

Feeling Bad About Yourself **..... And What You Can Do About It**



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Feeling Bad About Yourself & What You Can Do About It

Introduction

Many people spend some time feeling bad about them self; some people spend most of their time feeling bad about them self. This e-book has been written for people who feel stuck with too many bad feelings and who want to find a way to change.

Are you feeling any of the following?

- Extremely anxious
- Panic
- Depressed or consistently 'low'
- A need to harm yourself
- Extremely shy or withdrawn
- Don't know what you want to do with your life
- Don't feel good enough about what you are doing
- Longing to be good enough, to be acceptable and loveable

I hope that by reading this, you will realize that you are not alone with your feelings, and that there are ways to change how you are feeling.

Shame isolates people, cuts them off from other people as well as from their own unique creative value as an individual. Shame is detrimental to health; many chronic conditions are either caused by or cause shame, resulting in a cycle that perpetuates the condition. Shame blocks healing by creating contraction in the body which has been shown to alter our physical healing abilities. Shame is also the emotional issue that is often the most painful and difficult to accept. For most people, shame is that which dare not speak it's name - it gets buried, disguised, disowned, rejected. What this e-book is about is working with the causes of shame and the problems caused by shame.

I offer some ideas, including how to use EFT (emotional freedom techniques), for you to heal and move beyond feeling shamed. In our pursuit of a one-size-fits-all society, we have lost so much richly diverse creative talent – it is there in all of us, not just those we label as artists – and we need that creativity if we are to solve the problems facing us and create a new reality. The Law of Attraction (along with the other sympathetic laws such as the Law of Allowing) shows us that we can all be powerful creators. I believe that what is stopping most of us from even dreaming, let alone achieving the life of our dreams, is shame.

Joy, self-love, passion, enthusiasm, energy, health and well-being – these are what we find ourselves experiencing naturally when we heal shame.



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Note

This e-book contains links to online information which I hope you will find useful. Everyone prefers information delivered in a different way, so I've included links to videos, pictures and more articles and case studies. It is my hope that you will find something that helps you put a piece into your jigsaw of understanding yourself and how you can be all that you truly are.

With gratitude and appreciation for all the teachers I have encountered who have shared their wisdom and love so generously

**"Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness, that most frightens us.
We ask ourselves, who am I to be brilliant, gorgeous,
talented and fabulous?"**

Actually, who are you not to be?

**You are a child of God.
Your playing small doesn't serve the world.
There's nothing enlightened about shrinking so
that other people won't feel insecure around you.**

**We are all meant to shine, as children do.
We are born to make manifest the glory of God that is within us.
It's not just in some of us, it's in everyone.**

**And as we let our own light shine,
we unconsciously give other
people permission to do the same.
As we are liberated from our own fear,
our presence automatically liberates others."**

Please Note: While EFT has produced remarkable clinical results, it must still be considered to be in the experimental stage and thus practitioners and the public must take complete responsibility for their use of it. By reading further you are acknowledging that you take full responsibility for your health and well-being. If in doubt about anything you are feeling or experiencing, you should consult a professional health-care specialist.



Introduction to EFT

What is EFT and how can it help me?

EFT (emotional freedom techniques) works with the way our body responds when we think yucky thoughts or experience scary events. What happens is that the energy in our body gets disturbed, sort of like a static charge in electricity, and this is what gives us those yucky feelings. We learn to put labels on these energy disturbances like 'anger', 'guilt', 'shame'.

The Ancient Chinese first discovered the pathways through which this energy flows in our body and there are several points along each pathway where it is close enough to the skin surface for us to literally tap into it. The points that are now used for EFT are mostly around the head and hands, as these are the easiest places to make contact with the major energy pathways.

Using a light tapping on these points with just two fingers, we are able to remove the energy disturbance which releases the "yucky" emotion and restore smooth-flowing energy which we describe as 'feeling good'.

In this way we are able to change our feelings about what happened to us in the past, as well as to change the beliefs we made about our self as a result. Just for one moment imagine the different it would make to your life right now if you were to change your fundamental belief that you are not good enough into something far more positive like "I am amazing". If you are struggling with that idea or feel uncomfortable, then this is a good indicator that you have some shame lurking underneath the surface. And the good news is that EFT is the most powerful eraser of negative and unhelpful beliefs so far discovered.

Note

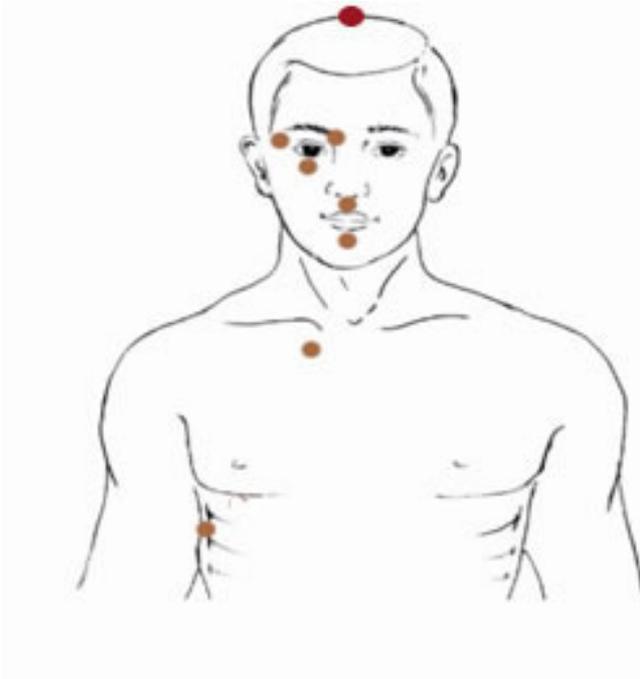


Although EFT is a very simple technique, people are complex. The examples of tapping scripts given throughout this e-book are provided for guidance. They will not be sufficient on their own to release all your shame. This is something that requires persistence and courage. At the end of the book I've included some guidelines on how to use EFT for self-help and for knowing when to acknowledge that you need help from a practitioner and how to find the best person for your needs.



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The EFT Points



Eyebrow: this is the inside edge of your eyebrow, slightly away from the bridge of your nose.

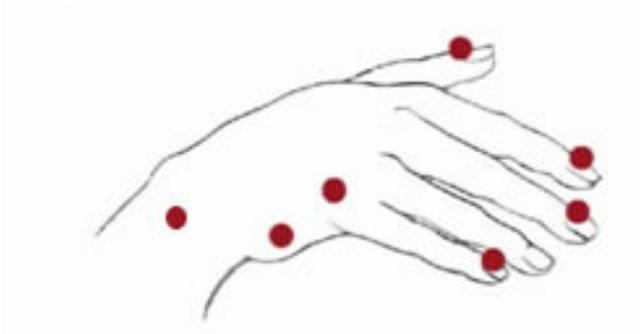
Side of Eye: tap on the bone at the outside edge of your eye. Not as far back as your temple.

Under Eye: tap on the bone under your eye, in line with the middle of your eye.

Under Nose: tap on the part that is between your nose and your top lip, right in the centre.

Chin: tap on your chin, just below your bottom lip.

Collar bone: locate the bony ends of your collarbone, then go down and across about an inch or 1.5cms.



Under Arm: this point is about a hands width below the armpit. For women, it's usually in the middle of the

bra strap. Use the flat of your hand to tap here.

Top of Head: tap the top of your head with the flat of your hand, right on the crown.

Karate Chop Point: this is the fleshy part of the side of your hand, as would be used to make a karate chop. This is where tapping usually starts.



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Optional Points

Having outlined the 'basic recipe', as it is called, I'll also show you the optional points as sometimes they are useful additions or substitutes for the other points.

Inside of wrist: This point is optional, and where you see it indicated, it means to tap on the inside of your wrist using two fingers. Keeping your fingers flat means the full width of your wrist is tapped on.

Finger Points: turn your hand with the thumb uppermost. Tap on the upper side of each finger at the side of the finger nail. Omit the ring finger because the meridians are twisted around.

Gamut Spot: this is a spot on the back of your hand, between your little finger and ring finger, level with the flesh part of the edge of your hand (the Karate Chop Point).

That's it really! Once you've remembered the basic 8 points, you're ready to go.

How to do EFT

The first part is called the **Setup Phrase**, and this is the bit that usually begins with "Even though" and ends with "I deeply and completely accept myself". In the middle is the problem or issue you are working on, e.g. "felt angry with Bob for stealing my shoes".

This is repeated three times whilst tapping on the Setup Phrase: Karate Chop Point.

Then there is the **Reminder Phrase**, which is a short phrase that is said whilst tapping on each of the tapping points. It's purpose is to ensure your unconscious mind stays focused on the memory and feeling.

We will usually be doing 2 – 3 rounds of tapping, which means tapping around all the points twice or three times. Then we finish up with a deep breath in and out.

After completing a few rounds of tapping, it's time to focus back on the original memory and feeling to see what has changed. Some people like to use a rating system so they can gauge the rate of change. This is usually called SUDS (subjective unit of disturbance scale) and ranges from 0 = no feeling or intensity to 10, maximum feeling or intensity. If you find numbers difficult, then use some other form of measurement, and there are articles on the emofree.com web site providing some creative examples of alternative measuring scales.

So there we have it – the basis of EFT. This is a really basic introduction and I'd like to encourage you to go and find out more for yourself.



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Resources:

I particularly like the clear diagram and instructions at ThrivingNow.com which you can find by clicking here. <http://www.thrivingnow.com/eft-tapping-points/>

And for those who like to follow a video, try this one from Deborah Donndelinger. <http://www.youtube.com/watch?v=76KLb5acbuc>

Let's Get Started with some EFT

Firstly identify a feeling that you have and would rather you didn't have. It will probably be linked to a memory or a thought. Start by using words that clearly describe the feeling you are having because being specific makes for terrific results! So for example, you could try:

Setup phrase whilst tapping the Karate Chop Point:

Even though I'm feeling angry because I didn't deserve Dad to shout at me when I dropped the plate, I deeply and completely love and accept myself.

Reminder phrase whilst tapping the points: *feeling angry*

~~~~~

**Setup phrase** whilst tapping the Karate Chop Point:

*Even though I'm feeling sad and worried because my relationship isn't working well, I deeply and completely love and accept myself.*

**Reminder phrase** whilst tapping the points: *feeling sad and worried*

~~~~~

Setup phrase whilst tapping the Karate Chop Point:

Even though I'm filled with bitter revenge because she took my children away, I deeply and completely love and accept myself.

Reminder phrase whilst tapping the points: *filled with bitter revenge*

Take a deep breath in and release it, then re-focus on the feelings of anger, sadness and worry, bitter revenge and see whether something has changed.



