them/that.

For a longer period, I have taken some dietary supplement daily. One day I sensed that I no longer were to. I tested and found that I no longer needed it. My body had improved its ability to assimilate nutrients, vitamins and minerals. An expression of, how the body is, is its balance – or to which degree, it is in balance. I have tested, I have moved from 58 % to almost 97 % during the time, I have used 'Free by tapping'.

What is it that does that we are able to test something forward by use of the outline of the working portfolio?

To me it is something we gradually are to uncover. The best answer, we have today, we find for me to see in quantum physics, which points at, that all is energy, that all holds energy and that different energies can be connected or connect themselves.

Testing something forward in this way, I have now used for a number of years. When I stop and think about it, I can still be struck by astonishment at, that it is possible.

It is however about to be an old experience inside kinesiology, that it is possible to use outlines this way.

What can I have answers to?

You can have answers to, what you ask for. That means that our human development sets a limit to, which information is available. Ex it might be, that an aspect or a condition (pathological picture) does not yet have a name.

There, where you run into something, which is (still) unknown to you, you can always ask, if it is something that threatens the body (is mortal) – test to which degree (test forward percentages).

Test if it is something, the body is able to handle itself – or it needs help (here it can be about that you need help to become aware of an aspect, you should "look" at).

Say (ask):

"I need help from a doctor?"

"I need help from a psychologist/psychotherapist?"

"I need help from a friend?"

"It is a process, my body just need to pass through after the – or some – work (with feelings/convictions), I have done?" (Ask how long, it will take).

There is a reason for not to tap?

Sometimes is what you are to do not to do something. Perhaps you are to ex sense, think, feel accept, relax, Test eventually what it is; you are to – when you are not to tap. (Tapping is not the only way to create change.)

Other tools

You might discover other tools that works for you. All experience point at that it is absolutely unproblematic to use 'Free by tapping' together with other tools. Just do, what you experience works for you.

Energy toxins

In rare instances, you can experience that TFT have no effect or much reduced effect. It turns out that something, we ingest through our mouth, nose or skin can have an undesirable influence. It can be food/nutrients, additives, medicine, perfume, tobacco smoke, petrochemical substances and more – but can be feelings as well.

An example:

In Denmark a tool for uncovering, what causes the problem, has been developed, which is called Sea Urchin Tecnique. The two, who developed the tool, met at a time at one of them. She had thought they could have onion soup for dinner, because her father had grown many onions and she could have some of those. When she had eaten, she went ill. She found out that it was not the onions in themselves – but that it was her father's onions. The relation to the father has been very problematic.

The tool resembles the outlines of this working portfolio. There the main focus is all that we in different ways ingest. There you also test, what the problem is.

TFT is not used – but another technique, where one places the hands at the front and the back of the skull and alternating press lightly – and ease the pressure – at inhalation/exhalation (See eventually www.energytugin.dk)

Part 6

Life aspects

The outline of life aspects (Instruction in short form – 'Outline 3') you can use to be led on the path of, what something is about. In some situations, you may be to find a life aspect, before you find a feeling or a conviction.

What is?

What is Thought Field Technique?

It is the combination of thinking of a problem – and by that get in contact with the emotions, which are connected to the problem – and to affect the body physically at selected acupuncture points – not with needles – but with a light tapping with the end of a finger (5 g load – or less).

While tapping at oneself – or being tapped on, one will sometimes get in contact with the experience or those experiences, which created or is/are the cause/causes of the problem that one right now is about to solve – but it does not happen always. Here the outlines of the working portfolio and the simple test method are helpful.

All, it takes to solve a problem (temporarily or lasting), is that you focus on the problem while tapping is performed.

How was TFT discovered?

TFT was discovered and developed by DR. Roger Callahan - a respected and experienced psychologist of USA. After having used traditional therapies throughout thirty years, Roger Callahan was still not satisfied with his results – and by coincidence he became interested in kinesiology, which works with the meridians of the body.

In 1979 Roger Callahan treated a woman named Mary. Mary suffered from fear of water. After 18 months' treatment with different methods among others hypnoses and behavior therapy Roger Callahan tried "a stab in the dark" – nothing had helped in particular so far. Mary had told that her fear caused discomfort in the stomach, and he now knew that the stomach meridian runs right below the eye. While she was thinking of her fear, Roger Callahan tapped Mary under the eye, and in a few moments, her fear had gone. Mary has not felt any fear of water ever since. Roger Callahan repeated the technique with other victims of phobias and saw that it only worked at very few, if he only tapped below the eye. It was never the less his feeling that he was on the right path, and years research has made TFT one of the best tools for removing or easing psychological and physical discomfort, we no to this day.

What is kinesiology?

Kinesiology is a way of or method to communicate with the body. It has appeared that the body is able to answer questions put to it by respectively muscle strength/not muscle strength (answering to power/not power in a computer).

Actually, it is based on an agreement with the body about, how it shows *yes* and *no*.

Normally the kinesiologist tests (receives the answer) by sensing, if there is tension in a muscle (normally chosen for *yes*) – or the opposite (normally chosen for *no*) in one of the arms of the clients (it is easy for the client to sense it as well).

That can however be reduced – so that one senses with ones' middle finger, if there is strength/tension in the forefinger (there are two other methods as well – se previous). By that, it becomes possible to test on one's own.

Kinesiology sees a symptom (symptom of disease) in three aspects: a physical, (how we use the body), a chemical (what we ingest by eating, drinking and breathe in) and a psychological.

Experience shows that psychological aspect is the far most important. If you set percentages, the cause of a problem/symptom is 80-90 % psychological (sometimes more).

History:

In 1964 George Goodheart combined his own experience with Chinese, in that way that he by testing, if a muscle had a weak tonus were able to uncover, if an organ had a lowered energy – and by that also ascertain, if the meridian, which had connection to the muscle and the organ, had a lowered activity as well. He found, that he by affecting different points at the meridians or by working with the muscles was able to affect the organs, muscles, nerves and by that the brain as well.

George Goodheart made the system, Applied Kinesiology (applied movement theory/ teachings), which was only intended for chiropractors. A chiropractor college, John F. Thie found the system so good that he encouraged George Goodheart to develop a manual for use of ordinary people. He did not feel like that, but encouraged John F. Thie to do it, which he did (from 1965-1973). It is called "Touch for health" and is today used in the whole world.

What is gestalt therapy?

Gestalt therapy is a method, which is used to create dialog between the 'I' and the part-personalities and representations of others, one holds. Typically, it happens by moving between different chairs, which each represents the 'I' and that or those part-personalities or representations of others, which are relevant to bring in dialog to solve a problem. The gestalt therapy was developed by Fritz and Laura Pearls in the time from 1940 until 1970. They were both educated psychoanalysts.

Gestalt therapy is still very much used in connection with psychotherapy – and by that constantly developed further.

Thoughts about Thought Field Therapy

How can we understand TFT?

Within there seems to be a *core*, which is entirely intact. Throughout 4½ years, I had a school for adult people with psychological problems. I had detailed conversations with all pupils at their start. Part of the conversations was to ask the question: What do you dream about learning or doing? All had one or more dreams. No matter how sick, they were, they all had a dream that was intact. During our childhood, we have placed layers of demands, expectations and life limiting convictions on the outside of our *core*. That means that we to a more or less extent live a life, which is not in accordance with ourselves. Demands, expectations and life limiting convictions not only seems to be stored as thoughts – but also seems to be stored physically on cell level – both what is conscious to us – and what is not.

We can be fully aware of which traumatic experience that causes that we do not feel good walking alone in a dark street – and still have rapid heartbeat, cold sweat or something else. We can experience the same rapid heartbeat and cold sweat in the same situation – without knowing, which traumatic experience that is the cause.

When TFT is used, it seems, the physical storing are dissolved (can be tested). That means that the trauma (the experience) is remembered – but no longer releases an unpleasant physical reaction to it.

Sometimes it can feel puzzling that we seemingly can dissolve a discomfort – without a conscious experience of the underlying trauma. For me to see it can only happen, when we have a sufficient consciousness about it – or that the trauma in an adult perspective is of minor importance.

“It is not, what we experience, but what we feel, we experience, that determine our destiny!”

Marie von Ebner-Echenbech

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In the beginning, when I first heard about Thought Field Therapy, I was very skeptical. Could it be true that it, as it is somewhere used, just after 2 days of education was possible to contribute to ease psychological problems? Moreover, could it be true that a change could occur so fast? The first time, some of the practical applications appeared to my mind, was in connection with a small course for people on welfare, where I was invited as co-instructor. When they were all gathered around the table the first time, the instructor, who had learned TFT, asked them, how they felt about sitting there. Some answered they felt very nervous. He then asked how nervous they were on a scale from 0-10, where 10 was very nervous. Some was in the “space” from 5-10. He asked, if they would allow him to bring down the nervousness, which they accepted – and he then went on directly to tap on them with TFT. It took, as I recall it, about ten minutes to help those, who were above 5 down to 5 or less.

Some will compare, what he did, with paradoxical intervention – to do something unusual, which in a moment creates a change. If I am to describe the change, the atmosphere went from nervousness to eager expectation.

My own concepts about TFT were in a moment strongly extended. So fast changes I had never experienced before. In addition, that it directly could happen in a group, which had not yet build up confidence.

The only thing, they needed to say, were, how nervous they were – and think of it during the TFT treatment.

I think, it was right there, I was convinced that TFT was something I was to learn.

Ultimately convinced about the possibilities I was the first education day, where we were to go together 2 and 2 and treat each other. I here experienced the same fast effect, when I the first time used TFT as a therapist.

A pair of months after I had ended my education I was with at a stand at a health fair. Here I sat for three days and performed “15 minutes’ treatments”. I did not count, how many I treated, but it was almost without breaks. Throughout the three days, there were only one problem, which was not

solved. Among others I experienced to help one, who had not dared to drive a car for twenty years. After the treatment I asked her, how she had arrived to the fair. She had been driving with her husband. I asked if the car was at the parking space. It was. Then I asked her to go out and just drive a little at the parking space, which she promised to do. Later I met her again. She was all smile. She was now to tell; she not only had been driving at the park space – but also a tour round the town.

Since that I have used TFT a lot in my clinics. One of the first, who had been to my clinic a couple of times before, and who had experienced other techniques or tools (I use a good deal others) wrote afterwards:

“My experience with Thought Field therapy”

I have gone to therapy at Niels for some time, and one day, I had several things, I needed to work with. Therefore, Niels suggested TFT.

The primary was that I felt very depressed – I felt life hopeless and felt incredibly sorry. For the first time of my life, I considered if I was to contact a doctor in order to be medicated for a possible depression. That was not easy, because I in no way are a supporter of medicine and was unable to imagine myself having medicine – nor a depression for that matter.

My experience of TFT was very incredible and became much better during the session, could feel the heavy thoughts went lighter, the hopelessness disappeared and I became happier. At a time I went in contact with a fierce anger to my parents, especially my father, and a big grief over, what I have experienced during my childhood (violence and drinking). But calm and orderly, while Niels was tapping, I felt better and the anger disappeared. I remember, I thought, if it would last and if it was the “right” way of getting rid of the anger – or if it was better to live it through. Anger is a difficult matter to me, so it was a very good way to get rid of it for me. The most fantastic was an experience I had some weeks later. I went to think of that it was my father’s birthday (he has passed away) and thought like I have used to: “bastard”, but then I felt it not at all was like that, I felt about him any longer. I had forgiven him and felt peace inside, where I previous had felt hate and anger. That was incredible and surprised me very much. It was as if the therapy, I had at Niels, had continued and the result was first entirely obvious after some time. I have neither felt the same depressive condition as before the therapy. It has never become as hopeless and heavy as before, and for that, I am incredibly grateful.

I have had one more therapy with TFT – and that was the same experience of feeling better right away – and that the therapy continued long after, I had left Niels. I can first really feel the result after some time.

Client

Not painless treatment

Thought Field Therapy is not painless treatment. It is not like taking a pain-relieving pill. However, in most cases you are very shortly in a lot of or strong discomfort.

You can see TFT as a tool that is able to make the life process more constructive. I stead of stopping completely, which you previous may have done for periods (though I think, it can be good to do that now and then), TFT contributes to make life a creative process and to think: “How can I then solve this problem?”

TFT is often highlighted as a fast solution. It often is – compared to other tools, *but it takes time* – depending on the complexity of the problems/issues. Still it is only one feeling or conviction, you can work with, at a time.

Change

The strongest incentives for change seems to come from ourselves, people we like, people we respect or people, we look up to.

When we become absorbed in changing others – and try to – it seems, we do it in order to increase our own feeling of security. We are however not able to change others – they can only do that themselves. We may believe others are the main cause of our feelings of insecurity. It is rarely like that. Far more often, it is within ourselves, the most important causes of the insecurity are to be found.

Many of us learn from life that we have no – or very little influence on our life. You can say we by that just become somebody, who *reacts* to, what others do. That leads naturally to great attention to, what others do. The moment, we discover how big influence, we really have, it becomes possible to move focus to ourselves. By that we have become *acting* instead of *reacting* – and do no longer feel ourselves as victims of, what others do.

We have some very deep reasons – and by that, you can say as well that we have very strong reasons, for what we do. That it goes deep means, we can feel our existence threatened, if we do something else or new. If we are to do something else or new, we therefore need *time* to gradually experience that our existence is not threatened in reality by doing something else or new. If we meet strong demands for doing something else or new here and now – or think in another or new way – we will have to defend ourselves – for the sake of our existence.

Documentation

To whom it may concern

The undersigned, Jon Hetlelid, have worked as a 'heilpractician' for more than 14 years and have researched on and tested alternative therapies and treatments with test of variation in the heart frequency (Heart Rate variability) with EKG for more than 10 years. I have treated more than 60.000 people with almost all types of problems.

The last year I have tested the effect of Thought Field Therapy.

When it comes to treatment of psychological problems I have never previous seen as fast and powerful an effect.

I have now made 500 tests on TFT treated clients, and you can see an almost instant stabilization of the autonomic nerve system. The HRV test are not affected by the placebo-effect but is an objective measurement of the condition in the body. TFT treatment often remove feelings/emotions of fear/anxiety and that can be read off the HRV-test. You typically see a normal lowering of the pulse rate at 10 – 15 beat of the pulse in a minute before and after a treatment at 5 – 10 minutes. You very often register an increased inflow of energy, and the clients often report that the fear/anxiety, they had before the treatment, are gone.

HRV also in a number of cases show that client with atrial fibrillation have an almost instant stabilization of their heart rate by TFT treatment.

Newer tests with a new instrument called Performance 2001 show a triple of the electric activity in the meridians after short time tapping at points used by TFT. This instrument have been developed by German doctors – and measure electric activity in Nano ampere.

I have seen an almost instant effect of TFT in clients, who have had psychological problems for years, and – at the beginning reluctantly – had to acknowledge that TFT works just as fast as it is claimed. In short, I have started to use TFT to a wide range of problems with an almost incredible degree of success.

I recommend all people, who suffer from psychological problems to try TFT to ease their destructive emotions.

Best Regards

John Hetlelid, heilpractician and researcher, Head of NLH

The Nairobi Embassy Bombing

Reported by Jenny Edwards, Ph.D., TFTdx

When I first heard about Thought Field Therapy, I knew I wanted to learn it for my work in Africa, where I teach seminars sponsored by the Carmelite Community in Nairobi. I thought the people there would benefit from learning a simple way to eliminate trauma, physical pain, anxiety, addictions, phobias, and the many other symptoms that Thought Field Therapy successfully addresses. A year later, August of 1998, I was in Nairobi conducting a two-week seminar with priests, nuns, brothers, counselors, social workers, and educators. Along with the requested curriculum, I had decided to include a small section on Thought Field Therapy.

The bombing of the U.S. Embassy in Nairobi occurred on a Friday, while we were in the seminar, about a half hour from downtown Nairobi. I had just begun teaching TFT prior to the point that we became aware of the extent of the destruction. By Monday, the students were questioning whether TFT was powerful enough to help people with traumas as severe as those caused by the bombing. I had pre-arranged to go with the Sisters on their hospital rounds after the training that day. As we went through police roadblocks and arrived at the hospital, going directly to the wards, doubts began to surface. I knew that TFT worked - but these people had been in a bombing! I followed the Sisters from ward to ward, wondering whether TFT could help with such devastation. People's faces were filled with stitches, often with their eyes bandaged. It was unthinkable to ask them to tap on the various face and eye points (I have since learned that equivalent points on the feet can be used when necessary).

We finally came to a woman who had mostly lower body injuries. She was lying on her bed staring into space, clearly in a great deal of pain. Her shoes had been blown off by the bombing, and among other injuries, she had a lot of glass in her feet. Though she was on pain medication, the doctors had not been around to see her yet, and she rated her pain at a "10." Since her injuries were less severe than others, I offered to "Try something that might help." "I'll do anything," she said. "I'm in so much pain. I keep thinking a bomb will explode any minute in the hospital. I know it's probably not going to happen, but I can't get it out of my mind!"