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Why is the Setup Phrase like it is?

When you use the ending phrase to the Setup *“I deeply and completely love and accept myself”*, you do a few helpful things.

1. You remind yourself that love is a possibility.
2. You reinforce that it's possible for you to love you even if some other people don't yet.
3. You are saying that you accept you which is something many people don't even think about doing.
4. You are softening your habitual resistance to the bad feelings.

Why focus on the Negatives so much?

Have you ever tried using affirmations? They sound wonderful don't they? To go around chanting to yourself things like *“I am all-powerful and create a world of love and peace with every breath”* or *“I am a divine being and all fear is an illusion”*. Very soon, you're supposed to believe that this is your reality. But what happens to most people who start to work with affirmations is that they quickly run into a pile of negatives. It's a process that I've described sometimes as like pulling the roof down on my own head! Gary Craig calls these “tail-enders” because they are the thoughts that quickly, almost unconsciously, follow the affirmation but are not spoken aloud. For example affirming *“I am all-powerful”* the unspoken tail-ender *“yeah right, who are you kidding!”*.

Using EFT to erase the tail-enders first enables the affirmation to have greater ‘stick-ability’.

If a pot is mostly filled with mud and we want to put water into it, we can get much more water in the pot if we first empty out the mud!

Some people prefer the analogy of transformation – that we change our negative beliefs into positive ones, and transform our negative experiences into something that gives us a positive. Don't worry if you cannot see right now how some of your past experiences could have anything positive about them at all; this is the kind of realisation that often comes along spontaneously when the negative judgments and shame are released or transformed.

Our beliefs create our inner rule book which we consult all the time to guide our choices. Not all the rules in this rule book were put there by us; parents, teachers, peers, media all get to write in our rule book as we are growing up. It is only later that we may start to consider whether or not we want some of these rules especially the ones that are getting in our way and making us feel bad unnecessarily.



The Shame Problem

People feel bad about themselves or something that they have done and often the feeling is temporary. Although that kind of shame certainly hurts, it quickly disappears. But there are many people for whom those uncomfortable feelings never seem to go away, no matter what they do. Sometimes those feelings can make a person feel terrible or just feel like giving up in misery. This kind of shame seems too painful to stand.

Let's look further at the differences between feeling ashamed or guilty for a good reason and feeling long-term shame. We feel ashamed or guilty when we feel that we have done something wrong, contravened a belief or rule from our inner rule book. Examples might be stealing some money from a friend's wallet, or cheating on a friend. Usually an apology or act of restitution relieves the feelings. Long-term shame is when you feel you ARE something wrong. For example, feeling badly about yourself, who you are, how you look, how you act or feel. It seems that there is nothing you can do to relieve these feelings. They can be seen as being either healthy or unhealthy.

Healthy guilt is normal, lasts a short time and is needed, because it lets us know that something is out of balance or in conflict within us. For example, we have a personal belief that lying is wrong, so when we do lie, it feels uncomfortable inside. We may choose to examine our rule and decide it is a valid one and keep it in which case we learn from the experience.

Unhealthy shame lasts too long, feels too powerful and extreme, and doesn't help us to make corrections to our thinking or behaviours. The rules were probably written by others and we don't feel able to erase or override them. Over time this shame lowers our self-esteem, and may lead to depression, anxiety, panic attacks, self-harm or suicidal thoughts, ill health and dis-ease.

Understanding the Symptoms

All people have feelings all the time. Sometimes they're comfortable and "yummy" feelings and sometimes they're pretty uncomfortable and "yucky" feelings. There may even be times in our life when the feelings we are dealing with are felt to be overwhelming, for example the death of a parent.

Trying to live your life with the uncomfortable and yucky feelings hanging around all day long is very difficult. So we all find ways to survive by keeping those yucky feelings away.

Burying yucky feelings helps us temporarily to cope, but those feelings are still there in our bodies and haven't gone away. One day, sooner or later, the yucky feelings will need us to pay attention to them and that's when we notice symptoms appearing like depression or anxiety.



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It is very important to understand that the symptoms are not the problem; the problem is really in all those buried uncomfortable feelings which are still energetically affecting our body. The symptoms actually have an important function. They either

- bring out attention to the fact that something needs attention, or
- provide protection from the seemingly overwhelming and threatening buried feelings.

It may seem difficult to grasp that panic attacks and anxiety could be a form of protection. When we understand the evolution of the human species as being something of an almost 'hit and miss' process, we begin to see that there are some parts of our brain that are still operating as though we lived in the jungle as hunter-gatherers.

When something traumatic happens, there is a pattern-matching process which takes in our immediate environment and puts it into a box labelled "Dangerous". Whenever we later encounter something in the environment that matches something in the box, our alarm system is triggered.

For example, wandering through the jungle one day in search of food, you come across a hungry tiger. You freeze or run away, or possibly stand and fight. Either way, the pattern of 'tiger' is put into your "dangerous" box so that the next time you see a tiger your body will react instantly, far quicker than conscious thought processes, to protect you from what you know to be dangerous.

Shame can therefore become a trigger for panic and anxiety because it was too painful and overwhelming at the time and got put into the "dangerous" box. When the past events that caused the shame can be cleared or transformed using EFT, there is no longer any need for protection or for an alert, so the symptoms disappear. The very protection mechanisms we use also provoke further shame, though. Most people suffering anxiety, depression, panic disorder, feel ashamed of their symptoms and try to hide those too, believing that they are the only one who feels so awful. We need to break the cycle and use EFT on the shame resulting from the symptoms as well as the underlying shame from the past.

People who feel really bad about themselves find it difficult to learn that they are valuable and good people who are worth love and respect and pushing their uncomfortable feelings out of awareness perpetuates the feeling cycle.



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Common Causes of Shame

There are many causes of long-term shame, and here we will detail a few. Some of the below causes overlap each other.

Disapproval

From a very early age, we learn how to please people around us, particularly those who are caring for us. It's almost as though we are programmed to 'fit in' – with our family and our community. So anything we do that causes someone to feel angry or displeased with us becomes a 'bad' action. When it isn't made clear that it is the action rather than the person that caused the displeasure, we end up believing that we are bad.

Shame is not that you have done something wrong. Shame is that you are something wrong. But, of course, as young children we don't do nothing. We do things that get us into trouble driven by our natural curiosity. It is when that behaviour isn't acceptable to those who have power over us that we learn that we are not acceptable beings. There is very little difference in the eyes of a young child between the things they do and the person they are.

Not Respected & Not Worthy

Although many children may have never been directly shamed, the fact that their opinion never seemed to count causes them to feel inept and existential shame. Children develop a good sense of their ability to succeed in the world through the active participation of their surrounding adults, whether teachers or parents. Some parents believe that their main responsibility is only to give kids food, clothes and shelter and they don't ever allow time to have a conversation with the child. The child can feel much neglected. Am I wanted? Am I needed?

When a child grows up with one or more parents who are either unable or unwilling to commit their time and energy to engaging with, helping and supporting the child in their endeavours, the child feels shamed and believes they are not respected because that is the only way they can make any sense of the situation. The belief is that they are not worthy of someone else's attention and cannot expect to be supported because there is something wrong with them as a person. It's not so much what happened that causes the anxiety or shame, but what didn't happen. All children need to feel valued and wanted, but if nobody ever listens to their opinions, they are left feeling unwanted and valueless.

Being presented with closed or pseudo choices all the time is just one example. "Do you want to go to the park or to the shops?" when the child actually wants to stay at home. Being expected to quietly get on with something on their own without disturbing or bothering anyone else also sends the clear message that they are not worthy of that person's time and attention.



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They may grow up to become overly independent, refusing to allow themselves to receive offers of help from others, or never being able to ask for help. Many people develop a belief that they have to do everything on their own and as a result become isolated and lonely. They are afraid to be vulnerable and fear helplessness and powerlessness.

Can't Do It Right

Sometimes the well-meaning attempts of parents, caregivers or teachers to help the child to do better can have a shaming impact. Instead of the child receiving the message that their efforts were praiseworthy and good enough, they get an unsettling feeling that what they've done isn't enough or it isn't right. When children are given the impression that there is only one good way for most things to be done they can feel very anxious because they do not yet know what this right way is. And they fear the consequences of doing the wrong thing too. As a result the child can feel incompetent and confused and shamed. They learn to give up trying and their natural curiosity and creativity becomes suppressed.

For example: one child shows their teacher a drawing which took them a long time and over which they took much care and attention and is told "Well done, that looks like you've put a lot of care into doing that and it's come out really well" whilst another who worked equally hard may be told "Well, I think you could have made the flowers a bit more colourful, don't you?" Those two kids return to their tasks feeling totally different about themselves and the value of their efforts.

Age-Inappropriate Expectations

This is when someone is expected to perform some task for which they do not yet have sufficient skill, maturity or understanding. Children may be expected to take on chores or tackle school work for which they simply do not have the developmental requirements. For example, Kathy was just 5, yet her mother expected her to help her in the house and do the cleaning to the same high standards. One day, her mother was feeling low, so Kathy decided to help out some more. She tried to do things she wasn't old enough to do but had seen her mother do. She started to wash the dishes. But she made a big mess on the kitchen floor which angered her mother when she saw it. Her mother shouted at her, and poor Kathy, instead of feeling she had pleased her mother by helping was left feeling not good enough. Sometimes the adult's response is more subtle and they don't realize that they are shaming the child by saying things like "well, you didn't do that bit very well did you", or "you'd better try a bit harder at that next time". All the child hears is "you're not good enough" and actually, how could they be good enough to achieve something for which they don't have the skill, maturity or understanding.



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Experiencing Trauma

Strange as it may seem, many traumatic events leave the person with a lasting sense of shame. Maybe it is in the form of a belief such as “I should have been stronger” or “I should have been able to avoid that disaster” or simply a feeling “I didn’t do enough and now I feel useless”. This can happen to children and adults alike. With extreme trauma symptoms of PTSD (Post Traumatic Stress Disorder) people experience high levels of shame. A traumatic event doesn’t have to be restricted to war, terrorism, violence, rape or natural disaster. A hospital visit can be traumatic for a young child; witnessing a car crash can be traumatic for an adult. Trauma is any event that makes you feel both terrified and helpless at the same time. Most people are able to identify several occurrences of this in their life, possibly starting from birth.

Birth trauma is increasingly common in western society and has grown in proportion with the medicalisation of the birth process. Induction, caesarean section, use of forceps, separation from mother, medical procedures for premature babies – these are all forms of trauma for the newborn. Until fairly recently, it was believed that babies did not have the developmental capacity to experience trauma. Recent studies have shown that this is simply not true, and many health and emotional problems now seem to have a birth trauma as their root. Young and vulnerable as the baby is, it is not immune to feeling shame as a result. Those all-important early days as a separate human being create deeply held patterns of behaviour and belief. If we come into the world feeling unwanted, uncared for, traumatised, abused (even if it is for the purpose of saving our life), then we will continue to view the world through the lens of that experience.

Childhood Abuse

The sad fact is that most children who suffer some form of emotional, physical or sexual abuse, are actually abused in the home. Extreme abuse leaves children with a very deep sense of shame, whether it happens once or repeatedly. They may be threatened with further abuse if they tell anyone so it drives them inwards to find survival mechanisms. This can result in disassociation where the child grows into an adult who is completely cut off from his or her feelings. Extreme survival methods included Dissociate Identity Disorder, or Multiple Personality Disorder where the mind forms of one or more additional personalities and switches between them, often with little or no communication between these separated parts.



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Shame Beliefs

When a person feels shame, anxious, unsafe and not good enough, they often create beliefs about this feeling. These are some thoughts a very shamed person could have:

- I am damaged (broken, a mistake)
- I am dirty (soiled, ugly, unclean, filthy, disgusting)
- I am not able (not good enough, not smart enough)
- I am useless (worthless)
- I am unwanted (unloved, unappreciated)
- I deserve to be abandoned (forgotten, left out, rejected)
- I am weak (helpless, dependent, defenceless)
- I am bad (awful, dreadful, evil, no good)
- I am nothing (invisible, unnoticed, empty)
- I am a failure (useless, broken)

These thoughts might run around in your head constantly like a merry-go-round, or you may not even be aware that you have them. They are responsible for the way you look at yourself and the world around you, rather like different coloured sun shades. And like sun shades, they can be changed or removed. Using EFT on the specific past events that formed these beliefs will usually result in a cognitive shift – a change of belief and viewpoint.

To find out what the specific events might be, take each belief that you think you have and ask yourself to fill in the blanks in the following statements.

I think I am damaged because happened

I think I am useless because happened

Or

I learned to believe that I deserve to be abandoned because

I learned that I am a failure because

You can then work with those specific past events using the **Movie Technique** on p.70.



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Protection from Feeling Shame

Now we will talk about defences against shame. Defences are the coping strategies that people use, to stop themselves feeling shame. Usually these coping strategies are created by a part of us that is doing the best that it can in very difficult circumstances. Often this happens in childhood and the trouble is that the methods used tend to only partially produce the desired result. As the creations of a child, they are often quite rudimentary and illustrate the child's view of their world. I'm sure you would not consult a young child of 5 about how to run your life now. So you need to learn how to change these child-like strategies and behaviours using the adult understanding and experience and knowledge you have acquired since then.

Accepting that you had a strong need to create them in the first place is really important. Life was hard, and you coped. Now it is time to learn that you can be valued and loved just as you are, whatever you can or cannot do. This is a time to learn compassion for your past self, to release judgment and criticism and to find ways of healing the pain and hurt of those past events which led to their creation.

Denial

When denial is used as a defence, it means that people just don't know that they are feeling shame deep down inside. They often live in a world where appearance matters more than anything else. He or she will do anything to protect his image as the cool guy or popular girl, or as the good kid, even if that means ignoring how things really are. But the problem is that denial doesn't make the underlying feelings go away. It can put a lid on them for a while, but other feelings may leak out instead, for example anger and rage in boys and depression or anxiety in girls.

If you are reading this e-book, then chances are that you are probably not in complete denial of your shame. However there may be some shame that you have been unable to access so far. This is absolutely OK and you may find that you recognise some of your shameful belief patterns in later sections of the book with which you can work.



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~~~~~ EFT Script ~~~~~

Setup Phrase

Karate Chop Point:

Even though I might be in denial, but I don't know how I could know that, I'm willing to love and accept myself anyway.

Even though I might be denying all sorts of shame and I'm doing such a good job of it, I'm open to the possibility of releasing it anyway.

Even though I might want to hang onto my denial because I feel scared of what else I might find behind it that I don't want to feel, I deeply and completely love and accept myself without judgment.

Eyebrow: I don't know what I'm denying

Side of Eye: Because I'm doing a really great job of it

Under Eye: I might have all sorts of shame feelings

Under Nose: But I'm denying them for now

Chin: I acknowledge that I had a need to do this, it was a powerful choice

Collar bone: I might still have a need to do this

Under Arm: If I chose to put it there, I might also be able to choose move it to one side just for a short while

Top of Head: I can always have it back if I want it

Eyebrow: What if I could let go of this need for denial?

Side of Eye: I wonder if it's safe for me to look behind it now

Under Eye: I have so much more knowledge, experience and understanding than I did as a child

Under Nose: I'm open to ways of seeing things differently now

Chin: I'm ready to let go of my safety blanket and find new ways of dealing with my feelings

Collar bone: As I heal the pain and hurt of the past, I release my hold on denial

Under Arm: I'm ready for a change now

Top of Head: I'm bringing healing to my shame and releasing denial

Take a deep breath and release it. If any memories of past events have surfaced, you can work with those using the **Movie Technique** on p.70.

Withdrawal



Feeling Bad About Yourself & What You Can Do About It

Another way to survive shame is withdrawal, preferring to be alone rather than being with other people. It can feel as though everyone else sees right into your heart, and sees the part of you that feels ashamed. So being alone is like a protection from that exposure. The thought process that usually follows is “*They won’t like me because I’m so bad, and then they’ll reject me and that will hurt more*”. Remember that the first reaction of your body to shame is to look down or to the side, not meeting someone’s eyes for fear they will see right inside you. Another is blushing when speaking in front of others. You may also find yourself avoiding talking about things and keeping everything bottled up inside, trying to stay invisible.

Unfortunately this behaviour feeds into the shame cycle because none of us feels good if we are constantly alone – we all have a need for connection with other people. Some people might have recommended getting out more, just feel the fear and do it anyway, learning some networking and social skills. With shame-based thinking, these actions will probably increase the protective behaviour because the unconscious link that has been formed between being around others and feeling unsafe hasn’t been removed yet, so the body/mind perceives these dangerous situations.

Tom had become quite reclusive. He lived alone, had no friends outside his colleagues at work, and rarely went out anywhere. He had also been single since his last relationship had broken down 12 years earlier. Just thinking about walking into a room full of people he didn’t know made him feel sick and shaky and he was unable to even imagine having a few close friends without fear.

As a child he had been bullied frequently at school, put down by his school teachers and had nobody at home to turn to. His parents had separated, which was a social stigma at the time, and his mother had become depressed and withdrawn into herself. Feeling alone, he felt deeply shamed by what was happening to him, so he withdrew even further. His one love relationship had not been able to heal his shame sufficiently and he found himself too withdrawn to experience any intimacy with his girlfriend. After only 3 years, she had left him, citing his self-imposed protection through isolation as the cause.



Feeling Bad About Yourself & What You Can Do About It

~~~~~ EFT Script ~~~~~

Setup Phrase:

Karate Chop Point:

Even though I protect myself by withdrawing, and that makes me feel sad and lonely, I deeply and completely love and accept myself with kindness and compassion.

Even though I find it so difficult to be with other people, it doesn't feel safe and I'm convinced they are seeing straight through me to all the parts I want to keep hidden, I deeply and completely love and accept myself without judgment.

Even though I have this need to protect myself right now, I am willing to give myself some credit for creating this withdrawing method and it shows how powerful my choices can be. I am ready to bring healing to the shamed parts of me now and I deeply and completely love and accept all of myself anyway.

Eyebrow: I feel so sad and lonely

Side of Eye: It's so difficult to be around other people feeling like I do

Under Eye: I'm afraid they'll see right into me

Under Nose: It's been a great protection

Chin: I chose to keep myself safe in this way

Collar bone: I am ready to bring healing to the shamed parts of me

Under Arm: And give myself some compassion for how difficult it's been for me

Top of Head: I'm ready to move on now

Eyebrow: That part of me that nobody sees

Side of Eye: That part of me that even I don't want to see

Under Eye: I've withdrawn from myself deep inside

Under Nose: I'm willing to move towards embracing all of who I am

Chin: I'm ready to love and accept myself entirely

Collar bone: I've made some strong choices to protect myself

Under Arm: I'm now choosing to heal the shame of the past

Top of Head: I am making the choice to heal now.

Take a deep breath and release it. If any memories of past events have surfaced, you can work with those using the **Movie Technique** on p.70.



Feeling Bad About Yourself & What You Can Do About It

Perfectionism

The person who is a perfectionist and defending against shameful feelings tends to believe only in two different states: perfect or shameful (All or Nothing). This kind of person fights hard to succeed at everything, but even when achievements stack up, is still striving for more because of the nagging feeling inside that says "I am not good enough yet". This is like chasing the end of the rainbow, because nothing this person does will alleviate the shameful feeling inside. Many teenagers and adults can become quite ill because of the pressure they put on themselves to achieve. It's not just that they feel bad inside, but they often also feel as though everyone else is judging them and finding them wanting. Any small mistake becomes a huge deal.

Sophie got good grades at school, was consistently praised by her teachers, won a sports scholarship, went on to University where she worked hard and was highly successful. Then she took a further course before getting a good well-paying job. Some years later she married and shortly after had two children. When the children were 6 and 4 years old, Sophie became ill. It started with tiredness which she could never seem to shake off. She became irritable and exhausted, then came the awful headaches that would effectively disable her for several days at a time. She felt devastated because she could no longer keep the house clean and tidy, cook the meals and look after the children as well as working a full-time job. She felt a failure at everything she tried to do. She could no longer summon the energy to get out of bed before she decided she needed some help.

All her life she had been driven by the belief that she wasn't good enough ... yet! Good grades at school could have been better in her eyes; sporting achievements were never appreciated, she was always looking at the next competition; her house was never tidy enough; her children never had enough of her time, she felt guilty as a mother for working, and guilty as a worker for having occasional time off for her children. All this took its toll on her health. Over several months she learned how the one belief that she was not good enough and needed to keep improving had driven everything she did.

One of her earliest memories behind the deep feeling of inadequacy was a comment made by a doctor who examined her shortly after she was born. This unthinking doctor told her mother that Sophie didn't look up to much and warned her to expect her baby to remain weak and sick all her life. She was able to realise how deeply that had been ingrained in her so that it ran all of her thoughts, feelings and behaviours because it had happened within days of the beginning of her life. As an adult, she discovered that she has the power to change such beliefs and make a profound shift in her attitude towards herself, through the use of EFT.

The real question here is – when will you be good enough?



Feeling Bad About Yourself & What You Can Do About It

~~~~~ EFT Script ~~~~~

Setup Phrase:

Karate Chop Point:

Even though I never feel good enough no matter how much I do, there's always more to be done and I haven't got it done yet, I deeply and completely accept myself anyway.