I worked on the pain first, using the TFT pain algorithm, and her pain came down from a "10" to a "5." But then it wouldn't budge. It occurred to me we needed to tap for the trauma in order for the pain to go any lower. She rated the trauma as a "10," and using the TFT complex trauma algorithm, it came down to a "0" immediately. After that, we tapped again for the pain, and it went down to a "0." She looked at me a little bewildered: "I've played the pictures of the bombing over and over in my mind, almost without stopping, since Friday. It's really strange. Now I'm not doing that any more. I think that I'll be able to sleep tonight."

The Sister then came over asking me to assist another woman who had watched the first treatment and "wanted to be healed, too." She was bandaged and her hand was hanging limp and too painful to move. She was a "10" on both trauma and pain. I decided to work on the trauma first this time, and it came down fairly quickly to a "0." Then we worked on the pain, which was already down to an "8" from clearing the trauma. Soon her pain too was down to a "0." She began moving her hand around and the color came back to her face. Then she was smiling and laughing. Her husband, who had been watching everything, asked the Sister if TFT might help his neck pain. She said, "Of course!" By now the first woman was sitting up for the first time since the bombing, eating dinner, and also smiling and laughing with her husband. Later on, her husband reported to the Sister that since the bombing, his wife had panicked whenever he had to leave, for fear of another bombing. On this evening, however, she was fine when he left.

Back in the seminar, I started doing demonstrations with traumas my students were experiencing related to the bombing. They were amazed by the results and began sending me friends and family, including some extremely difficult cases. I then received an invitation to introduce TFT to therapists at a local counseling center. Though I had for a year felt called to share TFT in my seminar in Nairobi, I had no idea how timely it would be, or how effective.

Jenny Edwards, Ph.D., is a Board Member of the Association for Thought Field Therapy Foundation. She has taught TFT in ten countries, including Canada, Israel, Italy, Kenya,

Madagascar, Mauritius, Mexico, the Philippines, South Africa, and the United States. She is a certified NLP Master Practitioner and a Clinical Hypnotherapist.

The Ego is being stressed, when you tap

After having been present at and observing a therapy session utilizing Thought Field Therapy I can say this:

In our development the ego has roots in being animals. The ego is in charge of handling survival in the present. To handle this task it all the time regenerates, recreates or maintains the self-images, we have created in preparation for survival: "I have to be big (have a large body).", "I have to beat first, before I get beaten.", "I have to be on guard all the time.", "I need to be weak to be loved." etc. So the ego all the time seeks to hold on to our "survival self-images".

The ego need a certain time for this process of regeneration. The moment, you begin to tap – or are being tapped on, the ego is stressed or disturbed – and is not capable of regenerating the "survival self-images" as fast as usual. It ends up giving up, when it comes to the separate images – and they end up being blurred – or not visible at all.

The images, that are left, are in accordance with the self or the I. Development of the self or "character-development" is a step in the evolution, we are in now (or on our way into) – that holds far more facets than just survival. That means that the self is capable of handling our survival – just in better ways than the ego.

It seems we all hold a "core of talent". We all have some talents, we can develop and unfold. By eliminating the "survival images" of the ego, resources are set free to strengthen the "core of talent" – and thus strengthen our ability to live out our talents.

Therefore, by tapping you can say that you perform a positive brainwash.

It seems to be experienced inoffensive by the client, because she or he experience being in mental control.

It seems that the humming affects the crystals that are at the passage between the two halves of the brain.

When you experience, you get down to zero (at the 10-0 scale), it concerns the present. That usually does not mean that we have fully completed (can have) the work with the aspect – but that we will have to work with other angels in relation to the aspect at a later step in our development. On the other hand is all, we can – and shall – to be in and relate to the present.

Erik Abrahamsen, Clairvoyant

Comments:

As I see it, you could say Erik Abrahamsen point at, that we store our experiences as pictures. We can think of our conscious and unconscious as a large collection of still pictures. At the same time it is as if we sometimes – a moment after we have seen a still picture – can see the pictures before and after at the "film strip" or the hard disk (a movie has 24 pictures per second). When we have a thought or experience/sense something, which are related to the stored pictures, we see it (conscious or unconscious) at the "screen" fractions of a second after – and are affected emotionally by what we see.

Erik Abrahamsen also points at that we by tapping, when it is about pictures related to an experience, can change them because they no longer can be sustained and maintained after shorter – or in rear cases a little longer – time tapping.

In many cases I have experienced clients, who could tell about a shift in a person, they saw in a certain situation, from ex being angry or threatening to friendly (while tapping was going on).

What it is that does that we can experience this shift, I still do not have an explanation to. However – some quantum physics may say we just change reality during the process, which proceeds by tapping.

Study of effect of Thought Field Therapy

Preliminary report by:
Joaquim Andrade and David Feinstein PhD.

The whole study includes 29.000 patient treated at 11 institutions in Argentine and Uruguay over the last 14 years. 34 therapists participated.

The common feature is that all patients went through a diagnostic examination. After that, they were divided in random groups and had different types of treatment. The evaluation of the results has been made based on so called double blind design. Besides there has been an examination afterwards – after 1, 3, 6 and 12 months.

A subgroup in this large study consisted of 5.000 patients, who suffered from different types of anxiety. Half of them were treated with TFT (group A), the rest with cognitive behavioral therapy and medicaments (group B).

In group A 90 % had an improvement – and in group B 63 %.
In group A 76 % were free of symptoms, in group B 51 %.
In group A the average time of treatment were 3 sessions, in group B 15.
The examination afterwards showed significant less relapse in group A (numbers are not stated).
No adverse effects were detected by use of TFT.
All the data taken into account, the writers think TFT works very differently to different disorders compared to other treatment methods.

TFT shows far better results when it comes to:

Different anxiety disorders, traumatic conditions, mixed conditions of anxiety/depression, adaptation disorders, poor impulse control, abuse and neglect of care, more specific conditions as fear, sorrow, guilt, anger, shame, jealousy, rejection, loneliness, frustration, heartache, adaption difficulties, AHD, impulse control, difficulties after addiction and neglect of care.

TFT shows better results when it comes to:

Obsessive thoughts, generalized anxiety, anxiety in consequence of somatic disease, social phobia, learning difficulties, communication problems, eating problems among small children, tics, elective mutism, interaction/relation problems, sexual dysfunctions, sleep disturbance.

TFT is just as good as other treatment methods when it comes to:

Mild/moderate depressions, motor skills, disease/torment/problems caused by abuse.

TFT shows poorer results when it comes to:

Severe endogenous depressions, personality disorders, dissociative conditions (going into other worlds like in psychoses).

TFT seems to have no effect when it comes to:

Psychoses, bipolar depressions (manic-depressive mental disorder), delirium, dementia, mental retardation, chronic exhaustion.

Although TFT in the last 2-3 last-mentioned categories do not have any effect to what is called the basic condition, the writers herald that TFT can be an important method to improve their quality of life and to ease many of the day-to-day life's bigger and smaller worries and problems.

The authors underline that there seems to be no static substance for using specific sequences or number of points that are stimulated. It was not either possible to demonstrate any difference in

effect by using the “9-gamut” sequence. Callahan emphasize both the number of points, the order used and “9G”. – More about this at www.emofree.com.

All data taken into account the authors find that TFT works very differently to different conditions compared to other treatment methods.

The whole report is to find at:

<http://www.emofree.com/Research/Research-other/andradepaper.htm>

Study of the best treatment method for PTSD

In 1995 Figley and Carbonell contacted 10.000 therapists, psychiatrists and other practitioners in order to hear about the best experiences when it comes to treatment of PTSD (Post Traumatic Syndrome Disorder). 2.000 responded – and the 4 best treatment methods were picked out and examined. The survey found that TFT was the far best – and at the same time the fastest method of the picked.

Source: Figley, C.R. and Carbonell, J (1995); “The Active Ingredient”-Projekt: The Systematic Clinical Demonstration of the most Efficient Treatment of PTSD. A Research, Tallahassee: Florida State University Psycosocial Stress Research Program and Clinical Laboratories.

International results of treatment of war traumas

An international group of experts claims that they are able to unravel parts of the problematic about one of today's big trauma problems.

A group led by psychologist Carl Johnson and four doctors recently have presented a report about treatment of traumas with TFT in Kosovo. It shows this time's best results. 99,5 % of 249 severe war traumas were treated – and there were no relapses after 5 months after the TFT treatment.

This Report was presented in the October 2002 number of Clinical Journal of Psychology.

The supreme medical responsible doctor in Kosovo, Dr. Shkelzen Sylja, has sent an official letter to Dr. Roger Callahan*, where he tells that he now undertakes a total reorganization and start up a new national program, with emphasis on TFT.

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*American psychologist, who has found and developed TFT over about 25 years.

Letter to Dr. Roger Callahan (below)



**TRUPAT E MBROJTJES SË KOSOVËS
SHTABI I PËRGJITHSHËM
BATALIONI 40 I MJEKËSISË**



Pristinë me 01/11/2001
Nr. Prot. 03/2269

**DR. ROGER CALLAMAN
CALIFORNIA
UNITED STATES OF AMERICA**

Dear Dr. Callahan,

Many well-funded relief organizations have treated the post traumatic stress here in Kosova. Some of our people had limited improvement but Kosova had no major change or real hope until volunteer American Professor Carl Johnson came to help us with the method that you discovered, Thought Field Therapy.

We referred our most difficult trauma patients to the Professor. The success from TFT was 100% for every patient and they are still smiling until this day.

The Professor has been training our medical personnel in your amazing methods of psychotherapy and we are also having success now. Dr. Callahan, Kosova loves Thought Field Therapy.

As Chief of Staff of the Medical Battalion of K.P.C I have full, authority over all medical decisions in Kosova. I am revising this completely and starting a new national program.

The emphasis of the national program will be Thought Field Therapy.

Dr. Shkelzen Syla
Chief of Staff



Instruction in short form (addition to 'Instruction in short form' at next page)

Find the conviction or the feeling.

If it is a conviction, it normally can be used as it is.

When it is a feeling, you just think of the feeling (say it repeatedly while you tap) – or form a sentence – or form a conviction from the feeling.

Say the conviction, the feeling or the sentence aloud or whisper, while you tap.

Affect the points 1-7 (add when needed other points ex anger, guilt, shame).

Perform 'brain cooperation' – 'BC' (remember to tap point 8 concurrently).
(You can try/choose to go on just tapping point 8.)

Test where you are at the 0-10 scale.

Affect again the points 1-8 etc. – until you have come downwards at the scale – or are at 0.

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If you do not move at the 0-10 scale, you need to seek understanding:

Test which situation that released the feeling – or in which situation you formed a life limiting conviction.

You can also choose (with your eyes closed) to see the person before you (you can test who it is by using the outline of representatives of others), who is causing the actual feeling – or the person (persons), who occasioned that you formed the life limiting conviction – or whom you took over the conviction from.

End up with "floor to ceiling".

Note down what you have worked with – and where you went to at the 0-10 scale.

If you reached 0: You can choose to tap a sequence while you say the life supporting conviction or feeling – ending with "floor to ceiling".

Test – or feel – if there is something more, you are to work with – and do that when needed.

Seek help, when you cannot on your own!

Additions to instruction in short form

At feeling:

I am just to think of the feeling? - test

I am to form a sentence? – test

If yes – when you have formed it:

This is the best sentence; I can form? – test

If not:

Form one which is more precise – test (until it is the best)

I am to find out if the feeling is in the 'I' or in a part personality or in a representation – which – test

I need to work with an underlying/releasing conviction – test

At conviction:

I can work with it as it is – test

If no:

I am to think about it (because I have worked with it already) – test

I am to be reminded about, it still has some impact for a while (one you have worked with) – test (If yes: you can choose to test for how long)

I am to rephrase the conviction (make it more precise) – test

I am to find out if the conviction is in the 'I' or in a part personality or in a representation – which – test

At life aspect:

You go on from a life aspect by finding either a feeling or a conviction.

Table of contents feelings

(3 columns at each page)

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Table of contents convictions

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s. 91	851-900
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s. 93	951-1001
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s. 97	1151-1200
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s. 103	1451-1500
s. 104	1501-1515

Outline 1 – life limiting part personalities

- | | | |
|-------------------------|--------------------------|---|
| 1 The 'I' (The self) | 51 The plain | 101 The dethroned |
| 2 The survivor | 52 The secure addicted | 102 The touchy |
| 3 The perfect | 53 The worn out | 103 The passive |
| 4 The thrifty | 54 The captivator | 104 The suspicious |
| 5 The critical | 55 The vainglorious | 105 The faithless |
| 6 Responsible | 56 The arrogant | 106 The nagger |
| 7 The irresponsible | 57 The self-asserting | 107 The guilt-ridden |
| 8 The addicted | 58 The self-deception | 108 The victim |
| 9 The sick | 59 The impostor | 109 The suffering |
| 10 The curious | 60 The self-effacing | 110 The cruel |
| 11The slighted | 61 The liar | 111 The hurt |
| 12 The visible | 62 The thief | 112 The doubting |
| 13 The self-denying | 63 The robber | 113 The autist |
| 14 The self-glorifying | 64 The cautious | 114 The self-harmer |
| 15 The pathetic | 65 The offended | 115 The suicidal |
| 16 The insensitive | 66 The cheap | 116 The unrestful |
| 17 The violator | 67 The frugal | 117 The blamer |
| 18 The tired | 68 The prodigal | 118 The prejudiced |
| 19 The scheming | 69 The resignating | 119 The despot |
| 20 The defiant | 70 The self-oversighting | 120 The misrepresenting |
| 21 The indecisive | 71 The gloating | 121 The swinger |
| 22 The uncertain | 72 The haughty | 122 The sadist |
| 23 The feigned certain | 73 The self-righteous | 123 The masochist |
| 24 The dreamer | 74 The violated | 124 The hot-tempered |
| 25 The longing | 75 The dishonest | 125 The foolhardy |
| 26 The embarrassed | 76 The lie living | 126 The gullible |
| 27 The manipulator | 77 The obsessive | 127 The childish |
| 28 The rebel | 78 The petrified | 128 The harmed |
| 29 The hermit | 79 The nonentity | 129 The anxious |
| 30 The despairing | 80 The schizoid | 130 The megalomaniac
(self-overrating) |
| 31 The self-centered | 81 The monochrome | 131 The backward striving |
| 32 The denying | 82 The wild | 132 The reserved |
| 33 The fantasizing | 83 The psychopath | 133 The rubber |
| 34 The self-sacrificing | 84 The rejected | 134 The beast |
| 35 The life denier | 85 The involver | 135 The transvestite |
| 36 The dejected | 86 The anorectic | 136 The over-protective |
| 37 The self-devourer | 87 The bulimia | 137 The bulldozer |
| 38 The ruthless | 88 The comparer | 138 The jealous |
| 39 The striver | 89 The worried | 139 The martyr |
| 40 The starver | 90 The mania | 140 The shy |
| 41 The obdurate | 91 The depressive | 141 The clown |
| 42 The unreasonable | 92 The humiliator | 142 The invisible |
| 43 The simple minded | 93 The parasite | 143 The neglected |
| 44 The impatient | 94 The sticky | 144 The forgotten |
| 45 The understanding | 95 The mean | 145 The naïve |
| 46 The lavish | 96 The insidious | 146 The self-dazzling |
| 47 The moneygrubber | 97 The unstable | 147 The fanciful |
| 48 The greedy | 98 The bestial | 148 The pleaser |
| 49 The wrong | 99 The hesitator | 149 The former 'I' |
| 50 The listless | 100 The distant | 150 The feeble/weak |

Outline 2 – representations of others

- 1 mother
- 2 father
- 3 brother
- 4 sister
- 5 daughter
- 6 son
- 7 grandmother (maternal)
- 8 grandfather (maternal)
- 9 grandmother (paternal)
- 10 grandfather (paternal)
- 11 maternal aunt
- 12 maternal uncle
- 13 paternal aunt
- 14 paternal uncle
- 15 aunt
- 16 uncle
- 17 neighbor
- 18 upstairs neighbor
- 19 downstairs neighbor
- 20 one in the neighborhood
- 21 a teacher
- 22 a friend
- 23 an old friend
- 24 a wife/husband/partner
- 25 a common-law wife/husband
- 26 former wife/husband/partner/common-law wife/husband
- 27 sweetheart
- 28 former sweetheart
- 29 boss
- 30 old boss
- 31 college
- 32 old college
- 33 priest
- 34 missionary
- 35 'oldest' (Jehovah's Witnesses)
- 36 foster-mother
- 37 foster-father
- 38 adoptive parent (mother/father)
- 39 stepmother
- 40 stepfather

Outline 3 – Life aspects

Physical:

- 1 pain
- 2 tension
- 3 itch
- 4 discomfort
- 5 nausea
- 6 rash
- 7 constipation
- 8 incontinence
- 9 impotence
- 10 inability of feeling full
- 11 limpness
- 12 strength
- 13 thickening

In life:

- 1 birth
- 2 death
- 3 childhood
- 4 puberty
- 5 family
- 6 school
- 7 mates
- 8 youth
- 9 friendship
- 10 partnership
- 11 single life
- 12 parent
- 13 mid-life crisis
- 14 aging
- 15 old age

Psychological:

- 1 stress
- 2 anxiety
- 3 traumatized
- 4 depression
- 5 psychoses
- 6 mania
- 7 embarrassment
- 8 guilt
- 9 shame
- 10 phobia
- social phobia*
- dog phobia*
- acrophobia (heights)*
- arachnophobia (spiders)*
- fear of flying*
- fear of water*
- something else*
- 11 sorrow
- 12 addiction

- sex*
- alcohol*
- cola*
- tobacco*
- narcotics*
- sucker*
- food*
- something else*
- 13 anorexia
- 14 bulimia
- 15 psychopathy
- 16 sociopathy
- 17 longing
- 18 absence of love
- 19 rejection
- 20 untruthfulness
- 21 honesty
- 22 confidence
- 23 distrust
- 24 truth
- 25 freedom
- 26 forgiveness
- 27 reconciliation
- 28 revengefulness
- 29 hostility
- 30 choices
- 31 change
- 32 liberation
- 33 openness
- 34 prejudiced
- 35 humility
- 36 let bygones be bygones
- 37 silence
- 38 inner leadership
- 39 false pride
- 40 modesty
- 41 compassion
- 42 self-confidence
- 43 self-respect
- 44 low self-esteem
- 45 loneliness
- 46 inner realization
- 47 appreciation
- 48 passivity
- 49 self-righteousness
- 50 cocksurenness

- 51 disappointment
- 52 worship
- 53 lenience
- 54 caution
- 55 injustice
- 56 indifference
- 57 (not) rewording
- 58 preoccupation
- 59 determination
- 60 indecisiveness
- 61 (im)patience
- 62 satisfaction
- 63 discontent
- 64 loss
- 65 suffer deprivation
- 66 greed
- 67 sympathy
- 68 empathy
- 69 (Dis)harmony
- 70 cynicism
- 71 memory
- 72 mull
- 73 (not) nourishing
- 74 safety, insurance
- 75 thoughtfulness
- 76 consideration
- 77 warlike
- 78 doubt in one self
- 79 offended
- 80 falling in love
- 81 contortion
- 82 molested
- 83 provided
- 84 insincerity
- 85 falseness
- 86 humiliation
- 87 rushed
- 88 enterprise
- 89 appalled
- 90 hackneyed
- 91 reliability
- 92 unreliability
- 93 gone to ruin
- 94 twistedness
- 95 devoured
- 96 fatigued
- 97 immersion/absorption
- 98 ignominiousness
- 99 admission
- 100 uncomfortableness

101 predictability	151 opposition	201 failed
102 emptiness	152 karmic	202 immoral
103 exhausted	153 impoverished	203 regret
104 purported	154 derision	204 too late
105 comprehensibility	155 moderation	205 too early
106 renunciation	156 digestion	206 disgusting
107 decency	157 justifiableness	207 fleetingness
108 credibility	158 dumbing down	208 deification
109 unstableness	159 oblivion	209 resignation
110 arrogance	160 altruism	210 bashfulness
111 flustered	161 idolization	211 pettiness
112 disturbed	162 reconciliation	212 patronization
113 mistaking	163 slip of the tongue	213 undaunted
114 trouble	164 fancifulness	214 timid
115 vanity	165 forgetfulness	215 frankness
116 loftiness	166 harassed	216 candid
117 sincerity	167 entrenched	217 brutality
118 sadness	168 generosity	218 torture
119 cheerfulness	169 gorged	219 insatiable
120 fulfilled	170 vapid	220 self-righteousness
121 suffering	171 ignorance	221 opinionated
122 absolution	172 not inspired	222 carelessness
123 distinguished	173 noble-mindedness	223 fiddling/cheating
124 dastardly	174 recognition	224 remissness
125 distastefulness	175 unpredictability	225 premeditation
126 uncontrollable	176 not cautious	226 persevering
127 unbridled	177 cautiousness	227 anxiousness
128 perdition	178 revelation	228 indecisiveness
129 fanaticism	179 undaunted	229 state of equilibrium
130 challenged	180 inaccessible	230 stubbornness
131 untamable	181 dangerous post	231 pretense
132 confession	182 invisibility	232 non-disclosure
133 transformation	183 unselfishness	233 without purpose
134 informing	184 indecency	234 usefulness
135 denial	185 unspeakable	235 reputation
136 self-harm	186 indistinctness	236 obdurateness
137 improperness	187 haughty	237 prison
138 perishability	188 tirelessness	238 renewal
139 insuperableness	189 flexibility	239 accident
140 shyness	190 utopian	240 balance
141 unachievable	191 idealism	241 psychological strength
142 powerlessness	192 tactlessness	242 power
143 rudeness	193 unthought out	243 catastrophe
144 discrimination	194 pompousness	244 obesity
145 hopelessness	195 outclassed	245 gauntness
146 ignoring	196 meanness	246 thoughtlessness
147 ambivalence	197 infinity	247 responsibility
148 failure	198 weakness	248 irresponsibility
149 delighted	199 insecurity	249 unbalance
150 inertia	200 desertion	250 paralyzed

251 abundance
252 poverty
253 sharing
254 expectation
255 strain
256 overconsumption
257 overspending
272 dismissal
273 downfall
274 success
275 hostility
276 condescension
277 assault
278 abuse
279 robbery
280 rape
281 war

258 selfishness
259 short-sighted
260 equality
261 breach of faith
262 slavery
263 utilization
264 deception
282 incest
283 love
284 no love
285 peace
286 plunder
287 apartheid
288 mafia
289 perfection
290 silence
291 being immature

265 violence
266 psychological violence
267 harassment
268 bullying
269 beauty
270 deviance
271 indignation
292 secrecy
293 disintegration
294 indomitableness
295 disillusion
296 coldness
297 adoration
298 lenience
299 self-righteousness

Outline 4 – feelings/emotions

1 without self-esteem	51 not loved	101 weak
2 overwhelmed	52 detestable	102 let down
3 excitement	53 conquered	103 not inspired
4 success	54 not respected	104 exhausted
5 shame	55 forgotten	105 overridden
6 embarrassed	56 (un)certain	106 speechless
7 not supported	57 anger	107 unsociable
8 not understood	58 love	108 indifferent
9 sluggish	59 exhaustion	109 exploited
10 criticized	60 surly	110 neglected
11 discontented	61 sad	111 abandoned
12 disappointed	62 grief	112 a failure
13 not receptive	63 shock	113 longing
14 guilt-ridden	64 happiness (restrain of)	114 without any reason
15 hunger	65 nervousness	115 guilty
16 nausea	66 not appreciated	116 revengeful
17 despondent	67 forced	117 feeble
18 empty	68 overwrought	118 rejected
19 broken	69 lost courage	119 not accepted
20 overloaded	70 under pressure	120 disgraced
21 agitated	71 (not) nourished	121 humiliated
22 disgust	72 not perfect	122 robbed
23 doubt	73 duty bound	123 aggressive
24 bitter	74 unrest	124 (in)tolerance
25 repelled	75 fear	125 unfair
26 (im)patient	76 anxiety	126 outrageous
27 annoyed	77 panic	127 hate
28 agitated	78 fright/horror	128 abomination
29 turned down	79 restlessness	129 not ready
30 cynicism	80 frustration	130 dazed
31 unimportant	81 wasted	131 intolerable
32 not affirmed	82 a lost cause	132 mistrust
33 sympathy	83 inadequate	133 (un)grateful
34 disgusting	84 indecisive	134 are different
35 alienated	85 resentment	135 not understood
36 betrayed	86 ridiculed	136 at a loss
37 useless	87 worried	137 apathy
38 envy	88 ran out of steam	138 oppressed
39 of no value	89 awkward	139 troublesome
40 hurtful	90 shy	140 burdensome
41 nonentity	91 in vain	141 defenseless
42 ruthless	92 hate to oneself	142 trapped
43 cowardly	93 sexual insecurity	143 bound
44 (dis)trust	94 creative insecurity	144 (un)free
45 demeaned	95 rash	145 desperate
46 wiped out	96 reckless	146 violated
47 miserable	97 paranoia	147 invaded
48 grumpy	98 postponed	148 kept down
49 discarded	99 (dis)loyal	149 enforced
50 agony	100 remorse	150 run over

- | | | |
|-------------------------|-----------------------------|----------------------------|
| 151. assaulted | 201. frightened | 251. serving |
| 152. grudge (bear) | 202. terrified | 252. (dis)equilibrium |
| 153. devastated | 203. stuck | 253. cowed |
| 154. fatigued | 204. assailed | 254. careless (obstructed) |
| 155. stressed | 205. come to nothing | 255. (un)affected |
| 156. degraded | 206. overburdened | 256. deceived |
| 157. stripped | 207. eaten away | 257. paranoid |
| 158. under suspicion | 208. invisible | 258. expended |
| 159. misunderstood | 209. insecure | 259. tormented |
| 160. molested | 210. distasteful | 260. edgy |
| 161. indecent | 211. languid | 261. compressed |
| 162. wrong | 212. ridiculed | love/anger |
| 163. in danger | 213. paralyzed | 262. fury |
| 164. exterminated | 214. thirst for revenge | 263. indignation |
| 165. destroyed | 215. sexually exhilarated | 264. contempt |
| 166. indistinctness | 216. hysteric | 265. confused |
| 167. wretched | 217. relaxed | 266. demotivated |
| 168. vulnerable | 218. stubborn | 267. discouraged |
| 169. defeated | 219. guilty conscience | 268. helpless |
| 170. obstructed | 220. horny | 269. prejudiced |
| 171. pained | 221. melancholy | 270. passive |
| 172. harassed | 222. (over) responsible | 271. humble |
| 173. starved | 223. jealous | 272. servile |
| 174. unresolved | 224. controlled | 273. submissive |
| 175. unbearable | 225. petrified | 274. proud |
| 176. affected | 226. merciless | 275. hurt |
| 177. touched | 227. aimless | 276. egoistic |
| 178. struck | 228. pity | 277. irritable |
| 179. shaken | 229. regret | 278. disorganized |
| 180. restrained | 230. boredom | 279. self-satisfied |
| 181. tortured | 231. (not) respected | 280. slighted |
| 182. filled up | 232. unworthy | 281. blue |
| 183. outraged | 233. stupid | 282. unfriendly |
| 184. desire | 234. compassion | 283. hostile |
| 185. banished | (exaggerated) | 284. inept |
| 186. disintegrated | 235. unwanted | 285. hopeless |
| 187. excluded | 236. (not) let go | 286. distressed |
| 188. divided | 237. frigid | 287. defamed |
| 189. doomed | 238. irritated | 288. absent |
| 190. weak from exposure | 239. frustrated | 289. feigned |
| 191. unstable | 240. lost | |
| 192. exposed | 241. locked | |
| 193. revealed | 242. possessed | |
| 194. depressed | 243. lightness (obstructed) | |
| 195. informed on | 244. gravity | |
| 196. accosted | 245. despair | |
| 197. improper | 246. elated | |
| 198. powerless | 247. dispirited | |
| 199. discriminated | 248. lonely | |
| 200. low self-esteem | 249. guilt | |
| | 250. hope(less) | |

Outline 5 – life limiting convictions/beliefs

1. I am convinced that, I cannot just help myself.
2. I am convinced that, help can only be help from another person.
3. I am convinced that, I am unable to help myself.
4. I am convinced that, I am weak.
5. I am convinced that, I am not good enough.
6. I am convinced that, I know better.
7. I am convinced that, I am to confront others, to see if I can trust them
8. I am convinced that, I will only remember the good.
9. I am convinced that, I have to let myself get abused.
10. I am convinced that, I am of no importance.
11. I am convinced that, I do not wish to show, who I am.
12. I am convinced that, I others do not care about me.
13. I am convinced that, I am to demean myself to be worthy of being loved.
14. I am convinced that, life is inconsequential.
15. I am convinced that, love is denial of oneself.
16. I am convinced that, I am innocent, when I do nothing.
17. I am convinced that, I have to get it right.
18. I am convinced that, I am to learn others, what they do not want to see in themselves.
19. I am convinced that, others loose interest in me, when I involve.
20. I am convinced that, I lose my freedom by adapting.
21. I am convinced that, other people are fragile.
22. I am convinced that, other people are not as strong, as I think.
23. I am convinced that, things only obtain value from the suffering, which is connected.
24. I am convinced that, others are to respect me.
25. I am convinced that, I hurt others by living according to my own needs.
26. I am convinced that, have to be in control of my surroundings.
27. I am convinced that, I do not want to involve myself.
28. I am convinced that, I am to do, what others expect.
29. I am convinced that, I am not worthy of love.
30. I am convinced that, I am to undergo a cold three times a year.
31. I am convinced that, I am bad at making speeches.
32. I am convinced that, I cannot sing.
33. I am convinced that, I do not want to be in this world.
34. I am convinced that, I am make too high demands on myself.
35. I am convinced that, I am to have problems to be loved.
36. I am convinced that, I am to suffer to be loved.
37. I am convinced that, I can only trust myself.
38. I am convinced that, I am to be able to stand everything.
39. I am convinced that, I am in the way.
40. I am convinced that, I am invulnerable, when I do not involve.
41. I am convinced that, I am to deny my experiences.
42. I am convinced that, I am to deny myself in order not to hurt others.
43. I am convinced that, must be a battle.
44. I am convinced that, it is dangerous to get attached to others.
45. I am convinced that, I lose myself by expressing love.
46. I am convinced that, I hurt others by expressing my needs.
47. I am convinced that, I am to suffer to be respected.
48. I am convinced that, others are to take me seriously.
49. I am convinced that, I am not accepted, as I am.
50. I am convinced that, I am innocent.

51. I am convinced that, I am right/correct.
52. I am convinced that, I must be beautiful to be loved.
53. I am convinced that, I do not dare taking the risk, which is necessary to learn.
54. I am convinced that, life is work.
55. I am convinced that, I become dependent by owing something to others.
56. I am convinced that, there is never enough.
57. I am convinced that, I lose myself, when I involve.
58. I am convinced that, I am not to show weakness.
59. I am convinced that, I have to be weak to be loved.
60. I am convinced that, I have to do something extra to be taken seriously.
61. I am convinced that, it is others, who rule/control my life.
62. I am convinced that, I am to protect others.
63. I am convinced that, I am to protect myself against others.
64. I am convinced that, others are to understand me.
65. I am convinced that, all must be agreed.
66. I am convinced that, I must be like others.
67. I am convinced that, I am responsible for, others understand the consequences of their actions.
68. I am convinced that, it is unimportant, what I am doing.
69. I am convinced that, I must be essential to others all the time.
70. I am convinced that, I am prejudged.
71. I am convinced that, life is a courtroom.
72. I am convinced that, I am to justify my existence.
73. I am convinced that, others know the same as I do.
74. I am convinced that, I lose others, when I confront.
75. I am convinced that, I am to understand everything.
76. I am convinced that, everything must be without problems.
77. I am convinced that, I have to be a superhuman.
78. I am convinced that, others do not mean, what they say.
79. I am convinced that, I have to prove that I am good enough.
80. I am convinced that, I shall go against myself in any community.
81. I am convinced that, others are to show some of themselves, before I show some of me.
82. I am convinced that, I am to lecture others about their mistakes by being a problem for them.
83. I am convinced that, being together must be without conflicts.
84. I am convinced that, the spiritual is more fine than the physical.
85. I am convinced that, there is only one truth.
86. I am convinced that, pin others down to what they say.
87. I am convinced that, I am to give up myself to be allowed to live.
88. I am convinced that, others owe me.
89. I am convinced that, it all depends on me.
90. I am convinced that, humans must give away for principles.
91. I am convinced that, others are narrow-minded.
92. I am convinced that, life is just to get over.
93. I am convinced that, I am not worth doing something for.
94. I am convinced that, I am to exalt the reality.
95. I am convinced that, the amount of suffering makes me deserve the same amount of happiness.
96. I am convinced that, I am to cause trouble to be respected.
97. I am convinced that, I am to undertake the problems of others to feel I am needed.
98. I am convinced that, I will never ask for anything from others.
99. I am convinced that, I am in control by getting other people's emotions keyed up.
100. I am convinced that, I am unwanted.