Even though I'm so used to feeling inadequate in everything I do, I'm really not sure what it might feel like to accept myself as I am, I'm willing to have a go somehow.

Even though I'm not good enough, and keep trying to do things better and better to escape this horrible feeling inside, I love and accept myself and I'm ready for change.

Eyebrow: I'm not good enough

Side of Eye: I never have been and I never will be good enough

Under Eye: I can't possibly be good enough as I am, there's so much that needs improving

Under Nose: It's really hard to accept myself like this

Chin: There's so much of me that's just not good

Collar Bone: I can't even see one little bit of me that I could begin to accept

Under Arm: I wonder what it would feel like to accept myself

Top of Head: I'm fed up with feeling inadequate – I'm ready for a change

Eyebrow: What if I could feel good enough already?

Side of Eye: What if this belief is an error?

Under Eye: I would like to feel good about myself, but I don't know how

Under Nose: I'm willing to begin to release this belief – it doesn't have to be mine

Chin: What if I could choose to erase it?

Collar Bone: What if it just faded away?

Under Arm: I'm ready to release this belief

Top of Head: I give myself permission to wipe out this belief now.

Take a deep breath in and release it. If any memories of past events have surfaced, you can work with those using the **Movie Technique** on p.70.



Related Articles:

[When are you Enough?](#) –

<http://www.tap4health.com/striving-when-are-you-enough/>



Feeling Bad About Yourself & What You Can Do About It

Rage

The rageful person seems like he's shouting a warning: "Don't get any closer! You are getting too close to seeing my shame, and I won't let anyone see that part of me. Stay away or I will attack". A rageful person is desperate to keep others far enough away so they cannot destroy him. He is also focused on blaming others for his difficulties because he cannot face his own inner pain and shame.

I have used 'he' in the paragraph above because the anger and rage response is far more common in boys than it is in girls. Girls will tend to internalise their responses and become anxious and depressed whilst boys externalise through blame and aggression. Rage can be a difficult feeling to handle and girls in particular learn early on from their parents that it is 'forbidden' or that they will be punished if they show their anger. A toddler having a rage tantrum in the supermarket is quickly silenced and reprimanded rather than understood and helped. For this reason it can be much harder to release anger and rage if you are a woman. This doesn't mean you don't have those feelings, but rather that they are buried deeply and may take some time and work to surface them.

Like a frightened animal feeling cornered, people may become overly aggressive as they try to protect themselves from being 'found out'. They drive other people away but their self-esteem suffers. Very angry people become trapped in a lonely world of their own making and it is difficult for others to get near to them in any way. Rage makes relationships very difficult and the anger and abuse can be passed down through the generations: a son who experiences his father's anger and beatings develops shame which he then externalises in the same way. It takes tremendous courage to go beyond this rage and anger, not only for the person him or her self, but also for those who care about them.

Mark was a teenager whose uncontrollable rage at home was causing his parents problems. He had agreed he wanted to change, but didn't know how, because it felt as though his anger controlled him rather than vice versa. The triggers he could identify were whenever he felt that someone was more powerful than he was, and this made him feel weak and vulnerable. Because of past experiences of being bullied at school, this felt so painful and unacceptable that the rage just seemed to take over as protection. Once he had 'flipped' he was unable to listen to reason because he was in a primitive mind state where self-protection was his only goal. Afterwards he would feel even more shame at the distress he had caused his parents, his own lack of control and his feeling of isolation. He believed that nobody could help him and even those who should have been close to him were actually afraid of him.



Feeling Bad About Yourself & What You Can Do About It

~~~~~ EFT Script ~~~~~

Setup Phrase:

Karate Chop Point:

Even though I feel so small and vulnerable inside, I can't let anyone else see that, so I'm using rage to protect me, and I accept myself anyway without judgment

Even though I hate having these scared parts inside of me that feel so weak, and I have this strong angry part to protect me, I'm willing to accept all parts of me with kindness and compassion.

Even though my anger upsets other people and it frightens me, I love and accept myself anyway.

Eyebrow: I feel so small and vulnerable inside

Side of the Eye: I'm doing the best I can to protect myself

Under Eye: I can't let anyone else see that I'm so scared and weak

Under Nose: My rage is protecting me

Chin: My rage is upsetting other people

Collar bone: I can't control my rage, it controls me

Top of Head: I'm ready for a change somehow

Eyebrow: What if I could protect myself in a different way?

Side of Eye: Whatever happened in the past isn't happening any more, maybe I am safe

Under Eye: I'm open to seeing things differently

Under Nose: What if I don't need protection any more?

Chin: I'm open to the feeling differently about myself

Collar Bone: What happened happened, and I am ready to heal the past and move on now

Top of Head: I'm ready to find ways to accept all of me now

Take a deep breath in and release it. If any memories of past events have surfaced, you can work with those using the **Movie Technique on p.70**



Feeling Bad About Yourself & What You Can Do About It

Better than Everyone Else

Some people protect themselves by choosing a belief that they are better than everyone else. They either act out this belief by telling those around them all about their greatness or they always put other people down, unable to give praise even where it is due. Often these two behaviours go together and even as this person tells everyone else that he or she is so great, inside there is a voice putting them self down. They are sadly also unable to see any good or praiseworthy aspects of themselves. Either way, the arrogant person feels set apart from anyone who wants to befriend or like him and really feels all alone in the world.

Alan worked in a large open-plan office and had recently been promoted to be in charge of a team of 6 other people. Already his constant put-downs were demoralising his team, and he had been sent on a management training course which highlighted his negative attitude towards everyone else and his rather inflated idea of his own prowess. In order to keep his job, his managers required him to address this and make changes.

He talked about a difficult school career including a few years at a military boarding school where life was harsh. Although academically very able, the practical side of daily affairs at school eluded him, for which he received constant criticism and regular punishments. As a protection against feelings of shame he developed a belief that he was superior to others because of his academic abilities and talents. However, this left him isolated and lonely among his peers. He only knew one way to relate to a group of people and that was to be always better than them, feeling safer due to having more knowledge.

As he worked with his past experiences he became more relaxed and easy-going. Colleagues even started to confide in him and his reputation as a caring and supportive manager began to develop. At the yearly appraisal, the people in his team expressed their appreciation of his leadership and said they felt valued as individuals by his new approach to his work.

~~~~~ EFT Script ~~~~~

Setup Phrase:

Karate Chop Point:

Even though I need to feel better than everyone else so that I can protect myself from feeling worthless and useless inside, I deeply and completely love and accept myself without judgment.

Even though it's far easier for me to criticise than to give praise, I accept myself and want to find new ways of praising myself and acknowledging the things I do well.



Feeling Bad About Yourself & What You Can Do About It

Even though it doesn't feel safe to be just as good as someone else, I need to be better all the time, it is such hard work and I'm curious about what might happen if I could relax and let things be.

Eyebrow: I keep protecting myself by feeling better than them

Side of Eye: I needed to do that, and it's my choice

Under Eye: I don't feel safe being just as good as everyone else

Under Nose: I feel so worthless and useless inside all the time

Chin: I need to be better than everyone else, but I can't be better than everyone

Collar Bone: It's exhausting work and life feels so hard

Under Arm: I wonder what would happen if I could relax and let things be

Top of Head: I'm open to ways of feeling differently about myself now

Eyebrow: I choose to value myself for the things I do well

Side of Eye: I choose to give myself some praise, I do a great job most days

Under Eye: I'm going to notice all the things I do that are ok

Under Nose: I give myself permission to value myself

Chin: It's time to ease off and relax so that I can enjoy my life more

Collar Bone: I'm going to be kind and gentle with myself and others

Under Arm: I can appreciate myself more each day

Top of Head: And I might even make it my job to find good things in everyone, especially in me.

Take a deep breath in and release it. If any memories of past events have surfaced, you can work with those using the **Movie Technique** on p.70.



Feeling Bad About Yourself & What You Can Do About It

Showing Off or Playing the Clown

This survival strategy makes the person draw attention to him or herself in order to pre-empt anyone else surprising them. They may act silly, wild, weird or strange in their dress or behaviour. An example is the person who always plays the clown, amusing others whilst feeling empty inside. By showing off in this way, they distract people from what they really want to hide. Again, people may like the silly act, the strange behaviours, but only for a while. Others will find they are unable to get close to the 'real' person, who is in hiding, and, as with the other defences, the end result is loneliness.

Anthony's third marriage was breaking down after only 6 years. His wife had given him an ultimatum – either he seek help to change or she would leave, taking their 2 year old daughter with her. He had difficulty understanding the problem at first, because he hadn't changed since they met. He was still the same happy-go-lucky rather accident prone guy he had always been, and his friends seemed to like being around him. His wife, however, was fed up with his way of always making jokes out of his mishaps, and his clowning around had cost them dearly when he wrote off their car and been in trouble with the police for some late night drunken pranks as he called them. Now that they had a daughter, she wanted him to be a responsible father. He wouldn't sit down to discuss serious aspects of their lives together, like finances or how to raise their daughter. He always had to turn everything into a joke and she was fed up.

During therapy he came to realise that there was a part of him that was afraid to be seen by anyone and it hid behind this larger than life persona. It was actually that inner part of him that his wife wanted for her husband. Working through the painful past experiences that had led him to hide himself away and create his clown persona enabled him to learn to trust himself to open up and share intimacy with his wife and some of his friends.



Feeling Bad About Yourself & What You Can Do About It

~~~~~ EFT Script ~~~~~

Setup Phrase:

Karate Chop Point:

Even though I feel sure that if someone were to really get to know all of me, they wouldn't like me, and that's too hard to bear, I give myself permission to love and accept myself without judgment and I'm open the possibility that this belief just may be wrong.

Even though I'm doing a pretty good job of hiding some parts of me behind this happy-go-lucky personality, I realise this isn't the real me, and I long to feel able to say that I deeply and completely love and accept myself.

Even though I want to stop rejecting parts of myself, I don't seem to know how and it feels too risky to take down the protection right now, I'm willing to work towards being able to accept all of me.

Eyebrow: Laugh and the world laughs with you

Side of Eye: Cry and the world abandons you

Under Eye: Nobody could like all of me

Under Nose: I don't like all of me

Chin: There are parts of me I have difficulty accepting

Collar Bone: So I'm sure nobody else could accept them

Under Arm: I feel so ashamed of me

Top of Head: I've been rejecting parts of myself

Eyebrow: What if I could begin to learn to like myself?

Side of Eye: Just a little bit at a time It doesn't have to be all at once

Under Eye: It feels quite scary to think of that

Under Nose: But what if I could do it now?

Chin: I'd be able to relax and be myself

Collar Bone: But I don't want to lose the happy-go-lucky guy others see

Under Arm: I wonder if I could keep that and be so much more than that too

Top of Head: I'm ready to heal the wounds of the past and ready for a change

Take a deep breath in and release it. If any memories of past events have surfaced, you can work with those using the **Movie Technique on p.70**.



Feeling Bad About Yourself & What You Can Do About It

Opposite Extremes

All-the-Time Shame

Many people grow up having almost no idea of who they really are or who they want to be. Their aim in life is to try to please everyone and to become whatever they think other people want them to be. These people are often very nice and would run away if there were the faintest hint of conflict. They feel unable to protect or stand up for themselves. See the Pleaser Personality below. Underneath they are stuck always feeling bad about who they are and need to learn how to stop putting themselves down, comparing themselves with other people and finding themselves wanting, and getting involved in relationships that perpetuate the underlying feeling of shame.

Changing long-term feelings of shame isn't going to happen overnight. It is more like setting out on a journey of self-discovery, to acceptance of yourself as a flawed human being, no better and no worse than anyone else, and to learn to love yourself and appreciate that you are of value just for being who you are and not because of what you do.

No Shame At All

When babies are born, they are in an almost blissful state of feeling that they are at the centre of their Universe – they feel connected to their parents in a way that doesn't distinguish between 'them' and 'me'. The problem with this view of the world is that when Mum is angry, the young child believes that they caused it – because they are the centre of their Universe. When Dad is feeling sad – "I caused it", thinks the baby or very young child. When Mum won't stop drinking, the small child creates a belief that it must therefore be because they are not good enough, because if they were, then Mum wouldn't need to keep drinking.

Most people then go on to learn when they are pretty young that they are not actually the centre of the universe. Some people do not want to or are unable to accept this idea. Maybe it feels too unsafe to let go of being a child, or the child feels so hurt inside that they are driven into this extreme method of coping with the ongoing pain. This situation grows into a complete absence of shame and even healthy and normal guilt is not felt. This person has no capacity to care about others – they may know that they want to or ought to, but just cannot find a way to do it. For them it can be like trying to intentionally move a completely numb limb. The mind sends the signals but nothing happens. In some extreme cases the mind doesn't even know how to send the signal in the first place. It is a place of complete disconnection within and may be caused by repeated or extreme trauma such as long-term childhood abuse or war.



Feeling Bad About Yourself & What You Can Do About It

Problems Caused by Shame

Fear of Rejection

The fear of rejection is at the heart of people who have too much shame. Abandonment (being left or left out) and rejection seems quite possible to someone who believes that he or she is really worthless and unlovable. Why would anyone stay with him or her, or hang around with them when there are so many better people in the world? Too much shame prevents a person from believing that they are good enough to be liked and valued. So they begin to push others away, unintentionally, and then end up isolated and lonely which compounds the problem. Although they believe that others are rejecting them, this is often a reflection of an inner rejection where they are rejecting a part of themselves because of shame.

Annabel had had several car accidents within 6 months and came to me with feelings of anxiety when driving anywhere far from home. This had become so severe that she was unable to drive without someone else in the car and only undertook local journeys on roads she was familiar with. During treatment she recalled a memory of being driven away in a car when her parents separated. Her parents hadn't thought to explain what was happening because she was so young, and in her child-like way, she created the belief that her Daddy didn't want her, so her mother had had to take her away from him. She carried shame and guilt over this mistaken belief until it was released with EFT. She was then able to fully overcome the shock of the accidents and drive with confidence again.

~~~~~ EFT Script ~~~~~

Either recall a time when you felt or believed that you were rejected, or create an imaginary rejection scenario. The aim here is to get in touch with just a little of that rejection feeling before using the tapping script below. Take care not to allow yourself to become overwhelmed, and if you do not feel comfortable, stop and look at the section below on other techniques like **The Movie Technique**, **Tearless Trauma** and **The Box Technique**.

Setup Phrase:

Karate Chop Point:

Even though I am afraid of being rejected, because it hurts so much, I deeply love and accept myself

Even though I have this intense fear of rejection that makes me feel unsafe, I deeply love and accept myself with kindness and compassion

Even though feeling rejected is the worst feeling in the world, and I felt it when [put your event or scenario in here e.g. My Daddy didn't want me] I am learning to accept myself and honour how difficult it has been for me.



Feeling Bad About Yourself & What You Can Do About It

Eyebrow: It hurts so much

Side of Eye: I don't feel safe

Under Eye: Rejection hurts me

Under Nose: I'm afraid of being hurt again

Chin: I'll do anything to avoid this painful feeling of being rejected

Collarbone: This fear of being rejected

Under Arm: This painful rejection feeling

Top of Head: I don't feel safe when I could be rejected

Take a deep breath in and release it before continuing.

Setup Phrase:

Karate chop point:

Even though I felt rejected when [put your memory or scenario in here e.g. My Daddy didn't want me], I am willing to release the hurt and pain I felt then and still feel

Even though I felt so hurt and rejected when [e.g. Mummy took me away] and I believed [e.g. Daddy didn't want me], I am letting go of all that pain now

Even though I still have this feeling and it's not safe for me to risk being hurt again, I am opening to love for myself and feeling differently about that event.

Eyebrow: I felt rejected when [put your memory or scenario in here]

Side of Eye: I felt so hurt and rejected when [put your memory or scenario in here]

Under Eye: I believed I wasn't wanted [or your belief if different]

Under Nose: All this hurt and pain

Chin: What if I could release it now

Collarbone: I didn't feel safe then, but I am safe now

Under Arm: So much hurt and pain when they rejected me

Top of Head: The time for healing this is now

Take a deep breath in and release it. Tune back into your memory or scenario and see what feelings are there in your body now? Continue with the following tapping if you still have some intensity about the event.



Feeling Bad About Yourself & What You Can Do About It

Setup Phrase:

Karate chop point:

Even though I felt so much hurt and pain then, and I believed I wasn't wanted at all, I am willing to release that now and choose love for myself instead

Even though I was so hurt by that event that I made a vow never to allow it to happen again, I am choosing to release that now and choose love for myself instead

Even though I still believe that what happened was wrong, I am open to finding peace anyway

Eyebrow: All that hurt and pain then

Side of Eye: The belief I made from that event that I wasn't wanted at all

Under the Eye: I am choosing to release it gradually now

Under Nose: I can do this at a pace that feels safe and right for me

Chin: I allow healing to begin now

Collarbone: I am open to finding peace anyway

Under Arm: That event was in the past, and I am safe here now

Top of Head: I let the past go and choose love and peace within

Take a deep breath in and release it. Tune back into the memory or scenario and see how you feel now. If you still need to do some more tapping to reduce the intensity further, you can repeat the tapping phrases above, or create your own.

Keep tapping for this one memory or scenario until the SUDS rating is below 2. You will then have cleared a big tree from your forest. Take time to congratulate yourself on the good work you have just done.



Feeling Bad About Yourself & What You Can Do About It

The Pleaser Personality

Somehow people get to believe that they must do what they believe everyone else wants them to do, otherwise they will be rejected or abandoned. Often this comes from very early years when, as a young child or baby, the person is totally dependent on others for their care. Without it they would die. People like this spend most of their time reacting to others. Their self-worth depends on the praise and criticism they get from outside themselves and they find it really difficult to make decisions for themselves. There is always the inner fear “What if I get it wrong and somebody disapproves?”

These people can often be identified by the frequent use of the words “should”, “ought to” and “must”. They also feel and behave like a rabbit in the headlights when asked to make a decision, paralyzed by the fear of getting it wrong and upsetting someone.

Joan was 21 and nearing the end of her University course. Her grades had deteriorated recently and she was expressing feelings of depression, sleeping more than 14 hours every night, and beginning to drink more than was healthy for her.

She described a childhood of pressure to achieve, with both parents giving her constant overt and covert messages that success could only come through hard work, and success was what they most valued. She had done well at school, but had had to put in long hours of study. Her social life was restricted due to her parents’ desire for her to study and get to University. Now, nearing the end of her course, and beginning to look at career options, she realised that she had no idea of what the road ahead of her would look like.

For all her life she had been doing what her parents wanted her to do. Although they had never been particularly angry with her on the very few occasions she hadn’t got top grades, she still felt a strong anxiety about choosing to do something that might displease them. She was unable to say what she wanted to do, having never learned how to find her own pleasure.

As we worked to reduce the anxiety that she would be abandoned if she didn’t please her parents, her real desires began to come to the fore. She did complete her University term, achieving reasonable grades, but far from what she might have got if she had continued striving to please her parents. She enrolled on a veterinary training course, moved away from home and started to learn how to make her own choices and to take the responsibility that comes with that freedom. Her parents were not as angry as she had anticipated and she was now doing what gave her joy. The anxiety disappeared, her sleep returned and she no longer needed to drink heavily.