101. I am convinced that, I must not cause any trouble.
102. I am convinced that, I am to justify myself.
103. I am convinced that, I am to justify my motives.
104. I am convinced that, I am to deal with everything on my own.
105. I am convinced that, I let them down, who cannot keep up with my development.
106. I am convinced that, I am responsible for the happiness of others.
107. I am convinced that, disease breaks out without cause.
108. I am convinced that, I do not hold the strength to escape my loneliness.
109. I am convinced that, others owe me for the suffering, I undertake.
110. I am convinced that, there will always be others, who will acquaint themselves with my world.
111. I am convinced that, I can let others down and not myself.
112. I am convinced that, I am not to disappoint others.
113. I am convinced that, I am to defend others.
114. I am convinced that, others understand the same, as I do.
115. I am convinced that, nobody must find fault with me.
116. I am convinced that, I am to deny my own reality.
117. I am convinced that, I am to offer people chances.
118. I am convinced that, I lose my freedom by involving.
119. I am convinced that, I was late to life.
120. I am convinced that, I will always choose security.
121. I am convinced that, I am to justify my needs.
122. I am convinced that, I must be able to help others.
123. I am convinced that, I am to give up myself to be loved.
124. I am convinced that, I am to protect others against myself.
125. I am convinced that, I am unable to meet the demands of others.
126. I am convinced that, I am to lose my freedom by compromising.
127. I am convinced that, I have done enough – now others are next.
128. I am convinced that, there is a reason for being afraid of being.
129. I am convinced that, loneliness is the only place, I can feel safe.
130. I am convinced that, others are ungrateful.
131. I am convinced that, I must take, what I can get (be content with).
132. I am convinced that, I am to do everything for the sake of others.
133. I am convinced that, I am to fend off all discomforts.
134. I am convinced that, others must like me.
135. I am convinced that, love is only material gifts.
136. I am convinced that, I am responsible for the actions of others.
137. I am convinced that, life is cruel.
138. I am convinced that, it is dangerous to live.
139. I am convinced that, I must not allow myself to enjoy.
140. I am convinced that, I must meet the demands and expectations of my partner.
141. I am convinced that, I am to press myself to be loved.
142. I am convinced that, I am not responsible for my life.
143. I am convinced that, I am to please others.
144. I am convinced that, I must be perfect.
145. I am convinced that, I shall never find out how to be part of a community.
146. I am convinced that, I am unworthy of receiving love.
147. I am convinced that, I am to press myself to deserve life.
148. I am convinced that, I cannot trust in life.
149. I am convinced that, my importance hangs on the reactions of others
150. I am convinced that, I do not succeed in what I find.

151. I am convinced that, what, I find, is not good enough.
152. I am convinced that, I do not know enough.
153. I am convinced that, I suffer defeat.
154. I am convinced that, I cannot handle to be visible.
155. I am convinced that, life is a duty.
156. I am convinced that, I just get, what I deserve.
157. I am convinced that, I dare not love life.
158. I am convinced that, I will not involve with others.
159. I am convinced that, I do not want to be fond of anybody.
160. I am convinced that, I am always disparaged.
161. I am convinced that, others always get angry with me.
162. I am convinced that, I rarely get, what I want.
163. I am convinced that, I shall never achieve my goals.
164. I am convinced that, nobody can help me.
165. I am convinced that, I must not fail.
166. I am convinced that, life has a key/ answer book.
167. I am convinced that, there is nobody, I can have a community together with.
168. I am convinced that, I will always eschew conflicts.
169. I am convinced that, the disease, I suffer from, is chronic.
170. I am convinced that, it is better to be ill, than to ask for attention.
171. I am convinced that, I will always avert conflicts.
172. I am convinced that, I am only to place demands on myself.
173. I am convinced that, it feels insecure to be in a community.
174. I am convinced that, I become dependent, if I involve.
175. I am convinced that, I do not want to produce a necessary conflict.
176. I am convinced that, I must reject others, before they reject me.
177. I am convinced that, others must live with me, as I am now.
178. I am convinced that, my life has to be in a certain way.
179. I am convinced that, I am not to define myself.
180. I am convinced that, I have got nothing to offer to a community.
181. I am convinced that, I lose my freedom by committing myself.
182. I am convinced that, I must take over the suffering of others to be understanding.
183. I am convinced that, I show regard by identifying myself with their problems.
184. I am convinced that, others know best.
185. I am convinced that, others shall give me permission.
186. I am convinced that, I have to take care of everything myself.
187. I am convinced that, I am too fat in the eyes of other people.
188. I am convinced that, I am ugly.
189. I am convinced that, I am ugly in the eyes of other people.
190. I am convinced that, I must be the most important in all other people's lives.
191. I am convinced that, life is lonesome.
192. I am convinced that, I remain invulnerable by not to involve myself.
193. I am convinced that, I am only safe by not taking any chances.
194. I am convinced that, I live for the sake of others.
195. I am convinced that, I am the cause of other people's problems.
196. I am convinced that, I must reject others, before they reject me.
197. I am convinced that, it is for others to involve me in the community.
198. I am convinced that, I cannot trust other people.
199. I am convinced that, life is a struggle.
200. I am convinced that, I must be, what others expect.

201. I am convinced that, I am not to make mistakes.
202. I am convinced that, help means dependence.
203. I am convinced that, I am only something worth by helping others.
204. I am convinced that, my value depends on the reaction of others.
205. I am convinced that, I get sacrificed.
206. I am convinced that, I cannot live up to the goals, I set for myself.
207. I am convinced that, I must be overburdened.
208. I am convinced that, others are not worthy of trust.
209. I am convinced that, I am not worth loving.
210. I am convinced that, I do not dare to be loved.
211. I am convinced that, others do not want me.
212. I am convinced that, my penis is too small.
213. I am convinced that, my breasts are too small.
214. I am convinced that, I go from one disappointment to the next.
215. I am convinced that, I am just far from and in a waiting position.
216. I am convinced that, I am to carry the burdens of others.
217. I am convinced that, I do not want to take in life.
218. I am convinced that, I am responsible for the feelings of others.
219. I am convinced that, I need to have a big body to take care of myself.
220. I am convinced that, I must not cause inconvenience.
221. I am convinced that, I am not worth celebrating a birthday for.
222. I am convinced that, what, I launch into, fail.
223. I am convinced that, life is unfair.
224. I am convinced that, I am a failure.
225. I am convinced that, I must revenge myself.
226. I am convinced that, I am to be more responsible to others than to myself.
227. I am convinced that, I do not dare life.
228. I am convinced that, I am to hurry.
229. I am convinced that, I do not have the right to ask for something I need.
230. I am convinced that, I am too fat (weigh too much).
231. I am convinced that, I am unable to take initiatives on my own.
232. I am convinced that, my partner rejects me, when I make advances.
233. I am convinced that, I am rejected.
234. I am convinced that, I have to be sick.
235. I am convinced that, I am vulnerable, if I show my feelings.
236. I am convinced that, it is hopeless.
237. I am convinced that, I am of no influence on my life.
238. I am convinced that, I must be in control of my life.
239. I am convinced that, I am not in control of my life.
240. I am convinced that, I am to cross my boundaries to in order to receive praise.
241. I am convinced that, dogs bite me.
242. I am convinced that, I come to a closed door.
243. I am convinced that, I am to be a presence.
244. I am convinced that, I am disgusting.
245. I am convinced that, I am not ready.
246. I am convinced that, I am disgraced, if I stick my neck out.
247. I am convinced that, I cannot just relax and trust in life.
248. I am convinced that, others are always to understand me.
249. I am convinced that, am judged unfairly.
250. I am convinced that, I must cross my own boundaries.

251. I am convinced that, I am to carry the suffering of others to be understanding.
252. I am convinced that, I always get into the slow queue.
253. I am convinced that, there is a defect, in what I am delivered
254. I am convinced that, I am not respected.
255. I am convinced that, it is I, who make a mistake.
256. I am convinced that, I become bitter, if I get slim.
257. I am convinced that, I am always left out.
258. I am convinced that, I am always stabbed in the back.
259. I am convinced that, I get unrest in my stomach in connection with meals.
260. I am convinced that, I am always abandoned.
261. I am convinced that, I am to take care of that life does not hurt others.
262. I am convinced that, I get problems, no matter what I do.
263. I am convinced that, I shall never find a solution.
264. I am convinced that, I am always behind.
265. I am convinced that, nobody likes me if I have a big body.
266. I am convinced that, the time of others are more important than mine.
267. I am convinced that, I am not accepted.
268. I am convinced that, I have to be in control of myself and all others.
269. I am convinced that, I am not loved and accepted by myself.
270. I am convinced that, I am not loved and accepted by _____.
271. I am convinced that, it is dangerous to be confident.
272. I am convinced that, I with no notice am struck by misfortune.
273. I am convinced that, it feels insecure to be in a community.
274. I am convinced that, I do the wrong.
275. I am convinced that, I am not good at, what I am doing.
276. I am convinced that, I cannot become understood.
277. I am convinced that, I cause trouble.
278. I am convinced that, I am not doing enough.
279. I am convinced that, I make a wrong priority.
280. I am convinced that, I owe something, if I do not succeed in solving a problem.
281. I am convinced that, there must be a purpose in all I am doing.
282. I am convinced that, I have nobody to share my enthusiasm with.
283. I am convinced that, I shall not be successful.
284. I am convinced that, shall deny my longing for community.
285. I am convinced that, there is no love for me.
286. I am convinced that, it will always keep on being the same way.
287. I am convinced that, I wish to be/become ill.
288. I am convinced that, others are busy with their own.
289. I am convinced that, I am to take initiative.
290. I am convinced that, I am to handle it on my own.
291. I am convinced that, life is a vale of tears.
292. I am convinced that, I am not good at selling/cannot sell.
293. I am convinced that, I am only safe by not taking any chances.
294. I am convinced that, I am selling myself, when someone is buying a service.
295. I am convinced that, life is laborious.
296. I am convinced that, life has no meaning.
297. I am convinced that, I am to interfere in others' development of their responsibility.
298. I am convinced that, I get humiliated.
299. I am convinced that, I will let myself be humiliated.
300. I am convinced that, I can only protect myself by letting myself be humiliated.

301. I am convinced that, it is pointless for me to do something.
302. I am convinced that, my own strength is dangerous for me.
303. I am convinced that, I am rejected, if I show my own strength.
304. I am convinced that, I must be taken seriously by others.
305. I am convinced that, I am to live in longing.
306. I am convinced that, I am to let myself down to be loved.
307. I am convinced that, I am unable to hold on to myself, when I involve
308. I am convinced that, it is part of life to be longing.
309. I am convinced that, I must perform something to be taken seriously.
310. I am convinced that, I must perform something to be accepted.
311. I am convinced that, there is no point in opening my mouth (say something).
312. I am convinced that, there is never enough love.
313. I am convinced that, I am not to be understood.
314. I am convinced that, all others come unto me, if I stand by myself.
315. I am convinced that, others let me down.
316. I am convinced that, I let myself down.
317. I am convinced that, others are more mentally forceful, than I am.
318. I am convinced that, it is better to keep my mouth shut.
319. I am convinced that, silence is dangerous.
320. I am convinced that, silence is ominous.
321. I am convinced that, I am feeble.
322. I am convinced that, it hurts too much to seek to be part of community.
323. I am convinced that, life is easier, if I do not show, who I am.
324. I am convinced that, others are repelled from me.
325. I am convinced that, it is better to be silent.
326. I am convinced that, I am to worry.
327. I am convinced that, I am incapable of bringing about that my needs are fulfilled.
328. I am convinced that, I am to have disability, when I am getting old.
329. I am convinced that, I die, if
330. I am convinced that, my thoughts are wrong.
331. I am convinced that, my feelings are wrong.
332. I am convinced that, I am to be busy about meaning something to others.
333. I am convinced that, nobody is coming.
334. I am convinced that, my life cannot be changed.
335. I am convinced that, I am not to waste time (on myself).
336. I am convinced that, it is something wrong with what I get.
337. I am convinced that, there is a defect in what I buy.
338. I am convinced that, earthly freedom does not exist.
339. I am convinced that, I am to blame, if others do not succeed in their lives.
340. I am convinced that, I am to perform something visible to be accepted.
341. I am convinced that, I am unsuccessful as
342. I am convinced that, others are intolerant towards me.
343. I am convinced that, I am to be intolerant towards others.
344. I am convinced that, I am to be aggressive.
345. I am convinced that, I am to be angry.
346. I am convinced that, I am not to be frank.
347. I am convinced that, I must not to be empathic.
348. I am convinced that, I am not to be empathic.
349. I am convinced that, I am rejected by
350. I am convinced that, I am to reject others.

351. I am convinced that, those, I love, leave me.
352. I am convinced that, my life has been poorly until now.
353. I am convinced that, I am to rebel.
354. I am convinced that, I am to compare myself to others.
355. I am convinced that, I am more stupid than
356. I am convinced that, I am not accepted by the universe.
357. I am convinced that, I am not accepted by good.
358. I am convinced that, I am not accepted by myself.
359. I am convinced that, I am neglected.
360. I am convinced that, I am to be neglected.
361. I am convinced that, I am to be useless.
362. I am convinced that, I am to be useful.
363. I am convinced that, I shall let myself deprive (my love).
364. I am convinced that, I shall let myself be disgraced.
365. I am convinced that, I am to humiliate others.
366. I am convinced that, I am to demean others.
367. I am convinced that, it is better to get angry with others.
368. I am convinced that, I am to take care of having revenge.
369. I am convinced that, it is troublesome to be productive.
370. I am convinced that, reconciliation does not work.
371. I am convinced that, it is to be felt troublesome to be productive.
372. I am convinced that, it is a too big task to set myself free.
373. I am convinced that, I am to blame, when something does not succeed.
374. I am convinced that, I am to feel guilt, when I am not doing anything.
375. I am convinced that, it is not ok not doing anything.
376. I am convinced that, men are lying.
377. I am convinced that, women are lying.
378. I am convinced that, men are violent.
379. I am convinced that, women are violent.
380. I am convinced that, I will never get to daring to contact others, when I feel the need.
381. I am convinced that, I am unworthy to be honored.
382. I am convinced that, I am being kept down.
383. I am convinced that, I will always be lonely.
384. I am convinced that, I fail.
385. I am convinced that, I am weak and dependent.
386. I am convinced that, I get punished, if I assert myself.
387. I am convinced that, I am exploited.
388. I am convinced that, I am just to be content with, where I am now.
389. I am convinced that, I am to blame, if something goes wrong.
390. I am convinced that, it is not enough, what I am doing.
391. I am convinced that, I am to learn in hard ways.
392. I am convinced that, I get the blame.
393. I am convinced that, it is better to keep silent.
394. I am convinced that, I am convicted without any trial.
395. I am convinced that, others disappear/leave me, when I say, what I mean.
396. I am convinced that, easy come – easy go.
397. I am convinced that, I am unworthy.
398. I am convinced that, I am threatened by my own success.
399. I am convinced that, I have to all the time to be at all other people's disposal.
400. I am convinced that, I am unsociable.

401. I am convinced that, I am unable to get the message across.
402. I am convinced that, I am unable to make an impact.
403. I am convinced that, I want to be ill.
404. I am convinced that, I do not want to recover.
405. I am convinced that, I am to be discontented with life.
406. I am convinced that, I am no use as a father.
407. I am convinced that, I am no use as a mother.
408. I am convinced that, I am to leave myself.
409. I am convinced that, the responsibility always rebound upon me.
410. I am convinced that, I am not appreciated.
411. I am convinced that, I am to be appreciated.
412. I am convinced that, I am to mean something to myself.
413. I am convinced that, I am to understand myself right now.
414. I am convinced that, I am neglected.
415. I am convinced that, my needs are of no importance
416. I am convinced that, I am left to myself.
417. I am convinced that, other people flee from me.
418. I am convinced that, I am to reject myself.
419. I am convinced that, I am not to tolerate people, who take control over other people.
420. I am convinced that, I must be of use all the time (visibly).
421. I am convinced that, I do badly at examination.
422. I am convinced that, I cannot do anything in order to become/be accepted.
423. I am convinced that, my approach to life is to be aggressive.
424. I am convinced that, I am trapped.
425. I am convinced that, nobody can help me with my loneliness.
426. I am convinced that, I am to approach other people's actions with understanding.
427. I am convinced that, I am to face charges all the time.
428. I am convinced that, others judge me.
429. I am convinced that, I am appraised all the time.
430. I am convinced that, I lose myself, when I confront.
431. I am convinced that, I alone are responsible for that I understand the consequences of my actions.
432. I am convinced that, my success depends on that everybody always like me.
433. I am convinced that, I am to know the same as others.
434. I am convinced that, it is better for me to avoid conflicts.
435. I am convinced that, it does not matter, if I am here.
436. I am convinced that, I lose the people, who mean something for me, in my life.
437. I am convinced that, I cannot trust other people.
438. I am convinced that, my worth depends on, how other people see me.
439. I am convinced that, I am impossible.
440. I am convinced that, I am to judge myself.
441. I am convinced that, new roads lead to failure.
442. I am convinced that, new roads are more troublesome than old.
443. I am convinced that, I am not accepted, if I hold on to myself.
444. I am convinced that, I am not worth using time at.
445. I am convinced that, everything must be without problems for me.
446. I am convinced that, my task in relation to my partner is to show solicitude/give care
447. I am convinced that, I am appraised by my partner all the time.
448. I am convinced that, others must mean something to me.
449. I am convinced that, I am inadequate.
450. I am convinced that, my partner knows the same as I do.

451. I am convinced that, I am to justify, what I do.
452. I am convinced that, it is of no matter that I make _____
453. I am convinced that, I am not the cause of all problems in my life.
454. I am convinced that, I am to deny myself.
455. I am convinced that, I am to deny, what I am.
456. I am convinced that, I am to be worried about _____
457. I am convinced that, I am to “steel” the tasks of others.
458. I am convinced that, I am to blame.
459. I am convinced that, life is only about survival.
460. I am convinced that, I am not to make myself prevail.
461. I am convinced that, others can take my freedom.
462. I am convinced that, I am treated unfair.
463. I am convinced that, it is better to deny a problem.
464. I am convinced that, the force is outside me.
465. I am convinced that, I am to be in debt of gratitude.
466. I am convinced that, I am an orphaned poor creature.
467. I am convinced that, I cannot go on in life without _____
468. I am convinced that, I cannot find balance.
469. I am convinced that, I am to adapt.
470. I am convinced that, I am to be nice.
471. I am convinced that, it is terrible to be adopted.
472. I am convinced that, I cannot have confidence in my own credibility.
473. I am convinced that, I cannot have confidence in myself.
474. I am convinced that, I cannot stand alone.
475. I am convinced that, I do not own ability to distinguish.
476. I am convinced that, the church – and not my body – is right.
477. I am convinced that, I am not allowed to take in successes.
478. I am convinced that, I am to feel guilt, when I stand by myself.
479. I am convinced that, my perception of health is occult.
480. I am convinced that, I am to let religion rule my life.
481. I am convinced that, I am to let others rule/decide my life.
482. I am convinced that, I am not allowed to find my truth.
483. I am convinced that, I am stuck in my own illusion.
484. I am convinced that, I am to depend on others (ex the doctor’s) life limiting convictions.
485. I am convinced that, I cannot find my truth in myself.
486. I am convinced that, I am not allowed to find my truth in myself.
487. I am convinced that, I am not getting out, what I enthusiastic about.
488. I am convinced that, I am the problem.
489. I am convinced that, I am alone.
490. I am convinced that, there is no way out for me
491. I am convinced that, I am to condemn myself.
492. I am convinced that, I am wrong, when I am different to others.
493. I am convinced that, I am not good at anything.
494. I am convinced that, I cannot rely on, what I feel.
495. I am convinced that, I am powerless.
496. I am convinced that, I should have been a girl.
497. I am convinced that, I should have been a boy.
498. I am convinced that, I must be heterosexual.
499. I am convinced that, it is better for me to commit suicide.
500. I am convinced that, I am responsible for that I in any situation understand the consequences of my actions.

501. I am convinced that, I must/want to hate myself.
502. I am convinced that, debt is experienced as a prison.
503. I am convinced that, I know the same as the 'I' (my part personalities).
504. I am convinced that, I am not to push someone away from me.
505. I am convinced that, I am to adapt to the needs of others.
506. I am convinced that, equality does not exist.
507. I am convinced that, I know the same as others do.
508. I am convinced that, I am to perfect all the time.
509. I am convinced that, I am responsible for the actions of others (mothers, fathers, others).
510. I am convinced that, I am press the 'I', in order to deserve life (part personality).
511. I am convinced that, I forget all things.
512. I am convinced that, I cannot have confidence in the 'I' – and that it cannot do without me (part personality)
513. I am convinced that, I am responsible for, that others understand the consequences of my actions.
514. I am convinced that, it is my responsibility to carry the agony of others.
515. I am convinced that, I am to carry the agony of others.
516. I am convinced that, things are to be done in a certain way – and in a certain order.
517. I am convinced that, others are my responsibility.
518. I am convinced that, I am responsible for that other people understand themselves.
519. I am convinced that, I am not able to/capable of taking responsibility on my own.
520. I am convinced that, I have to choose among my closest.
521. I am convinced that, children are troublesome.
522. I am convinced that, I shall never get out of my debt.
523. I am convinced that, debt makes me inferior.
524. I am convinced that, debt is a prison.
525. I am convinced that, debt is a curse.
526. I am convinced that, debt is a burden.
527. I am convinced that, debt makes me dependent of others.
528. I am convinced that, debt wipe me out.
529. I am convinced that, I am to fear debt.
530. I am convinced that, debt entail a life in prison.
531. I am convinced that, debt makes me weak.
532. I am convinced that, I squint.
533. I am convinced that, I have a poor eyesight.
534. I am convinced that, my eyesight is getting worse and worse.
535. I am convinced that, my health is getting worse and worse.
536. I am convinced that, my hearing is getting worse and worse.
537. I am convinced that, I have a poor hearing.
538. I am convinced that, I have a poor health.
539. I am convinced that, I have a poor blood circulation.
540. I am convinced that, I have no influence on my own life.
541. I am convinced that, rich people are egoistic.
542. I am convinced that, wealth makes me self-centered.
543. I am convinced that, wealth and dishonesty go hand in hand.
544. I am convinced that, wealth is the cause of the problems of the earth.
545. I am convinced that, there is not enough.
546. I am convinced that, I do not want to be a mother.
547. I am convinced that, I am too hurt/damaged to become a mother.
548. I am convinced that, I am unable to/capable of taking care of a small child.
549. I am convinced that, it is too troublesome to become a mother.
550. I am convinced that, I am to set myself in the background, if I am to become a mother.

551. I am convinced that, it is my responsibility that my part personalities understand the consequences of their actions.
552. I am convinced that, children are irritating.
553. I am convinced that, it is unpleasant to be a child.
554. I am convinced that, it is painful to give birth.
555. I am convinced that, gets ugly from pregnancy.
556. I am convinced that, pregnancy hurts my body.
557. I am convinced that, I get to look like a hippopotamus, if I get pregnant.
558. I am convinced that, there will be complications in connection with a pregnancy.
559. I am convinced that, pregnancy will interfere my sex life.
560. I am convinced that, I will just be longing back, when I have got a child.
561. I am convinced that, I am kept down by _____
562. I am convinced that, I let myself down, if I change my perception of what it is to live.
563. I am convinced that, I will just settle for reacting to, what others do.
564. I am convinced that, I may just as well give up.
565. I am convinced that, I forget everything.
566. I am convinced that, I lose others, if I show, who I am.
567. I am convinced that, I am in a hurry.
568. I am convinced that, I am better than other people.
569. I am convinced that, it causes problems to involve.
570. I am convinced that, I am more than other people.
571. I am convinced that, I am worth more than other people.
572. I am convinced that, the clever is to fool the less clever.
573. I am convinced that, I cannot learn.
574. I am convinced that, I can only cooperate with women.
575. I am convinced that, I can only cooperate with men.
576. I am convinced that, I am always to let myself control.
577. I am convinced that, I am just to be ordinary.
578. I am convinced that, I lose, what I build up.
579. I am convinced that, I am unworthy of receiving love.
580. I am convinced that, illness is the best way of taking care of myself.
581. I am convinced that, a partner is a perfect victim.
582. I am convinced that, I am to deny myself in order to avoid getting killed.
583. I am convinced that, I am to deny myself in order to avoid that my children are getting killed.
584. I am convinced that, it is better to kill another human being than to lose power.
585. I am convinced that, it is necessary to be in power over other people.
586. I am convinced that, I am to feel rotten in order to that others can be well.
587. I am convinced that, I am not allowed to speak about that I think, I am a psychopath.
588. I am convinced that, I am not as good as others, when/if I take responsibility.
589. I am convinced that, I let myself down, if I stand by that I am a psychopath.
590. I am convinced that, the "party" ends abrupt.
591. I am convinced that, I will always fall through.
592. I am convinced that, I am not able to earn lots of money.
553. I am convinced that, I am not allowed to earn lots of money.
554. I am convinced that, I am to be intolerant towards other people.
595. I am convinced that, problems are solved by showing aggression.
596. I am convinced that, I do not contribute enough.
597. I am convinced that, I cannot be cured.
598. I am convinced that, I am too stupid to create and enjoy my own life.
599. I am convinced that, I am to hold on to not having my own identity.
600. I am convinced that, I need to be ill.

601. I am convinced that, I need to keep distance from others by being arrogant.
602. I am convinced that, it is necessary for me to be ill.
603. I am convinced that, everything is predetermined.
604. I am convinced that, I do not have a free will.
605. I am convinced that, I am to eat some sweet every day.
606. I am convinced that, I must win every time.
607. I am convinced that, _____ life is my responsibility. (another person)
608. I am convinced that, I let myself down, if I take part in the real world.
609. I am convinced that, I am always criticized, when/if I want my own life.
610. I am convinced that, parents are not to use time at their children.
611. I am convinced that, I am not to put myself at disposal for my children.
612. I am convinced that, I am to deserve life.
613. I am convinced that, I am always cheated.
614. I am convinced that, I have to be seen by others.
615. I am convinced that, I can never win.
616. I am convinced that, I will never get ready.
617. I am convinced that, I am always to be courteous.
618. I am convinced that, others just want to earn money on me.
619. I am convinced that, anger is the best defense.
620. I am convinced that, I am a bad person, when I am honest.
621. I am convinced that, others talk about me.
622. I am convinced that, others are able to look through me.
623. I am convinced that, I am to look at myself with the eyes of others.
624. I am convinced that, others think I am _____
625. I am convinced that, I am not capable of setting my boundaries.
626. I am convinced that, I am to elevate myself by demeaning others.
627. I am convinced that, I am to hold on to my prejudices.
628. I am convinced that, I let myself down, when/if I no longer deny my heart.
629. I am convinced that, I am not to acknowledge myself.
630. I am convinced that, I am not allowed to acknowledge myself.
631. I am convinced that, my heart can be broken by love.
632. I am convinced that, I am in a wrong body.
633. I am convinced that, I am uninteresting to the other sex.
634. I am convinced that, boundaries are not to be respected.
635. I am convinced that, my boundaries are not respected.
636. I am convinced that, the boundaries of others are not to be respected.
637. I am convinced that, I am to be boundless.
638. I am convinced that, I will always shortage.
639. I am convinced that, I am always to take responsibility for others.
640. I am convinced that, you let me down, when you no longer accept my accusations.
641. I am convinced that, I will always deny, what you say, I have done.
642. I am convinced that, let others down, when I love myself.
643. I am convinced that, you let me down, when you love others than me.
644. I am convinced that, it must not be seen by others that I love myself more, than I love you.
645. I am convinced that, the more I do for others, the better person I am.
646. I am convinced that, I am always to be good.
647. I am convinced that, I will always remain poor.
648. I am convinced that, I have no choice.
649. I am convinced that, all other people are to know the same, as I do.
650. I am convinced that, I can only get negative attention.

651. I am convinced that, it is better for others that I say nothing.
652. I am convinced that, others are no good at anything.
653. I am convinced that, I have not deserved to live.
654. I am convinced that, God has left me.
655. I am convinced that, I am not able to/especially good at visualizing.
656. I am convinced that, the only way, I can pamper myself, is by spending money.
657. I am convinced that, I am to fulfil the needs of others to be loved.
658. I am convinced that, cancer is incurable.
659. I am convinced that, cancer will remain in my body.
660. I am convinced that, it is necessary for me to own something.
661. I am convinced that, I am to give more attention to the external than to the inner.
662. I am convinced that, I am rejected, if I am not at disposal for my mother all the time.
663. I am convinced that, I am not to think the thoughts, I think.
664. I am convinced that, thoughts are a problem.
665. I am convinced that, it is a problem to think.
666. I am convinced that, I cannot live without fear.
667. I am convinced that, I am feel unsure with myself.
668. I am convinced that, change is to be feared.
669. I am convinced that, dreams have no meaning.
670. I am convinced that, I am always only number two.
671. I am convinced that, I always will be criticized, no matter what I do.
672. I am convinced that, I must be seen.
673. I am convinced that, I must know, how to do something, before I start – or set a goal.
674. I am convinced that, I am powerless against illness.
675. I am convinced that, I am only good enough, if I do something for others.
676. I am convinced that, I must be busy.
677. I am convinced that, I am not able to.
678. I am convinced that, I lose, what I build up.
679. I am convinced that, I am not to show consideration for myself.
680. I am convinced that, others do not live up to their responsibility.
681. I am convinced that, I am to make great demands myself.
682. I am convinced that, I am to avoid confrontations to have peace.
683. I am convinced that, I only want to see the good.
684. I am convinced that, others are to proof their worth to me.
685. I am convinced that, I am to proof my worth to others.
686. I am convinced that, I am to know something, before I know it.
687. I am convinced that, I must be the best.
688. I am convinced that, I must make myself indispensable.
689. I am convinced that, I am worth less than other people.
690. I am convinced that, I must make impression.
691. I am convinced that, I am no good at having boyfriends/girlfriends.
692. I am convinced that, I am no good at being married.
693. I am convinced that, I am a slow learner.
694. I am convinced that, I have influenza every year.
695. I am convinced that, I am always hurt.
696. I am convinced that, I am in danger in my position.
697. I am convinced that, my eyesight is getting worse with age.
698. I am convinced that, disabilities turn up with age.
699. I am convinced that, it is wrong to be tired.
700. I am convinced that, my own pleasure is irrelevant.

701. I am convinced that, my partner ridicules and slights me.
702. I am convinced that, I am responsible for the problems of others.
703. I am convinced that, it is better to lead by demeaning.
704. I am convinced that, life is my enemy.
705. I am convinced that, I am no good as a lover.
706. I am convinced that, I do not want to see myself the way, others do.
707. I am convinced that, I must be in agreement with others.
708. I am convinced that, others cause my problems.
709. I am convinced that, my worth depends on my importance to others.
710. I am convinced that, life is a trap.
711. I am convinced that, I do not wish to care for anything.
712. I am convinced that, I am not to show, who I am.
713. I am convinced that, nobody is able to control, what is going to happen.
714. I am convinced that, it is unacceptable that others envy, when I enjoy love.
715. I am convinced that, it is wrong to fulfil ones needs.
716. I am convinced that, it does not matter, how I am.
717. I am convinced that, I am to deny my needs in order to be loved.
718. I am convinced that, I am to solve the problems of others.
719. I am convinced that, nobody must know me.
720. I am convinced that, I lose myself by involving.
721. I am convinced that, the family is letting me down, when it does not fulfil my needs.
722. I am convinced that, I do not want to say, what I mean.
723. I am convinced that, I am to look at myself with the eyes of others.
724. I am convinced that, others must see me as honest.
725. I am convinced that, I am incapable of asserting myself.
726. I am convinced that, others must accept me.
727. I am convinced that, I am to be accountable for others.
728. I am convinced that, everybody is intent on their own affairs.
729. I am convinced that, I am to deny problems.
730. I am convinced that, I let you down, when I love myself.
731. I am convinced that, I am not to go openly against expectations of others.
732. I am convinced that, others are to blame for my difficulties.
733. I am convinced that, it will show up again.
734. I am convinced that, it recurs.
735. I am convinced that, it hurts to open oneself to love from others
736. I am convinced that, it hurts to open oneself for love.
737. I am convinced that, I am let down, if I open myself for love.
738. I am convinced that, I ejaculate too early (in connection with sex).
739. I am convinced that, my erection is falling, when my partner is getting aroused.
740. I am convinced that, sex is a disappointment.
741. I am convinced that, I ejaculate too early, if my partner is lying on top of me.
742. I am convinced that, sex is boosted.
743. I am convinced that, I am over with sex.
744. I am convinced that, my partner has no sex drive.
745. I am convinced that, it is no use to speak up.
746. I am convinced that, sex is unnatural.
747. I am convinced that, it feels unpleasant to receive love/caresses.
748. I am convinced that, it feels unpleasant to give love/caresses.
749. I am convinced that, it is unacceptable to be tempting to women/men.
750. I am convinced that, my partner is to be different to, how he/she is.

751. I am convinced that, others are not to like my body.
752. I am convinced that, sex is disgusting.
753. I am convinced that, I cannot enjoy sex.
754. I am convinced that, am to dissociate myself from sex.
755. I am convinced that, I am not to show my lust.
756. I am convinced that, I am not to give myself (in connection to sex).
757. I am convinced that, I do not dare to give myself (in connection with sex).
758. I am convinced that, I am to limit my lust.
759. I am convinced that, I am irresponsible, when I fulfil my needs.
760. I am convinced that, I am to hate my body.
761. I am convinced that, I do not own my own body.
762. I am convinced that, I am to hate my genital organ.
763. I am convinced that, I do not dare to enjoy sex.
764. I am convinced that, it is unacceptable to be aroused (sexually).
765. I am convinced that, it is embarrassing to be aroused (sexually).
766. I am convinced that, I am not ready to face the consequences of my sexual signals.
767. I am convinced that, I cannot/may not accept my own sexuality.
768. I am convinced that, I cannot accept the sexuality of others.
769. I am convinced that, I always have to be in control.
770. I am convinced that, I am to fight for love.
771. I am convinced that, intercourse is always the most important for my body (sex).
772. I am convinced that, I am not to permit myself to accept love.
773. I am convinced that, I do not dare to permit myself to accept love.
774. I am convinced that, you let me down, when you do not fulfil my sexual needs.
775. I am convinced that, I am to feel constrained, when I am naked.
776. I am convinced that, girls are better than boys.
777. I am convinced that, boys are better than girls.
778. I am convinced that, must not know my needs.
779. I am convinced that, I am not express myself as a man.
780. I am convinced that, I am not express myself as a woman.
781. I am convinced that, I am to hate women.
782. I am convinced that, I am to hate men.
783. I am convinced that, I am to feel ashamed about my body.
784. I am convinced that, menstruation involve suffering.
785. I am convinced that, sexual joy is unacceptable.
786. I am convinced that, others are offended by that my sex life is doing well.
787. I am convinced that, I am not to in contact with my own needs.
788. I am convinced that, I must make myself indispensable.
789. I am convinced that, I am not to fulfil my own needs.
790. I am convinced that, I am not to fulfil the needs of others.
791. I am convinced that, it is unacceptable to ask for sex.
792. I am convinced that, it is unacceptable to ask for love.
793. I am convinced that, I am not to ask others for something, I am in need of.
794. I am convinced that, I do not have the right to yes or now on my own behalf.
795. I am convinced that, I am not to take care of my own needs.
796. I am convinced that, others must not like me.
797. I am convinced that, I am to feel debt of gratitude, if I accept love.
798. I am convinced that, I am to hold myself back.
799. I am convinced that, I am to wait.
800. I am convinced that, it is wrong for me to have a penis.