Feeling Bad About Yourself & What You Can Do About It

~~~~~ EFT Script ~~~~~

Maybe you can remember a time when you did something that someone disapproved of and it felt deeply hurtful and shaming. Or perhaps you grew up in a family where you were not encouraged to make your own choices. If not, then create an imaginary scenario in which you get that same feeling. Then continue with the tapping ideas below:

Setup Phrase:

Karate Chop Point:

Even though I felt so deeply ashamed because I got it wrong and he/she/they disapproved, I deeply love and accept myself with kindness and compassion.

Even though I felt so deeply hurt because he/she/they disapproved of what I'd said/done, I am willing to love myself anyway

Even though I can still feel that pain today and it happened years ago, I love and accept myself anyway.

Eyebrow: I felt so deeply ashamed

Side of Eye: I got it wrong

Under Eye: He/She/They disapproved of me

Under Nose: And it felt so bad inside me

Chin: It hurt me when [describe what he/she or they did e.g. shouted at me]

Collarbone: I got so scared when [describe what he/she or they did e.g. shouted at me]

Under Arm: I've tried to protect myself from that pain

Top of Head: I've done the best I can with that event

Take a deep breath in and release it. Tune back into the memory or scenario and see what intensity of feeling you are experiencing now. If you need to do some more tapping, continue.

Setup Phrase:

Karate Chop Point:

Even though I felt so bad inside myself when [describe the event e.g. I got it wrong and they laughed at me], I am bringing healing to this now

Even though it felt so painful and unsafe for me, I love and accept myself and honour how difficult that was for me then



Feeling Bad About Yourself & What You Can Do About It

Even though I got hurt and believed I had screwed up, I am open to seeing things differently now

Eyebrow: I felt so bad when [describe the event]

Side of Eye: It felt so painful and unsafe for me then

Under Eye: It still feels painful and unsafe today

Under Nose: I got hurt and believed I had screwed up

Chin: I am bringing healing to this now

Collarbone: I honour how difficult that was for me then

Under Arm: I am open to seeing it differently now

Top of Head: I allow myself to let this pain go

Take a deep breath in and release it. Tune back into the memory or scenario and see what intensity of feeling you are experiencing now. If you need to do some more tapping, continue.

Setup Phrase:

Karate Chop Point:

Even though I felt so bad about myself then, I am willing to see myself more kindly now

Even though I felt hurt and made a vow never to allow that to happen to me again, I am willing to release this now and move on

Even though I didn't feel safe making decisions after that, I choose to find new ways to love and trust myself

Eyebrow: I felt so bad about myself then

Side of Eye: And I choose to release this now

Under Eye: I felt so hurt and made that vow

Under Nose: And I choose to let it go now

Chin: I didn't feel safe making decisions

Collarbone: I am choosing new ways to love and trust myself

Under Arm: The time for healing is now, at my own pace

Top of Head: I choose to grow I love and trust for myself day by day

Take a deep breath in and release it. Tune back into the memory or scenario and see what intensity of feeling you are experiencing now. If you need to do some more tapping, repeat the scripts above or try out some words of your own.

Related Articles: [Easing the Pain of Missing Mother Syndrome](http://www.missingmother.com/oldsite/easing_the_pain_of_missing_mother_syndrome_with_eft.htm) -
http://www.missingmother.com/oldsite/easing_the_pain_of_missing_mother_syndrome_with_eft.htm



Feeling Bad About Yourself & What You Can Do About It

Self-Sabotage

Self-sabotage is how we describe the unconscious ways in which we avoid doing things that are good for us. It comes from the place inside where we feel we do not deserve anything good to happen to us because we feel worthless and ashamed. It is often a form of protection against further hurt, rejection and shame.

John had been hoping for promotion at work, but when it came time for the required interviews, he developed a back pain that meant he had to take several days off work. During treatment it came to light that there was a part of him that believed he really wasn't good enough to do the other job, as it would mean dealing with more people in quite an authoritative manner. He felt sure someone would be trying to stab him in the back if he was in that role, just like his friends had done at school on several occasions. Although he had been a part of their group, he was often the butt of their jokes, and had been on the receiving end of some fairly hurtful practical jokes all too often. He had developed a belief about himself that this was all he deserved from people who seemed on the surface to like him and respect him. His unconscious mind sabotaged the job interview because of mistakenly believing he needed to be protected from repeating past hurts.

Gail had been trying to lose weight for years, doing the classic yo-yo dieting pattern of losing weight only to put it all back on again with a few additional pounds into the bargain. Every time she reached her goal weight, her self-sabotage pattern of rewarding herself with sweet foods kicked in, causing her to begin the spiral of feeling ashamed of herself, which she drowned out by eating more foods that were unhealthily sweet.

~~~~~ EFT Setup Phrases ~~~~~

If you can recognise your own self-sabotage then see what feelings tend to accompany the behaviours. If you cannot spot your own sabotage, you could try asking friends and relatives to help you out. It is often so much easier for someone else to see these patterns than it is for us ourselves.

- Even though I get in my own way sometimes, and I feel so frustrated about this, I love and accept myself anyway
- Even though a part of me believes I don't deserve the good things I go for, I love and accept myself with kindness and compassion
- Even though a part of me is trying to protect me from hurt, it's really getting in my way now, I'm ready to move forwards, and I choose to bring healing to this now.



Feeling Bad About Yourself & What You Can Do About It

- Even though I have been sabotaging myself for so long now, I'm not sure how success would feel, I honour myself for doing the best I can, and am willing to release the past now.
- Even though I feel bad deep inside, I am willing to treat myself kindly and compassionately, and find new ways to feel better all the time.
- Even though I have sabotaged myself in the past, I now choose to close the door on that behaviour and I'm ready to love myself and move forwards supporting and appreciating all that I am.

Related Articles:



[Jacqui Crooks EFT Master: Self-Sabotage \(Video\)](https://www.youtube.com/watch?v=6QejV7K3iYo)

<https://www.youtube.com/watch?v=6QejV7K3iYo>

[How to Handle Self-Sabotage Using EFT](http://www.eftuniverse.com/index.php?option=com_content&view=article&id=3357:how-to-handle-self-sabotage-by-using-eft&catid=47&Itemid=2957)

http://www.eftuniverse.com/index.php?option=com_content&view=article&id=3357:how-to-handle-self-sabotage-by-using-eft&catid=47&Itemid=2957

[EFT for Going Blank and the Freeze Response](http://www.docstoc.com/docs/80537156/Working-With-the-Blank-or-Freeze-Response)

<http://www.docstoc.com/docs/80537156/Working-With-the-Blank-or-Freeze-Response>

[Being Self-destructive with Brad Yates \(video\)](https://www.youtube.com/watch?v=sybLy3LzuQY)

<https://www.youtube.com/watch?v=sybLy3LzuQY>



Feeling Bad About Yourself & What You Can Do About It

Self Abuse

Some people feel compelled to take extreme physical risks in an attempt to drown out the bad feelings, or they may even try direct self harm like cutting their arm or taking drugs. Often it is expressed internally in self-talk that is constantly criticizing and putting the person down, but this can also happen through social groups and work. A person may keep finding positions of employment where there is a bullying boss or a catty colleague.

Maisie was in her final year at school, studying for her exams. But her mind wasn't on her work, because her parents were divorcing. There were frequent arguments in the house and Maisie's younger brother was getting into big trouble at school for bad behaviour. Surrounded by what felt like chaos, Maisie had nobody who she felt would listen to her. Her friends at school were all discussing music and boyfriends, so Maisie felt isolated and lonely, not knowing how to cope with all that was going on around her as well as her own feelings of worry about the impending exams. Scared and overwhelmed, and blaming herself for everything that was going on in her family, she started to cut her own arm. As she felt the pain and saw the blood start to flow, she felt a surge of relief inside. The problem was that it didn't last for long, and soon all the worries and fears started to crowd back in on her. In treatment she discovered that she could be heard and was able to voice all her fears and feel safe that the therapist wouldn't criticize her. Eventually she was even able to share her feelings with her parents who recognized that they too needed some help. They did divorce, but were able to spend some time listening to both Maisie and her brother as they talked through the choices facing them all as a family.

~~~~~ EFT Setup Phrases ~~~~~

Perhaps you have a similar story to the one earlier, or some other memories of feeling so deeply hurt inside that you either wanted to or actually did hurt yourself in some way. It might not have been a physical hurt, but may have been an abusive relationship that went on far too long. Use your specific memories to work with some of the ideas listed here. Try creating your own phrases too.

- Even though I'm choosing to hurt myself rather than feel all that pain and hurt and shame deep inside, I love and accept myself with gentle kindness.
- Even though I keep telling myself how bad I really am, and nobody knows it but me, I honour myself for how difficult it has been and still is
- Even though I know I hurt inside and I don't know what to do about it, I feel so desperate, I am willing to be open to new possibilities.



Feeling Bad About Yourself & What You Can Do About It

- Even though I feel all alone with this problem, I acknowledge that I am doing the best I can and the time for healing is now.
- Even though I can't go on like this, but I'm too afraid to change, I am choosing to feel some kindness and compassion for myself.
- Even though I am doing the best I can and it never feels good enough, I am ready for change and am open to this being gentle and supportive.



Related Articles:

[Using EFT for the Inner Critic](http://tap-easy.com/using-eft-to-address-your-inner-critic-and-negative-self-talk/)

<http://tap-easy.com/using-eft-to-address-your-inner-critic-and-negative-self-talk/>

[Your Best Tapping Buddy Your Inner Critic](http://eftmastersworldwide.com/your-best-tapping-buddy-your-inner-critic/)

<http://eftmastersworldwide.com/your-best-tapping-buddy-your-inner-critic/>

[EFT for Fear of Failure](http://ingriddinter.com/free-eft-tapping-script-eft-for-fear-of-failure/)

<http://ingriddinter.com/free-eft-tapping-script-eft-for-fear-of-failure/>

Self Neglect

Self-neglect is about ignoring our own needs. Eating bad or junk foods is one such example, poor personal hygiene is another, as is wearing unattractive clothes. Continually looking after others' needs and ignoring our own is especially common for women who have husbands and children, or elderly relatives to look after. We have needs and it is up to us to make sure we meet them, whether it is the need for companionship and friendship or physical needs like exercise and sleep. Just not getting around to it, or choosing to ignore our needs is a sign of some deep inner shame which says "*I'm just not worth it*".

David presented for treatment as an untidy and unkempt man. He had had years of looking after his elderly and infirm parents, both of whom had finally had to go to live in a care home as their needs were greater than David could manage. He had become depressed since that time and was not sleeping, not eating properly and doing nothing around the house. He had no friends, in part due to the level of commitment he had had to give to looking after his parents. There simply hadn't been any time to socialise. Now he had the time but not the inclination. During treatment he uncovered deep shame issues about relationships and feelings of punishing himself by devoting all his time to his parents.



Feeling Bad About Yourself & What You Can Do About It

~~~~~ EFT Setup Phrases ~~~~~

If you are a carer for others of any age, how well are you balancing your own needs against theirs? Do you feel you don't deserve anyone doing anything nice for you for a change? Or maybe you live alone and don't feel you deserve to take care of yourself. Take a look at your beliefs, behaviours and feelings and then try out some of the tapping phrases listed here or create your own.

- Even though there is never any time for me and what I want, and I wouldn't know what I want anyway, I love and accept myself kindly and gently
- Even though I have so much I have to do, there is never any time for me even if I wanted it, I honour myself for how difficult this is for me, and I'm willing to be open to new ideas.
- Even though I feel so worthless deep inside, I don't deserve to look after my needs, I am willing to find new ways to be loving and compassionate towards my self.
- Even though I learned from my past that nobody would ever care for me, that I have to do it all on my own, I am open to deserving to love and care for myself anyway
- Even though I haven't the energy or the time for looking after me, I love and accept myself with kindness and compassion anyway.
- Even though there is nobody there for me and I have to be there for everybody else's needs otherwise everything would fall apart, I am open to seeing things differently and being kind and gentle with myself.

Related Articles:

[EFT for Self-Love \(podcast\)](#)

<http://tappingganda.com/2013/01/pod-95-eft-for-self-love-and-the-power-of-self-love-w-brad-yates/>

[EFT and the Wisdom of Mahatma Gandhi](#)

<http://www.danachivers-eft.com/emofree/Articles2/gandhi-words-eft.htm>



Feeling Bad About Yourself & What You Can Do About It

Putting Others Down

We have already talked above about how putting others down is a sign that the person feels shamed him or her self. In order to protect what feels like a shamefully weak and vulnerable self, this person externalizes their shame and makes it into another person's problem. Children who were brought up by shamed parents may feel the weight of the shame too hard to bear, and their only release is to find someone smaller and weaker than they are to take it out on. But it doesn't remove the inner shamed feelings.

Sally had come to therapy to stop smoking, but during treatment had revealed that she felt strongly critical of her colleagues who had stopped some time ago. In comparing herself, still a smoker, with them and their success, she was feeling stupid, ashamed and lacking in willpower. To protect herself, she was becoming more and more critical of them instead, commenting on their clothes or car or even their choice of husband. This was getting her into difficulty at work and she had had several warnings that she could be sacked if she couldn't get along with her colleagues. Asking for help with that issue had been too shameful, hence she had invented the desire to stop smoking as a credible way in to therapy.

~~~~~ EFT Setup Phrases ~~~~~

If there are people in your life about whom you harbour critical feelings, whether you speak aloud or just in your head, try out some of these tapping ideas.

- Even though I keep putting people down, I just can't seem to help it, I love and accept myself deeply
- Even though I can't keep all my painful feelings inside and it makes me into a bully, and I hate that, I am willing to honour myself for how difficult things have been and still are for me.
- Even though I keep looking for release it feels so bad inside, I am open to the possibility of bringing healing to this now.
- Even though I get a thrill out of being more powerful than others around me, I acknowledge it doesn't last and I still feel stuck with these bad feelings inside, I am willing to see myself with kindness and compassion.
- Even though I behave so badly, and I know I do but can't seem to stop, I am open to considering I'm doing the best I can and to love and accept myself anyway.
- Even though I learned this way of protecting myself because I hate to feel weak or helpless, I am ready to look for ways to feel strong enough inside now.



Feeling Bad About Yourself & What You Can Do About It

Compulsive or Addictive Out of Control Behaviours

The more constant and powerful the bad feelings of self, the more likely a person will be attracted to anything that promises relief from pain and emptiness. They seek the answer outside them self maybe in the temporary 'high' feeling from alcohol or other drugs, the distraction of video and computer games, or the numbing effects of cigarettes and food. This feeling bad deep inside can therefore be seen as a major contributor to eating disorders, OCD and substance abuse.

Sharon was suffering from hypochondria and OCD symptoms. She had worked as a Health Visitor and Social Worker in a children's department, a known high-stress occupation, whilst also trying to deal with extended litigation about her sister's will for more than 12 years. There had been conflicts within the family and she was supposed to be the one sorting it all out. Although she had recently retired from work, she couldn't settle into her new life. She had seen numerous specialists about a wide variety of pains, each one of which she was convinced indicated the onset of cancer. As we worked on the difficulties of the will and the family conflicts, as well as some painful memories of her work duties which surfaced, she began to feel safer and to undertake activities which helped her to feel good like taking walks and reading books. 4 months later she felt well enough to continue tapping on her own and a 6 month follow-up found her still healthy and enjoying the opportunities that retirement had brought for travelling.

~~~~~ EFT Setup Phrases ~~~~~

Here are some tapping ideas to get started with. If the compulsion or addiction is causing serious difficulties for you and your family, please do consider getting some professional help with this. See the section about Choosing to Work With a Practitioner later in this e-book and read the article on [Understanding Dissociative Disorders](#) for some up-to-date information about diagnosis and treatment.

- Even though I can't stop myself and I really wish I could, I hate that I can't, I am open to the possibility of accepting myself with kindness and compassion.
- Even though I've tried so many times and failed so many times, I'm really not sure I want to go there again, I am willing to consider new ideas and honour myself for how difficult this has been for me.
- Even though everyone else is concerned about them, nobody seems to care about how I really feel, I am choosing to find ways to care for and love myself anyway.
- Even though I feel really scared and out of control, I am ready to find some help so that I can bring healing to this now.



Feeling Bad About Yourself & What You Can Do About It

- Even though I don't yet want to acknowledge that I have this problem, because that would be too difficult right now, I'm open to finding some easier ways forward that take me slowly and gently towards happiness and love for myself.
- Even though I don't want to have to deal with this problem, it feels too big for me to handle, I am choosing to be kind and gentle with myself anyway.

Related articles:



[Is There a Cure for OCD?](#)

<http://www.makingpositivechanges.co.uk/therapies/eft/is-there-a-cure-for-ocd>

[Compulsive Lying](#)

http://www.eftuniverse.com/index.php?option=com_content&view=article&id=2897:qi-have-to-lie-constantly-to-live-my-life-as-i-know-itq&catid=47:refinements-to-eft&Itemid=2504

[Behind a Heroin Addiction](#)

http://www.eftuniverse.com/index.php?option=com_content&view=article&id=9785:behind-a-heroin-addiction-deserving-and-father-calling-me-stupid&catid=12&Itemid=3133

[Understanding Dissociative Disorders -](#)

<http://strangerinthemirror.com/dissociative.html>

What is presented here are just a few ideas to help you get started with EFT.

***Although EFT is a very simple technique to learn,
people are highly complex.***

With the best will in the world we can lose our way, get in a muddle, lose hope and give up, get stuck and feel like we're making no progress. It is at times like these when the help and support and encouragement from a practitioner might be what is needed to help you get back on track again. Getting help is a sign of strength and will in itself demonstrate how much you have already begun to heal the wounds of shame.





Feeling Bad About Yourself & What You Can Do About It

Building Your Bridge to Self-Love and Happiness



Every day we build a bridge
It may reach anywhere
Across a stream or bed of rocks
No obstacle now there

Walk across this special bridge
Love now gathers there
Compassion and a gentle smile
With friendship we declare

No longer are we all alone
We join in peaceful prayer
Hands reach out to fill a space
With loyalty aware

Journey to the other side
With joy we reach the bend
Place our feet upon the earth
Where friendship has no end.

Poem "Building Bridges"
~by Francine Pucillo©2001-2003 ~



Feeling Bad About Yourself & What You Can Do About It

Building Bridges

It is a common feeling when suffering from long-term shame, anxiety or depression, to want to find an immediate 'cure'. This is like wanting to jump straight from one bank of a wide river to the opposite bank, and is just as improbable. Instead, I like to think of the work we do to bring healing to our feelings, as building a bridge. We can cross the river as we build the bridge, and eventually we will arrive on the opposite bank. Most of us have never built a bridge before, so we will need to ask for help, make a few mistakes, learn what works well and what not so well. All of this is healthy and an important aspect of progress. It will in all likelihood not go smoothly so it is as well to be prepared from the outset for this. If that doesn't feel comfortable, and for most of us it does bring up some feelings of anger, frustration, helplessness etc., then those are also feelings we can bring EFT to work with.

Even though I don't want to have to build a bridge, it feels far too difficult for me and I'm bound to fail so it's not even worth starting in the first place, I honour my desire to move towards self-love.

Even though I'm not sure I want to start this, I honour how difficult this feels for me and am setting an intention to be gentle with myself when I think I've screwed up, and to praise my every small success.

Even though I'm convinced my bridge is going to be ugly, misshapen and useless, I am open to the possibility it could be something beautiful, and function just as I need it to.



Feeling Bad About Yourself & What You Can Do About It

Understanding and Becoming Aware of Shame

This is what the first half has been about, learning to identify the signs and symptoms of shame. Maybe you recognized some of your behaviours, feelings and beliefs. Bad feelings about yourself drive down your head and eyes, your face flushes too readily and you feel low on energy, helpfulness and excitement. Become aware of your own behaviours that are driven by shameful feelings. If you are not at this stage aware of feeling shame, your behaviours will show you where, when and how you are feeling shame.

- Can you have a conversation and look someone in the eye?
- Do you flush whenever you have to speak in front of a group?
- Do you find yourself avoiding people?
- Do you suffer from Social Anxiety?

Maybe you have other feelings like tightness in your stomach or a pain in your chest. Just begin to tune into these behaviours and feelings and maybe make a list.

Listen to your thoughts, or the voices in your head, that repeat how worthless you are or criticize you in any way. Notice when you have a sinking feeling or feel excessively nervous or shy around others. You can then use EFT for your thoughts or voices in your head and the events that cause bad feelings. If there is one persistent message, put that in a setup phrase and do a round of tapping with it – see what comes up in the way of memories and feelings. If you experience lots of different thoughts or messages in your head, find a quiet time when you can sit and really focus on them. Then tap the points as you say them out loud – this method is sometimes called ‘Tap and Rant’ because you just follow the voices or thoughts until something shifts. You could even find yourself laughing about something that only a few minutes before was a deadly serious truth!



Related Articles:

Negative Self-Talk: 9 Ways to Silence Your Inner Critic

http://www.huffingtonpost.com/2013/04/06/negative-self-talk-think-positive_n_3009832.html

[Overcome the Inner Critic \(Video\)](#)

https://www.youtube.com/watch?v=cR6JQpKGj_I



Feeling Bad About Yourself & What You Can Do About It

Feeling Better is a Gradual Process

Shame and anxiety is about a person's feelings as a human being. Since the pain and hurt is often deep and long lasting, it may take some time to feel better. The recovery can take a while and it will be best to expect this rather than wishing for a miracle.

Many people suffering with shame hold an idealistic view of how easy life will be when they escape from the anxiety and shame. That's the "*It'll all be OK when*" syndrome. Yes, things will get better, but in the meantime, it helps to look at what is OK and what is working in your life today. The message behind that kind of idealistic thinking is that you are broken or damaged in some way, and that you need to be 'fixed' which is a shame belief.

Keeping a personal journal or diary can be helpful so that you can look back on bad days and realize that you have had better days. Gradually you will be able to see the general trend of improvement, but you may still have the occasional really bad day. That's normal and natural, but instead of convincing yourself you are back at square one, you can recognize that it is just a bad day.

As you work with the bad feelings, you will notice that your love for yourself grows. You will also develop deep compassion. Many people who now work as therapists and healers have recovered from deep shame or anxiety themselves and know the value of compassion for others pain and suffering.

However, the good news is that EFT will help you to move through the process quicker than doing nothing and quicker and more effectively than many other forms of therapy.

Several people have written about their journey from ill-health and unhappiness in some detail. Although their journey will not be the same as yours, it can be very encouraging to read about other people who have achieved what you are now dreaming of. Having said that, if you are currently at a stage where you are comparing yourself with others, usually in your disfavour, then I would recommend that you don't read such stories.