801. I am convinced that, it is wrong for me to have a vagina.
802. I am convinced that, I lose my manliness, when I am having sexual intercourse.
803. I am convinced that, I am to hold on to my points of view.
804. I am convinced that, I am let down.
805. I am convinced that, I want to have attention.
806. I am convinced that, I am not to respect myself.
807. I am convinced that, my economy will end in disaster.
808. I am convinced that, I am not to interfere.
809. I am convinced that, I want to be seen.
810. I am convinced that, there are limits to my creative possibilities.
811. I am convinced that, I want to hold on to my role as a victim.
812. I am convinced that, I am not to show, who I am.
813. I am convinced that, I am let down by others, when I take responsibility for them.
814. I am convinced that, I do not experience understanding.
815. I am convinced that, I am not to be in desire.
816. I am convinced that, my help is unwanted.
817. I am convinced that, I am not to live out my lust (sexual).
818. I am convinced that, responsibility is to be felt heavy.
819. I am convinced that, it is dangerous to use myself.
820. I am convinced that, I lose myself by involving.
821. I am convinced that, I am to perform something special to be acknowledged.
822. I am convinced that, things are only worth something, if I have suffered to get them.
823. I am convinced that, I lose my partner, if she loses weight.
824. I am convinced that, I lose my partner, if he loses weight.
825. I am convinced that, the others are right.
826. I am convinced that, my partner is unable to fulfil my sexual needs.
827. I am convinced that, it will be a disappointment to be sexually together with my partner.
828. I am convinced that, my partner expects that I ejaculate too early (sexually).
829. I am convinced that, I am to be into girls/women.
830. I am convinced that, I am to be into boys/men.
831. I am convinced that, I am not to stick my neck out.
832. I am convinced that, I am forced.
833. I am convinced that, I am of no sexual interest.
834. I am convinced that, I am unable to control my own sexuality.
835. I am convinced that, I am to be at disposal of my partner sexually.
836. I am convinced that, I am unable to take care of myself.
837. I am convinced that, my partner rejects me.
838. I am convinced that, it is not good enough, what I do/propose.
839. I am convinced that, nothing will ever be as I imagined.
840. I am convinced that, I am to reject myself.
841. I am convinced that, I am incapable of choosing, what is better for me.
842. I am convinced that, I am not to show anger.
843. I am convinced that, I am not to show evil.
844. I am convinced that, others want to hurt me.
845. I am convinced that, I am to please to be loved.
846. I am convinced that, I wish/want to stay the way, I am.
847. I am convinced that, I already know, what I need to know.
848. I am convinced that, nobody is able to teach me something.
849. I am convinced that, I do not dare to take in life.
850. I am convinced that, I must not to take in life.

851. I am convinced that, life wants to hurt me.
852. I am convinced that, I am most successful, when there is chaos.
853. I am convinced that, I am to hold on to what, I no longer need.
854. I am convinced that, my shit is not to be seen by others.
855. I am convinced that, I must finish, what I begin with.
856. I am convinced that, I must be in a hurry in order not to take up space from others.
857. I am convinced that, I let others down, when I change my mind.
858. I am convinced that, I am left out.
859. I am convinced that, I am not as good as others.
860. I am convinced that, I am not as much worth as others.
861. I am convinced that, nobody counts on me.
862. I am convinced that, I am not being heard.
863. I am convinced that, I am to prevent my employees from learning to take responsibility.
864. I am convinced that, presence is crucial to, if I am able to like somebody.
865. I am convinced that, I am to be perfect in the eyes of others.
866. I am convinced that, employees are able to survey/cope with/assess any situation.
867. I am convinced that, my life is over for me.
868. I am convinced that, others are unable to understand me.
869. I am convinced that, I am to be liked by all other people.
870. I am convinced that, I never get, what I want.
871. I am convinced that, I am nothing.
872. I am convinced that, I will never make it.
873. I am convinced that, I am no good in bed.
874. I am convinced that, I am powerless.
875. I am convinced that, looking like the others are the best for me.
876. I am convinced that, I can learn without making mistakes.
877. I am convinced that, I do not want to involve with others.
878. I am convinced that, my needs can never be satisfied.
879. I am convinced that, there are others that are better than I am.
880. I am convinced that, I do not want to take responsibility for myself.
881. I am convinced that, I am responsible for the happiness of others.
882. I am convinced that, I am not to learn through/by making mistakes.
883. I am convinced that, I am to give up myself.
884. I am convinced that, my needs are always more important, than the needs of others.
885. I am convinced that, it is connected with suffering to exercise.
886. I am convinced that, I am to deny myself to be respected.
887. I am convinced that, I am to demean myself to be accepted.
888. I am convinced that, the ideas, I have, do not work.
889. I am convinced that, the ideas, I have, are not accepted by others.
890. I am convinced that, I do not want to see reality, as it is.
891. I am convinced that, I am unable to act in accordance with myself.
892. I am convinced that, I am only accepted for what, I do/perform, not what I am.
893. I am convinced that, life is too big a challenge.
894. I am convinced that, I am to be a nice boy.
895. I am convinced that, I am to be a nice girl.
896. I am convinced that, I ejaculate too early, when my partner gets sexually aroused.
897. I am convinced that, I will always want to avoid conflicts.
898. I am convinced that, I am unable to take responsibility for myself.
899. I am convinced that, I am to suffer, in order to that others can be/get well.
900. I am convinced that, I hurt others by listening to my own needs.

901. I am convinced that, my value depends on what, I do for others.
902. I am convinced that, others are offended by, that I feel myself.
903. I am convinced that, I do not want to live.
904. I am convinced that, I do not wish to attach to others.
905. I am convinced that, I do not wish to come anyone close.
906. I am convinced that, I can only trust myself.
907. I am convinced that, I am getting rejected by myself.
908. I am convinced that, others just use me as their tool.
909. I am convinced that, I know, what is best for others.
910. I am convinced that, there is only one truth.
911. I am convinced that, the needs of others are more important than mine.
912. I am convinced that, I have deserved to be ridiculed.
913. I am convinced that, I lose a confrontation.
914. I am convinced that, my time is more important, than the time of others.
915. I am convinced that, everything is to be, as it always has been.
916. I am convinced that, I shall never say, what I need.
917. I am convinced that, I avoid disappointments by not giving myself the best.
918. I am convinced that, I am to deny myself in order to be loved.
919. I am convinced that, I always have to be funny.
920. I am convinced that, I cannot have sex with my partner, when I need it.
921. I am convinced that, I am to eat many potatoes.
922. I am convinced that, others reject me.
923. I am convinced that, the cleverer are allowed to fool the less clever.
924. I am convinced that, I am not to talk about, what I believe, I am.
925. I am convinced that, I kill my partner, if he/she does not submit to me.
926. I am convinced that, I kill my mother, if she does not submit to me.
927. I am convinced that, I kill my father, if he does not submit to me.
928. I am convinced that, my children are only allowed to love me.
929. I am convinced that, I hurt my mother, by expressing my needs.
930. I am convinced that, I reject my partner.
931. I am convinced that, I am getting rejected by others.
932. I am convinced that, I am always neglected.
933. I am convinced that, I am always rejected.
934. I am convinced that, it is always me, it is at the expense of.
935. I am convinced that, I am to be at disposal of my partner sexually.
936. I am convinced that, I must live up to the expectations of others.
937. I am convinced that, life is a too big responsibility.
938. I am convinced that, I am not to disappoint anybody.
939. I am convinced that, the love, I give, is not accepted.
940. I am convinced that, others reject me, if I show, who/what I am.
941. I am convinced that, I am to sacrifice myself to be loved.
942. I am convinced that, nothing matters.
943. I am convinced that, I am unable to take in successes.
944. I am convinced that, I must be of importance to other people's lives.
945. I am convinced that, I do not want to be confronted with reality.
946. I am convinced that, exchange of love and the reactions in the body can be separated.
947. I am convinced that, it is of big costs to accept love.
948. I am convinced that, I am stupid.
949. I am convinced that, I am bad at mathematics.
950. I am convinced that, I die, if I do not worry.

951. I am convinced that, I am to deny my body.
952. I am convinced that, it is my responsibility, how others feel.
953. I am convinced that, I become dependent, when/if I receive help.
954. I am convinced that, I am wrong.
955. I am convinced that, I am clever.
956. I am convinced that, others are to wish for me.
957. I am convinced that, it is of no relevance, how I interact with those, who are in charge.
958. I am convinced that, I am to hold others on to, what they say.
959. I am convinced that, love cannot be separated from something, I eat or drink.
960. I am convinced that, I do not have the right to myself.
961. I am convinced that, my life is about to be content with little.
962. I am convinced that, I am unable to live without worrying.
963. I am convinced that, I am a nonentity.
964. I am convinced that, I never have money.
965. I am convinced that, there is never enough money.
966. I am convinced that, there is always a lack of money.
967. I am convinced that, I am not needed.
968. I am convinced that, I am always being abused.
969. I am convinced that, men are spineless.
970. I am convinced that, women are hysterical.
971. I am convinced that, I am not to enjoy my body
972. I am convinced that, I am to be ill in order to be loved.
973. I am convinced that, I am to take care of the feelings of others.
974. I am convinced that, it is not my fault.
975. I am convinced that, I am invulnerable by not loving/caring for.
976. I am convinced that, I do not want to show, who I am.
977. I am convinced that, what I do is useless.
978. I am convinced that, what I do is not worthy of appreciation.
979. I am convinced that, I am too stupid.
980. I am convinced that, I do not want to learn from my experiences.
981. I am convinced that, I am lazy.
982. I am convinced that, I am just to aside myself and give to others.
983. I am convinced that, it is my task to take care of that others do not experience or feel pain.
984. I am convinced that, I am to smooth things over in any situation.
985. I am convinced that, it is my responsibility, how others behave.
986. I am convinced that, I always have to take side.
987. I am convinced that, I have no right to life.
988. I am convinced that, I am to humiliate myself to be worthy of receiving love.
989. I am convinced that, I can be in debt to others.
990. I am convinced that, I am to bite off more than one can chew.
991. I am convinced that, the way, I have been until now, is the only way, I can take care of myself.
992. I am convinced that, I am always to know all consequences.
993. I am convinced that, men are wiser than women.
994. I am convinced that, I cannot control others without being ill.
995. I am convinced that, I am to eat and drink healthy in order to avoid disease.
996. I am convinced that, life is complicated.
997. I am convinced that, there is not enough for everybody.
998. I am convinced that, I am right.
999. I am convinced that, I am wiser than others.
1000. I am convinced that, I am to take care of that others are dependent of me.

1001. I am convinced that, tasks can run out.
1002. I am convinced that, I am to be cruel towards children.
1003. I am convinced that, I can be manipulated.
1004. I am convinced that, I do not want to bring children into the world.
1005. I am convinced that, I am not to bring children into the world.
1006. I am convinced that, I do not want to cause the pain, which is connected to being human, by giving birth.
1007. I am convinced that, the task is impossible.
1008. I am convinced that, it is something, I am obliged to.
1009. I am convinced that, no matter, what I choose, it is wrong.
1010. I am convinced that, no matter, what I do, it is wrong.
1011. I am convinced that, my truth is more true than yours.
1012. I am convinced that, the truth of others is more true than mine.
1013. I am convinced that, others are responsible for my life.
1014. I am convinced that, I am not responsible for my own life.
1015. I am convinced that, I am unable to create my own life.
1016. I am convinced that, doubt is a condition when you are a human.
1017. I am convinced that, it is of unbearable consequences to stand by myself/to stand by my own opinion.
1018. I am convinced that, I am to explain myself.
1019. I am convinced that, I am always to defend myself.
1020. I am convinced that, I am always to be reprimanded, when I make mistakes.
1021. I am convinced that, I am to sabotage myself.
1022. I am convinced that, I am to affirm others.
1023. I am convinced that, I am always to aside myself.
1024. I am convinced that, I am not enthusiastic about anything/my inner flame has went out.
1025. I am convinced that, want to live in the past.
1026. I am convinced that, I want to hold on to the past.
1027. I am convinced that, I will let the emotions be in control, when I experience discomfort.
1028. I am convinced that, fear and anxiety protects me.
1029. I am convinced that, I have no future.
1030. I am convinced that, there is not enough food.
1031. I am convinced that, my self-confidence depends on, if I am accepted by others.
1032. I am convinced that, I want to let others what I am to do.
1033. I am convinced that, I want to/are supposed live a life in anxiety.
1034. I am convinced that, I am unable to improve, no matter how much I work with myself.
1035. I am convinced that, I am to spend energy on, what others think of me.
1036. I am convinced that, I am to judge others.
1037. I am convinced that, I am to hate others.
1038. I am convinced that, the world is black/white – and not nuanced.
1039. I am convinced that, I must not/do not want to affirm my steps forward.
1040. I am convinced that, I must not/want to be independent.
1041. I am convinced that, I am not to take responsibility for myself.
1042. I am convinced that, I am a loser – and never will become a winner.
1043. I am convinced that, my pain is unbeatable.
1044. I am convinced that, I want to keep on feeling the pain of the past.
1045. I am convinced that, it does not pay of to work hard for anything.
1046. I am convinced that, my true pride is gone – and will never return.
1047. I am convinced that, I do not deserve to love myself.
1048. I am convinced that, I am to reproach myself – instead of helping myself.
1049. I am convinced that, I must not/am not supposed to take my life seriously.
1050. I am convinced that, my dreams are gone – and will never return.

1051. I am convinced that, I will keep being afraid of being together with others.
1052. I am convinced that, it is wrong to be ambitious.
1053. I am convinced that, everything new are to make me experience release of anxiety.
1054. I am convinced that, all new people, I meet with, are making me/are to make me experience release of anxiety.
1055. I am convinced that, friends let me down.
1056. I am convinced that, I would rather not have friends.
1057. I am convinced that, I would rather be a free spirit and be done with men.
1058. I am convinced that, I would rather be a free spirit and be gone with women.
1059. I am convinced that, I would rather flee from life than be present in it.
1060. I am convinced that, sex is sinful.
1061. I am convinced that, sex is shameful.
1062. I am convinced that, sex is embarrassing.
1063. I am convinced that, I am vulgar.
1064. I am convinced that, I am a creep.
1065. I am convinced that, it is not fine to be rich.
1066. I am convinced that, it is unpleasant to be alone.
1067. I am convinced that, I am to have expectations to myself.
1068. I am convinced that, all others react to me and take a stand about me.
1069. I am convinced that, it is better to be poor than being rich.
1070. I am convinced that, it is morally wrong to be rich.
1071. I am convinced that, I from idealistic reasons are to be opposed to rich people.
1072. I am convinced that, women do not open their hearts to me.
1073. I am convinced that, men do not open their hearts to me.
1074. I am convinced that, I neither can/am to/will say no/yes to anyone/anything.
1075. I am convinced that, reality is too hard to be in.
1076. I am convinced that, it is better to stand idly by than to solve/try solving problems.
1077. I am convinced that, I cannot believe in anything.
1078. I am convinced that, all others notice me all the time.
1079. I am convinced that, I am all the time to pay attention to, what others think of me.
1080. I am convinced that, it will never be any different.
1081. I am convinced that, I am downgraded.
1082. I am convinced that, I am just to be resigned to my situation.
1083. I am convinced that, it is always I, who has/gets the "unfavorable" tasks.
1084. I am convinced that, I am all the time to try calling attention to myself.
1085. I am convinced that, it is necessary to have sharp elbows.
1086. I am convinced that, others just use me as "step stone".
1087. I am convinced that, others steel my ideas.
1088. I am convinced that, my ideas are better than others'.
1089. I am convinced that, I am always passed over.
1090. I am convinced that, I am not responsible for the whole/the entirety.
1091. I am convinced that, what I do, is not good enough.
1092. I am convinced that, others are responsible for, what is happening in my life.
1093. I am convinced that, I am to have everything under control all the time.
1094. I am convinced that, I am always able to control, what is going to happen.
1095. I am convinced that, I am always to seek to control, what is going to happen.
1096. I am convinced that, I do not reach to be loved.
1097. I am convinced that, I get disappointed.
1098. I am convinced that, I am not capable of changing anything.
1099. I am convinced that, I am let down, when I show, who and what I am.
1100. I am convinced that, my life depends on others.

1101. I am convinced that, others make me weak.
1102. I am convinced that, I will never escape this.
1103. I am convinced that, I am to be accountable to others.
1104. I am convinced that, I do not want life.
1105. I am convinced that, rest is of no importance to, how the body acts/reacts.
1106. I am convinced that, I am unable to lift myself.
1107. I am convinced that, I am too far. (Can be in a course of a disease.)
1108. I am convinced that, men are sex objects.
1109. I am convinced that, women are sex objects.
1110. I am convinced that, women make me sick.
1111. I am convinced that, men make me sick.
1112. I am convinced that, I have property right to my partner.
1113. I am convinced that, I am to desire instead of loving.
1114. I am convinced that, it is better not to take a decision than to take a wrong.
1115. I am convinced that, women are deceitful.
1116. I am convinced that, men are deceitful.
1117. I am convinced that, the worth/value of a woman depends on her looks.
1118. I am convinced that, the worth/value of a man depends on his looks.
1119. I am convinced that, my worth/value depends on my looks.
1120. I am convinced that, my first ejaculation is to come early in connection with sex.
1121. I am convinced that, men/women are unable to have orgasms.
1122. I am convinced that, ejaculation and orgasm is the same.
1123. I am convinced that, I am not to masturbate (it is sinful).
1124. I am convinced that, what, others talk about, close to me, is about me.
1125. I am convinced that, I am to be afraid of people I make for or pass.
1126. I am convinced that, the look of a woman signals that I am wrong.
1127. I am convinced that, the look of a man signals that I am wrong.
1128. I am convinced that, others think I look wrong.
1129. I am convinced that, women kill me.
1130. I am convinced that, men kill me.
1131. I am convinced that, beautiful women do not care for my looks.
1132. I am convinced that, handsome men do not care for my looks.
1133. I am convinced that, I am to pay attention to, what others think of me and my looks.
1134. I am convinced that, I am unable to be myself, when I am near by a beautiful woman.
1135. I am convinced that, I am unable to be myself, when I am near by a beautiful woman.
1136. I am convinced that, I am to be afraid, when I am close to others.
1137. I am convinced that, I am to make a mockery of others when possible.
1138. I am convinced that, I want to hurt the ones, who love me (to be affirmed that they love me).
1139. I am convinced that, I am in danger, no matter where I am.
1140. I am convinced that, I am to attach myself emotionally to things.
1141. I am convinced that, I do not want to be an adult and to behave like an adult.
1142. I am convinced that, it is dangerous for me to be seen by others.
1143. I am convinced that, I am unable to have orgasms.
1144. I am convinced that, it is hopeless to make plans for the future.
1145. I am convinced that, my brain does not function, as it should.
1146. I am convinced that, I do not create my own life and my own future.
1147. I am convinced that, what, others laugh about close to me, is about me.
1148. I am convinced that, I am ridiculed.
1149. I am convinced that, I fall victim to an abuse.
1150. I am convinced that, I am being attacked (can be verbally as well).

1151. I am convinced that, my world breaks down, if I am close to or together with more people.
1152. I am convinced that, it is better not to go than to than risk getting into trouble.
1153. I am convinced that, it releases feelings of anxiety to go naturally among other people.
1154. I am convinced that, it will never feel natural to go among others.
1155. I am convinced that, hate has a purpose for me.
1156. I am convinced that, somebody is endeavoring to nail me.
1157. I am convinced that, there is a conspiracy against me.
1158. I am convinced that, my life is a punishment that is to be atoned.
1159. I am convinced that, the world rides roughshod over me, if I step out of line.
1160. I am convinced that, I am to be suspicious of others.
1161. I am convinced that, I am a victim.
1162. I am convinced that, I constantly need to be on guard.
1163. I am convinced that, what, others do close to me, is a response to me.
1164. I am convinced that, I am paranoid (as a permanent condition).
1165. I am convinced that, I am anxious (as a permanent condition).
1166. I am convinced that, there will be no good outcome from pursuing, what I want/dream of.
1167. I am convinced that, I must/will let others exercise power over me.
1168. I am convinced that, I do not have the power over myself.
1169. I am convinced that, I am to feel anxiety, when I see others.
1170. I am convinced that, everything must go precisely according to plan.
1171. I am convinced that, I am not capable of being flexible.
1172. I am convinced that, I am unable to cope with keeping several balls in the air at one time.
1173. I am convinced that, changes in a short-term plan are releasing anxiety.
1174. I am convinced that, it is a good idea to create anxiety for safety' sake.
1175. I am convinced that, I am to be wanted and accepted, when I go among others.
1176. I am convinced that, I cannot accept that I am not perfect – and that I never become.
1177. I am convinced that, I am a victim of aging.
1178. I am convinced that, I am a victim of, what life offers me.
1179. I am convinced that, I am to deny my present.
1180. I am convinced that, I gradually lose my ability to handle my sexuality.
1181. I am convinced that, aging entails loss of freedom.
1182. I am convinced that, everybody look at my aging.
1183. I am convinced that, I am not good enough, if I do something.
1184. I am convinced that, I am to contribute to be appreciated.
1185. I am convinced that, I cannot do anything to be accepted.
1186. I am convinced that, I am to hold on to my perceptions.
1187. I am convinced that, I am not to be successful.
1188. I am convinced that, my partner considers me less and less attractive.
1189. I am convinced that, I am alone with the responsibility for me.
1190. I am convinced that, the best is to give up.
1191. I am convinced that, I can look wrong.
1192. I am convinced that, I can only cope with my feeling by eating or drinking something.
1193. I am convinced that, I am to limit myself by others' (ex the doctor's) life limiting convictions.
1194. I am convinced that, it hurts to remain open to the love of others.
1195. I am convinced that, aging makes me inferior.
1196. I am convinced that, others let me down, when they no longer want to receive my accusations.
1197. I am convinced that, I will always deny, what others say, I have done.
1198. I am convinced that, I am dependent of that others rule.
1199. I am convinced that, it is to be full of suffering to be me.
1200. I am convinced that, I must be forced.

1201. I am convinced that, I do not hold the strength.
1202. I am convinced that, I do not want to see the reality as it is.
1203. I am convinced that, I let down the family, when I do not fulfil its needs.
1204. I am convinced that, I let myself down, when I leave the safety.
1205. I am convinced that, life can be without boundaries.
1206. I am convinced that, I am only good enough, if I adapt.
1207. I am convinced that, I am to deny myself, in order to avoid rejection.
1208. I am convinced that, I am to lift myself by treading on others.
1209. I am convinced that, I am not to express myself, as the one I am.
1210. I am convinced that, I do not want to involve with my family.
1211. I am convinced that, I must be nice.
1212. I am convinced that, positive changes are only temporary.
1213. I am convinced that, it can only be in one certain way.
1214. I am convinced that, I am not to show my dark sides.
1215. I am convinced that, it hurts to find my way.
1216. I am convinced that, I am to hate parts of myself.
1217. I am convinced that, I am to deny myself to be part of the family.
1218. I am convinced that, my child is to live up to my expectations.
1219. I am convinced that, my child is to live up to the expectations of my partner.
1220. I am convinced that, my child is to live up the expectations of others.
1221. I am convinced that, my child is to be like others'.
1222. I am convinced that, the accomplishments of my child equivalent to my value as a parent.
1223. I am convinced that, my child is always to have its wishes fulfilled.
1224. I am convinced that, I am unsuccessful as a parent, if I am not always able to fulfil the wishes of my child.
1225. I am convinced that, the life as a child can only be in one way.
1226. I am convinced that, you are to hold a grudge against children.
1227. I am convinced that, it is better for children to be punished.
1228. I am convinced that, the best way of bringing up children is to tell them, when they do something wrong.
1229. I am convinced that, my child is not affected by, what I feel.
1230. I am convinced that, I know how much love my child needs.
1231. I am convinced that, I am a bad parent.
1232. I am convinced that, I can just say sorry without changing anything.
1233. I am convinced that, I am to pay attention to, what others think of me and my looks.
1234. I am convinced that, it entirely my responsibility, how my child behaves.
1235. I am convinced that, it is more important what I say, than what I do.
1236. I am convinced that, I am to set myself secondary.
1237. I am convinced that, it is more important that my child is well, than that I am.
1238. I am convinced that, I am not to decide, what my child is to do or not to do.
1239. I am convinced that, my child is to know the same as I do.
1240. I am convinced that, my child is just, what I shape it to.
1241. I am convinced that, I am to prevent my child from learning to take responsibility.
1242. I am convinced that, I am to prevent my child from learning, by doing everything for it.
1243. I am convinced that, my child is not to learn by making mistakes.
1244. I am convinced that, children are able to cope with all situations on their own.
1245. I am convinced that, my child is to have the same experience now, as I have.
1246. I am convinced that, I can have another result than my parents by doing the same as they did.
1247. I am convinced that, I can only get well by having help from another human.
1248. I am convinced that, my body does not hold what it takes to get well
1249. I am convinced that, I will never get well.
1250. I am convinced that, my body is not affected by, what I think, and how I feel.

1251. I am convinced that, I am to know, how I do something, before I start – or set a goal.
1252. I am convinced that, I am just a victim of, what is happening in my life.
1253. I am convinced that, I am unable to handle the responsibility that goes with steering on my own.
1254. I am convinced that, I am unable to handle the responsibility that goes with being well.
1255. I am convinced that, I cannot do without the protection disease gives me.
1256. I am convinced that, nobody will take care of me, if I am not ill.
1257. I am convinced that, I can only be seen, if I am ill.
1258. I am convinced that, I can only be heard, if I am ill.
1259. I am convinced that, it is not possible to take responsibility for my own life.
1260. I am convinced that, I am incapable of affecting the information in my cells.
1261. I am convinced that, what, I feel in my body, is not something, I can relate to.
1262. I am convinced that, I am not to express, what I am.
1263. I am convinced that, my body and my 'I' can be separated.
1264. I am convinced that, I cannot be seen, the way I am.
1265. I am convinced that, I can measure myself, the way others do.
1266. I am convinced that, others are more important, than I am.
1267. I am convinced that, I am only something worth, because of what I can or do/perform.
1268. I am convinced that, I do not hold the strength to be myself.
1269. I am convinced that, I am in the wrong job.
1270. I am convinced that, work strains a lot.
1271. I am convinced that, I cannot go on in life without performing something.
1272. I am convinced that, I will never become anything.
1273. I am convinced that, I am to fear the future.
1274. I am convinced that, I am to handle my work life aggressively.
1275. I am convinced that, I am to live a life in longing.
1276. I am convinced that, I am unable to interact with others.
1277. I am convinced that, others relate to me.
1278. I am convinced that, others lie.
1279. I am convinced that, it will never get better.
1280. I am convinced that, I am not to follow myself.
1281. I am convinced that, I am let down, if I open up to others.
1282. I am convinced that, my timing is always wrong.
1283. I am convinced that, I am only to be sensible.
1284. I am convinced that, everybody rejects me.
1285. I am convinced that, the way, I have been until now, is the only way, I can be.
1286. I am convinced that, my body is getting worse and worse.
1287. I am convinced that, I am always to be at disposal.
1288. I am convinced that, others are observant of, what I do and do not do.
1289. I am convinced that, my needs are never more important than others' are.
1290. I am convinced that, I am no good at having other people in my life.
1291. I am convinced that, I am to be the last.
1292. I am convinced that, my closest are my enemies.
1293. I am convinced that, I am to press myself to be worthy.
1294. I am convinced that, I am able to avoid disease alone by eating and living healthy.
1295. I am convinced that, I am to convince others about the legitimacy of my physical needs.
1296. I am convinced that, love is unattainable.
1297. I am convinced that, I cannot have something, when I need it.
1298. I am convinced that, others have expectation to me, which I am not able to fulfil.
1299. I am convinced that, my body is wrong.
1300. I am convinced that, prejudices wipe me out.

1301. I am convinced that, I am to cross my own bounds (capacity).
1302. I am convinced that, I decide, what my body is able to.
1303. I am convinced that, I can compare myself to others.
1304. I am convinced that, consideration for others are more important, than the consideration for myself.
1305. I am convinced that, others know, what is best for me.
1306. I am convinced that, exercise is of no negative consequences.
1307. I am convinced that, I am not capable of breaking my habits.
1308. I am convinced that, my real needs can never be fulfilled.
1309. I am convinced that, the needs of others are always more important than mine.
1310. I am convinced that, I am no good as a human being.
1311. I am convinced that, I am not to show who and what, I am.
1312. I am convinced that, it is too late.
1313. I am convinced that, it is unacceptable to ask for acceptance.
1314. I am convinced that, my bounds are not to be respected.
1315. I am convinced that, life is boosted.
1316. I am convinced that, I am just to aside myself.
1317. I am convinced that, I am to hate.
1318. I am convinced that, I am not capable of controlling, how much I exercise.
1319. I am convinced that, I do not want to show who and what, I am.
1320. I am convinced that, I am in debt of gratitude, if I accept love.
1321. I am convinced that, it is my responsibility, how others are.
1322. I am convinced that, others are irresponsible.
1323. I am convinced that, I let others down, when I no longer deny my heart.
1324. I am convinced that, everything is in vain.
1325. I am convinced that, I am not to show myself as the one, I am.
1326. I am convinced that, I am not capable of understanding the world.
1327. I am convinced that, I am not to let myself enjoy life.
1328. I am convinced that, I am to be at disposal of others.
1329. I am convinced that, nothing will ever be, as I had imagined.
1330. I am convinced that, I always do the wrong.
1331. I am convinced that, I am not capable of controlling, what I eat or drink.
1332. I am convinced that, I am no good.
1333. I am convinced that, my difficulties are something, others inflict on me.
1334. I am convinced that, I am to be ashamed about myself.
1335. I am convinced that, I am not capable of finding solutions.
1336. I am convinced that, I am let down, when I open myself to love.
1337. I am convinced that, I am to hate myself.
1338. I am convinced that, my partner is unable to love me, if I show who and what, I truly am.
1339. I am convinced that, my partner mostly sees my mistakes.
1340. I am convinced that, it is possible to be wrong.
1341. I am convinced that, it is crucial, what I do, if I am to be loved.
1342. I am convinced that, I cannot just be loved, for what I am.
1343. I am convinced that, I am to accept something, I actually do not want to accept.
1344. I am convinced that, I am not capable of holding on to myself.
1345. I am convinced that, I am incapable of handling the consequences of holding on to myself.
1346. I am convinced that, I am not capable of being alone for a while.
1347. I am convinced that, criticism works.
1348. I am convinced that, I am to change my partner.
1349. I am convinced that, I am able to change my partner.
1350. I am convinced that, I can only feel safe, if my partner resembles myself.

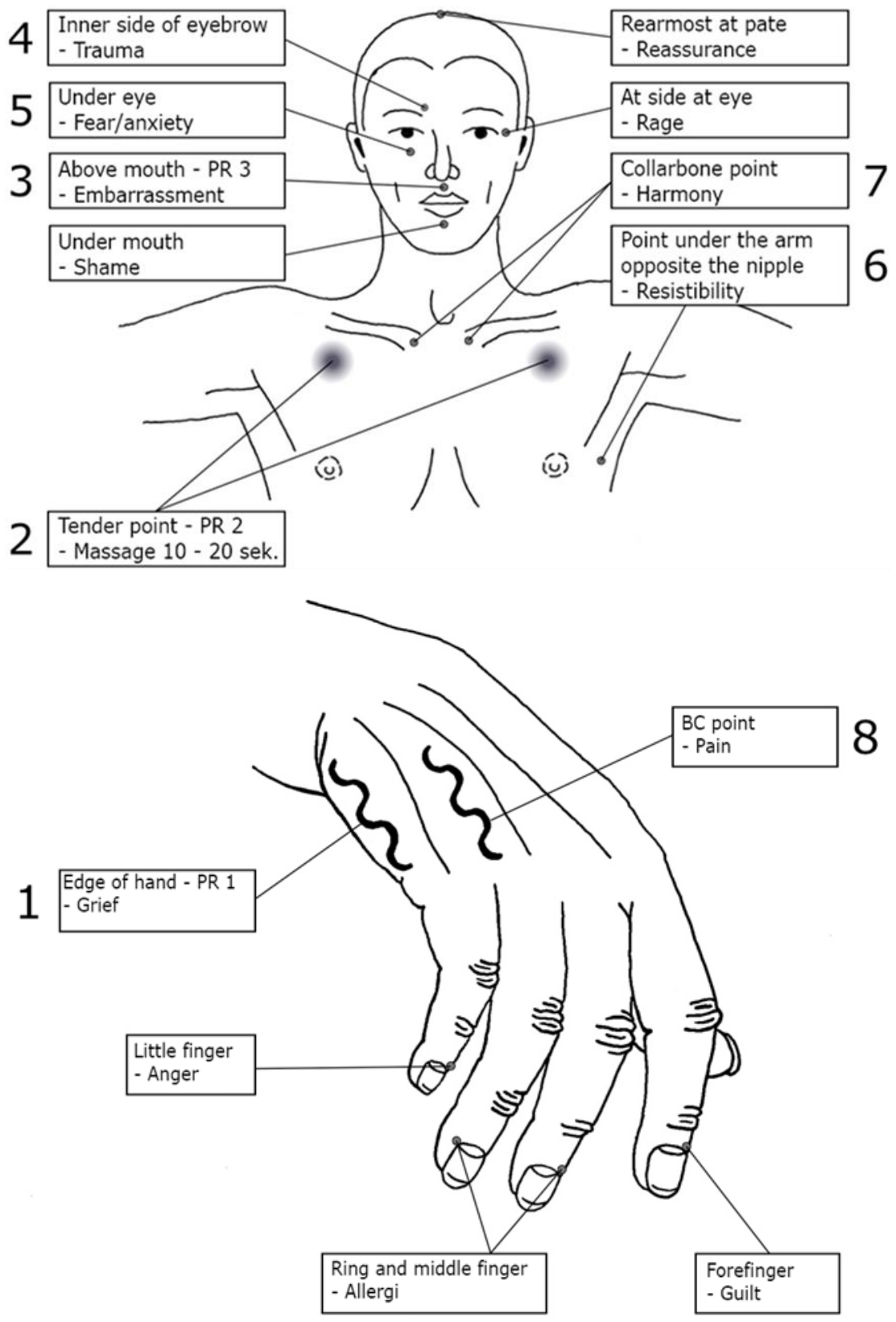
1351. I am convinced that, the values, I have learned, are better than my partners'.
1352. I am convinced that, I am worth more, than my partner is.
1353. I am convinced that, I am more important, than my partner is.
1354. I am convinced that, my needs are more important, than my partners' is.
1355. I am convinced that, my time is more important, than the time of my partner is.
1356. I am convinced that, I am not being seen.
1357. I am convinced that, I lack the means to make myself prevail.
1358. I am convinced that, freedom and a relationship cannot be combined.
1359. I am convinced that, I am always left with the responsibility.
1360. I am convinced that, it is possible to share responsibility.
1361. I am convinced that, I am not capable of asserting myself.
1362. I am convinced that, a relationship is about to endure.
1363. I am convinced that, I have to do, what others say, I must.
1364. I am convinced that, I have to do like others.
1365. I am convinced that, I am to let myself down, before I let others down.
1366. I am convinced that, I am innocent, if I omit to do something.
1367. I am convinced that, I have to do, as others expect.
1368. I am convinced that, I am incapable of living without a person, I have lost.
1369. I am convinced that, nobody can show me how to take care of myself.
1370. I am convinced that, I am always to trust other people.
1371. I am convinced that, I have to do/perform something to be loved.
1372. I am convinced that, I am in a wrong life situation.
1373. I am convinced that, I am not to consider my own needs.
1374. I am convinced that, I am to know something, before I know it.
1375. I am convinced that, I am to fear something, which has happened.
1376. I am convinced that, I am to demean myself to be accepted.
1377. I am convinced that, others snub me.
1378. I am convinced that, I am not to talk about, what I am.
1379. I am convinced that, I am not to show my real feelings.
1380. I am convinced that, I am more stupid than others are.
1381. I am convinced that, I am to keep my ideas to myself.
1382. I am convinced that, I am not worth it.
1383. I am convinced that, others create my life.
1384. I am convinced that, others create my feeling.
1385. I am convinced that, it is always I, who has the unpleasant tasks.
1386. I am convinced that, it is just about lack of will.
1387. I am convinced that, others are offended by that I follow myself.
1388. I am convinced that, it is possible to be in control of, what is happening.
1389. I am convinced that, I must be in control of, what is happening.
1390. I am convinced that, I am to accept something, for which I am not ready.
1391. I am convinced that, I lose myself, if I give myself (in connection to sex).
1392. I am convinced that, there is one way, it is right.
1393. I am convinced that, I am not good enough sexually.
1394. I am convinced that, it is crucial, how I look.
1395. I am convinced that, I am not to be led by my own needs
1396. I am convinced that, sex is dirty.
1397. I am convinced that, sex will never become good to me.
1398. I am convinced that, sex and feelings can be separated.
1399. I am convinced that, my weight has only something to do with, how much I move/exercise.
1400. I am convinced that, I make myself dependent of others by loving.

1401. I am convinced that, obligations are a curse.
1402. I am convinced that, I am to hate tasks.
1403. I am convinced that, I can compare myself to others.
1404. I am convinced that, I am to be led by others' (ex doctors) life limiting convictions.
1405. I am convinced that, some are better than others.
1406. I am convinced that, I lose.
1407. I am convinced that, one can be right.
1408. I am convinced that, I am to wipe myself out to be respected.
1409. I am convinced that, I am to do more, than what fits with me.
1410. I am convinced that, others are offended by, that I am well.
1411. I am convinced that, I am I am to have too high expectations to myself.
1412. I am convinced that, others know better, what fits with me than I do.
1413. I am convinced that, I am to have focus on, how others see me.
1414. I am convinced that, it is more important to give to others, than to give to oneself.
1415. I am convinced that, it is best to avoid confrontations.
1416. I am convinced that, I am not interesting to unfold.
1417. I am convinced that, I am not to be led by my own joy.
1418. I am convinced that, I am to be accepted by others.
1419. I am convinced that, I let myself down, when/if I no longer deny my body.
1420. I am convinced that, I am always to live up to expectations of others.
1421. I am convinced that, I am always to blame, when something goes wrong.
1422. I am convinced that, I am a victim of my prejudices.
1423. I am convinced that, it hurts to open oneself to others.
1424. I am convinced that, hide my light under a bushel.
1425. I am convinced that, I am to understand myself in every moment/present.
1426. I am convinced that, I am responsible for, others understand who they are.
1427. I am convinced that, dishonesty is necessary.
1428. I am convinced that, I lose myself by being part of something.
1429. I am convinced that, I am to manipulate.
1430. I am convinced that, I am not to put myself at disposal at others.
1431. I am convinced that, my weight has just something to do with how I eat and drink.
1432. I am convinced that, my weight alone has something to do with, what I eat and drink.
1433. I am convinced that, I can separate the reactions in my body from, how I feel.
1434. I am convinced that, I can separate the reactions in my body from, how I approach life.
1435. I am convinced that, there are convictions; I am to keep secret to myself.
1436. I am convinced that, there are things, which I am to deny.
1437. I am convinced that, there is information, I am to avert from getting to my consciousness.
1438. I am convinced that, I am to contend about love.
1439. I am convinced that, I am to contend with my father about the love of my mother.
1440. I am convinced that, I am to contend with my mother about the love of my father.
1441. I am convinced that, I am on loved, if I am like a girl.
1442. I am convinced that, I am only loved, if I am like a boy.
1443. I am convinced that, it can be necessary to raise the voice to show my anger.
1444. I am convinced that, it can be appropriate to show ones' anger by raising the voice.
1445. I am convinced that, I must have an influence on the decisions of the management.
1446. I am convinced that, I am free to rebuke others.
1447. I am convinced that, I am infallible.
1448. I am convinced that, the ideas, I get, are not good enough.
1449. I am convinced that, I am free to scold others.
1450. I am convinced that, I can define the lives of others.

1451. I am convinced that, I have the right to define the lives of others.
1452. I am convinced that, I am free to rear others.
1453. I am convinced that, I am to rear others.
1454. I am convinced that, rearing is possible.
1455. I am convinced that, I am free to own others.
1456. I am convinced that, others are free to own me.
1457. I am convinced that, I can control others.
1458. I am convinced that, others can control me.
1459. I am convinced that, I am free to control others.
1460. I am convinced that, others can be worth less than I am.
1461. I am convinced that, I can be worth less than others.
1462. I am convinced that, I am not to be touched.
1463. I am convinced that, I am weak, if I am touched.
1464. I am convinced that, I am to be strong all the time.
1465. I am convinced that, I am weak, if I cry.
1466. I am convinced that, I can judge others.
1467. I am convinced that, others can judge me.
1468. I am convinced that, I can only get well by help from another human being.
1469. I am convinced that, I am to be told, when I do something wrong – and not, when I do something right.
1470. I am convinced that, I am to know the same as an adult.
1471. I am convinced that, children are not to learn by making mistakes.
1472. I am convinced that, I am to understand and manage any situation on my own.
1473. I am convinced that, I am just to do, what I am told – without putting questions.
1474. I am convinced that, I am to let others obstruct my development of responsibility.
1475. I am convinced that, I am not free to think, what I think – and feel, what I feel,
1476. I am convinced that, I am a victim to my own appearance.
1477. I am convinced that, everything must be planned.
1478. I am convinced that, my appearance is well than that I am well.
1479. I am convinced that, I am not to look good.
1480. I am convinced that, it is more important how I look, than how I am.
1481. I am convinced that, I am not to decide, what I am to do.
1482. I am convinced that, I am always to come first.
1483. I am convinced that, the way, I look, is not good enough.
1484. I am convinced that, others model themselves on me.
1485. I am convinced that, others are responsible for, how I am experienced.
1486. I am convinced that, I can always trust others' experience of me.
1487. I am convinced that, I cannot trust my own judgment.
1488. I am convinced that, my appearance makes me worthless.
1489. I am convinced that, I am to look in a certain way in order to be accepted.
1490. I am convinced that, others just spend time together with me, because of how I look.
1491. I am convinced that, the way, I have been looking until now, is the only way, I can look.
1492. I am convinced that, I am not to decide, how I am to look.
1493. I am convinced that, I am to disregard myself, because of how I look.
1494. I am convinced that, my appearance is too repulsive.
1495. I am convinced that, I can only feel safe, if I look like others.
1496. I am convinced that, I am rejected, because of how I look.
1497. I am convinced that, I can handle my emotions with my appearance.
1498. I am convinced that, I am alone with the judgment of my own self-image.
1499. I am convinced that, I am all the time to be stand by for my mother.
1500. I am convinced that, I am all the time to be stand by for my mother.

- 1501. I am convinced that, conflicts cannot be solved.
- 1502. I am convinced that, I am always causing conflict.
- 1503. I am convinced that, I am unable to solve a conflict.
- 1504. I am convinced that, I am overpowered by fear, if I am in a situation of conflict.
- 1505. I am convinced that, there is only one winner after a situation of conflict.
- 1506. I am convinced that, conflicts cannot be solved in a peaceful way.
- 1507. I am convinced that, I am always the loser after a conflict.
- 1508. I am convinced that, I cannot control my emotions in a situation of conflict.
- 1509. I am convinced that, I am all the time to detect or read the signals of other people to be able to take care of myself.
- 1510. I am convinced that, all breaks of rules strike me hard.
- 1511. I am convinced that, what is in the television is more important than me.
- 1512. I am convinced that, what is in the radio is more important than me.
- 1513. I am convinced that, I must get angry to make my way through.
- 1514. I am convinced that, I must get angry to take care of myself.
- 1515. I am convinced that, I must get angry to be heard.

Overview 6 – TFT points and sequences



TFT – sequences (Roger Callahan)

Abbreviations:

C is used for client/clients.

Seq is used, when a sequence is to be repeated

'Brain cooperation – BC'

Is performed while tapping continuously at the BC point (point 8) - on top of the hand, one breadth of a finger above knuckles, between the continuation of the ring finger and the little finger

1. Close your eyes (skip if you tap with closed eyes)
2. Open your eyes
3. Keep the face in the same position and look down to the left (just with your eyes)
4. Look down to the right
5. Roll the eyes all the way round.
6. Roll the eyes all the way round the other way
7. Hum erratic notes
8. Count fast from one to five (loud)
9. Hum erratic notes

If you feel embarrassed by humming, you can just think of some notes instead – it works just as well.

Support yourself in maintaining focus by recurrently repeating, what you work with.

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Floor to ceiling eye rolling

While you tap the BC point you keep your head in the same position. You use 6-8 seconds to let your eyes roll from the floor to the ceiling as far as they can get. When the eyes are in their top position, you close them. 'Floor to ceiling' is good to end up with. It seems to contribute to "cement", where you come to.

'Floor to ceiling' can also be used autonomously to reduce stress or for a fast stress relief.

Trauma

Trauma-point, anxiety-point, resistibility-point, harmony-point

BC

(T, A, R, H, Seq)

If anger is involved:

(T, A, R, H, A, H – BC – Seq)

Trauma continued

If guilt is involved:

(T, A, R, H, G, H – BC – Seq)

End up with 'Floor to ceiling' when you are on 3 or lower.

Anxiety/stress

Anxiety-point, resistibility-point, harmony-point

BC

(A, R, H – BC – Seq)

End up with 'Floor to ceiling' when you are on 3 or lower.

Anger

Anger-point, harmony-point

BC

(An, H – BC – Seq)

End up with 'Floor to ceiling' when you are on 3 or lower.

Depression

BC-point (30 times), harmony-point

BC

(BC-point x 30, H – BC – Seq)

End up with 'Floor to ceiling' when you are on 3 or lower.

Phobia

Anxiety-point, resistibility-point, harmony-point

BC

(A, R, H – BC – Seq)

Alternatively:

Resistibility-point, anxiety-point, harmony-point

(R, A, H, - BC – Seq)

End up with 'Floor to ceiling' when you are on 3 or lower.

Addiction/craving

First, use (sequence for anxiety/stress):

Anxiety-point, resistibility-point, harmony-point

BC

(A, R, H – BC – Seq)

Other possibilities:

1 Harmony-point, anxiety-point, harmony-point

BC

(H, A, H – BC – Seq)

2 Resistibility-point, anxiety-point, harmony-point

BC

(R, A, H – BC – Seq)

End up with 'Floor to ceiling' when you are on 3 or lower.

Guilt

Guilt-point, harmony-point

BC

(G, H – BC – Seq)

End up with 'Floor to ceiling' when you are on 3 or lower.

Physical pain

BC-point (50 times), harmony-point

BC

(BC-point x 50, H – BC - Seq)

End up with 'Floor to ceiling' when you are on 3 or lower.

Embarrassment

"Enter" the feeling and just tap the embarrassment-point

End up with 'Floor to ceiling' when you are on 3 or lower.

Shame

"Enter" the feeling and just tap the shame-point

End up with 'Floor to ceiling' when you are on 3 or lower.

Rage

Rage-point, harmony-point

BC

(R, H – BC – Seq)

End up with 'Floor to ceiling' when you are on 3 or lower.

Obsessive thought/actions

(OCD – Obsessive Compulsive Disorder)

Harmony-point, anxiety-point, harmony-point

BC

(H, A, H – BC – Seq)

End up with 'Floor to ceiling' when you are on 3 or lower.

Other possibilities:

1 Resistibility-point, anxiety-point, harmony-point

BC

(R, A, H – BC – Seq)

2 Anxiety-point, resistibility-point, harmony-point

BC

(A, R, H – BC – Seq)

Sorrow (a sequence I have added)

Sorrow-point, anger-point, harmony-point

(Anger is often "compressed love")

BC

(S, An, H – BC – Seq)

End up with 'Floor to ceiling' when you are on 3 or lower.

Alternatively:

Anger-point, sorrow-point, harmony-point

(An, S, H – BC – Seq)

Jetlag

West to east:

Anxiety-point, harmony-point

BC

(A, H – BC – Seq)

End up with 'Floor to ceiling' when you are on 3 or lower.

East to West

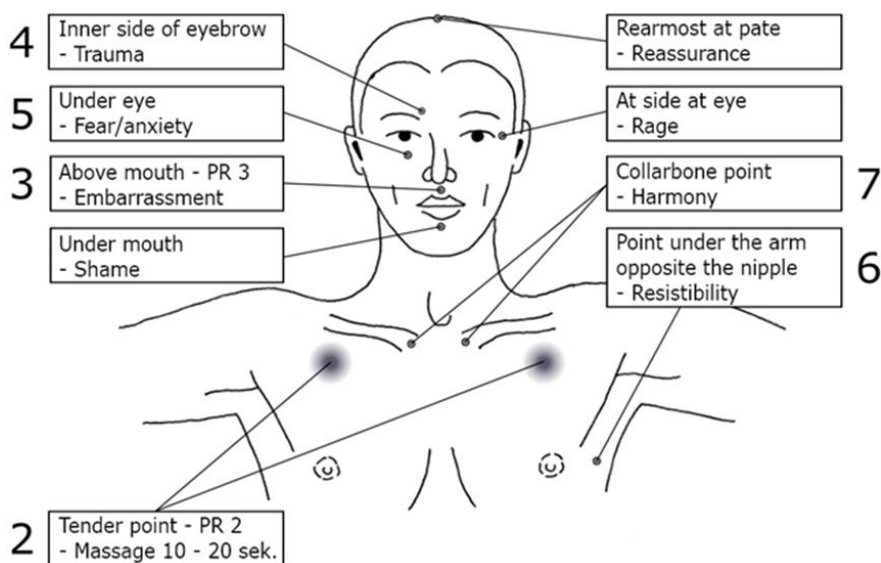
Resistibility-point, harmony-point

BC

(R, H – BC – Seq)

The whole sequence is repeated every hour when awake

For some persons the sequences are opposite – conduct vest to east, when you travel east to west.



'Brain cooperation – BC'

Is performed while tapping continuously at the BC point (point 8) - on top of the hand, one breadth of a finger above knuckles, between the continuation of the ring finger and the little finger

1. Close your eyes (skip if you tap with eyes closed)
2. Open your eyes
3. Keep the face in the same position and look down to the left (just with your eyes)
4. Look down to the right
5. Roll the eyes all the way round.
6. Roll the eyes all the way round the other way
7. Hum erratic notes
8. Count fast from one to five (loud)
9. Hum erratic notes

After point 8 you just go on with the points 1-8 (at the edge of the hand etc.) – and goes on repeating point 1-8 until you can't get any further on the 0-10 scale (see below)