Feeling Bad About Yourself & What You Can Do About It

Notice the Reasons for Your Feelings

It is valuable to sort through the reasons for your bad feelings about yourself because each leads to different plans for getting healthier. Many people discover that their bad feelings about themselves come from several sources. Some of these reasons will be clear to you whilst others will surface during the healing process. Do not be alarmed if you cannot yet see the reason for feeling so shamed; it may be that it happened very early in your life. That does not mean it cannot be healed – it can.

Understanding the Purpose of Anxiety and Depression

It is common for people to spend a long time asking themselves why – “*why do I feel so bad?*”, “*why do I seem to have fared so badly whilst other people are just fine*”, “*why is this happening to me now, just when my life seems to be sorted out and I have no reason to feel badly right now?*”

Understanding the causes of shame will hopefully have helped to ease the desperation of the questioning. When we do not feel safe, we continue to bury our feelings and protect ourselves in the ways described above. This can manifest as depression – literally depressing the bad feelings of shame. Or it can be experienced as anxiety and panic – an indicator that there is a deep inner conflict. However, it is sometimes when our life circumstances change, and we find ourselves in a safer place, that the buried feelings begin to surface and we might experience anxiety, poor sleep, depression and inexplicable bouts of sadness. Teenage anxiety and depression is often caused by the inner conflict of wanting to grow up, be an individual, expressing themselves but in ways that are felt to be at odds with the family or parental belief systems. The breaking away is healthy for the individual but is felt to be unsafe because of earlier shame issues.

Moving Beyond Understanding to Acceptance

The understanding stage of getting over shame ends when we can accept our self as a human being that sometimes might feel ashamed. Shame will not go away by fearing, hating, and fighting it. In fact, it could even grow stronger if you fight it. A person who hates his shame forgets that he really just hates a part of himself.

This is why the second half of the EFT setup statement is so important – stating that you can accept yourself even though you have bad feelings and bad things happened in your life.



Feeling Bad About Yourself & What You Can Do About It

The bad feelings, whether you feel them as anxiety, low self-esteem, depression or shame, cannot be 'magicked' away, taken away by someone else or toughed out. When you begin to recognize that there simply isn't a human being on this planet that hasn't felt shame at some time in their life – it really isn't just you – you will be moving forwards. Even those friends who seem to have life all worked out and seem so happy – they've got it too somewhere.

As you work with the healing techniques provided in this book you will find that your ability to just accept yourself as you are, warts and all, will grow whilst your bad feelings about yourself will wither away.

Here's a simple analogy of thoughts as plants. To grow a healthy garden, you need to remove the weeds whilst the new plants get established. Once the desired plants are strong and healthy, there is no longer any room for the weeds to grow.

Taking Action

Here are some effective ways to help release painful shame.

- Get help – you don't have to do this alone.
- Be willing to listen to yourself and your inner talk, with kindness and compassion
- Set some positive goals – how do you want to feel, think and behave?
- Use EFT to heal the shamed parts of you and your memories
- Look back at your progress regularly and celebrate your achievements.

Get Help – You Don't Have to Do this Alone

Choosing to be alone by yourself is a common reaction to feelings of shame. The more deeply a person is shamed, the more he or she will tend to hide their thoughts, feelings, and actions from others. People who are shamed keep whole areas of their lives a secret because they believe that others would put them down if they knew who they really were. Unfortunately, shame grows in secrecy. By hiding who we really are, we only makes ourselves more certain that we really are no good - and then we learn to hold onto that shame. Learning it is safe to let it go will be an important step towards being loving and accepting.

The truth is that much of shame grows through our relationships with other people. Learning that it is possible to have a relationship with someone who will accept whatever you are feeling and won't think badly of you because of it is the first step. Damage from being shamed begins to go away when that shame is shown to others in a safe way. Not every person can be trusted with your bad feelings. Above all, a trusted person is one who will not add to your shame or feelings of badness when he or she is given private information about you.



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Because you may have difficulty talking about yourself, you need to try to reach out to others at the very times when you feel least good about yourself. You need to move toward others even if you are scared of rejection. At the same time you need to protect yourself by finding non-shaming people with whom to share, so your attempts at bravery will not be met with cruel attacks on you. (Remember: nobody can react to you in a kind and caring way every single time).

Be Willing to Listen to Yourself with Kindness

Inner self-talk tends to repeat the kinds of criticisms we may have heard from others. Learning to tune in to those thoughts and to look kindly on yourself as you do will start to take away the power of those thoughts to make you feel bad. After all, you are only doing it in your own head to try to protect yourself from others saying it to you. Be willing to listen to your thoughts and accept them for what they are. Each one of them makes an excellent EFT setup phrase. Do not try to argue or reason with them because that will just make them stronger. As you use EFT to heal the past events that made you feel shame, those thoughts will fade away.

Setting Positive Goals

Ask yourself the following question and write down all the answers you can think of:-

“How do I want to feel about myself?”

The answers need to be positive and here are some examples to help you get started.

- I want to feel relaxed and calm
- I want to feel pleased with what I can do
- I want to feel I can easily learn from my mistakes
- I want to talk about myself feeling confident and safe
- I want to be relaxed around other people
- I want to enjoy being me

If there is someone you know, or know of, who seems to be just how you want to be, make a list of what they are doing that you want. This will help you to keep your list positive. What you don't want is a list of what you don't want! E.g. *I don't want to blush, I don't want to feel scared*

If you like to make pictures in your mind, create one of your ideal person, then go for a walk with them – see what they do and how they do it. How are they feeling as they do those things? The more you spend time with those positive feelings, the more your body will get used to them. It's a bit like having a SatNav that is



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telling you where to go – you are telling yourself the feelings you want to have, and you will be taken the right route to get there.

Create a Vision Board full of pictures from magazines, books, photographs, newspaper cuttings to remind you of your desires.

Here are some ideas to help you with your goals. Being positive is a different way of thinking and feeling about yourself and takes some time to develop, rather like strength training for an under-used muscle. Guidance can give you new ideas and concepts to try out. Remember, you are not alone.

Humanity - everyone belongs to the human race. There are no exceptions. There are no tests to pass, no jobs to do, no possible way to be left out. All people (babies, kids, teens, adults and the elderly) are human beings, and no amount of shame can take that away.

Autonomy - each of us has the right to decide how to live our lives. Kids and teens are learning now how to make those decisions about themselves and to handle the responsibility.

Humility - all human beings are equal – no person is better or worse than another.

Competence - every person (babies, kids, teens, adults and the elderly) is good enough to give some value to the world.



Remember that you cannot expect to leap from shame to joy in one bound. See the section later about the Emotional Vibration Scale for some ideas about how to take things in manageable steps and set reasonable targets for yourself as you move forwards.



Feeling Bad About Yourself & What You Can Do About It

Starting to Change

Change itself can feel really scary or difficult for people who feel shame. All sorts of questions leap to mind, like *“What if I can’t do it?”* *“What if it won’t work for me?”* *“What if I screw it up?”* If this is you, then this is a good place to start working with EFT for these fears.

~~~~~ EFT Script ~~~~~

“What if I can’t do it?”

Setup Phrase:

Karate Chop Point

Even though I am worried that I can’t do it, I deeply accept myself anyway

Even though I worry it won’t work for me, I deeply accept myself anyway

Even though I think I might screw it all up, I deeply accept myself anyway

Eyebrow: What if I can’t do it?

Side of Eye: What if it won’t work for me?

Under the Eye: What if I screw it all up?

Under the Nose: What if I get it wrong?

Chin: What if I can’t do what’s expected of me?

Collar Bone: What if I’m a hopeless case and nothing works for me?

Under Arm: I’m feeling scared to even try it

Inside of Wrist: I’m feeling scared to change

Top of Head: I’d rather not try, it feels too difficult for me

Take a deep breath in and release it

Think of those thoughts and worries again and this time notice what you are feeling in your body? Don’t worry if the thoughts are too strong still, just repeat the tapping above until they die away enough for you to find a feeling in your body. For many people this is difficult because they have hidden their feelings away for self-protection.



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~~~~~ EFT Script ~~~~~

“I can’t access my feelings”

Setup Phrase:

Karate Chop Point:

Even though I can’t feel my own feelings, I deeply accept myself anyway

Even though I’m protecting myself from my own feelings because it’s safer that way, I deeply accept myself anyway

Even though I’m tuned out to my own feelings, I am willing to accept myself just as I am right now.

eyebrow: I can’t feel my own feelings

side of eye: It just doesn’t feel safe to allow them

under the eye: I can’t do this bit just yet

under the nose: What if I can’t ever get beyond this part?

chin: My feelings don’t feel safe

collar bone: I don’t feel safe feeling my feelings

under arm: I just don’t have these feelings yet

inside wrist: I am willing to consider that right here I am safe

top of head: I am willing to consider that right now I am safe

Take a deep breath in and let it out. Then go back to the thoughts you started with about change, and notice what you can feel in your body – maybe stomach, maybe chest, maybe head – really you need to know that absolutely anything is OK and is a sign from your body it’s willing to do this work now.



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Working with Feelings in Your Body

The clear way to distinguish between thoughts and feelings is that feelings happen somewhere in your body. Here are some useful questions to ask yourself about the feelings you have.

- Where is it located?
- If it had a shape, what would that be?
- If it had a colour, what would that be?
- Is it moving or still?
- Is it sharp or blunt?
- If it could be an animal, what might it be?

Supposing you decide that it feels as though you have a black elephant stomping around in your chest, here's the next bit of tapping. (Of course you will have something else, so use your own words wherever you see words in brackets)

~~~~~ EFT Script ~~~~~

Setup Phrase:

Karate Chop Point:

Even though I have this (stomping black elephant) in my (chest) I deeply accept myself anyway.

Even though I have this (stomping black elephant) feeling right here in my (chest), I deeply accept myself anyway.

Even though I don't like this (stomping black elephant) feeling in my (chest), I am willing to accept myself anyway.

Eyebrow: This (stomping black elephant) feeling

Side of the Eye: This (stomping black elephant) feeling in my chest

Under the Eye: A (huge stomping black elephant) feeling right here in my (chest)

Under the Nose: I don't like this (stomping black elephant) feeling

Chin: I wish it would go away

Collar Bone: I'm ready to release it now

Inside of Wrist: I'm ready to change it

Top of Head: I accept myself as I am anyway

Take a deep breath in and let it out. Tune back into those feelings in your body – what has happened to them? Have they changed shape, colour, intensity,



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position? Keep tapping until something else comes up, e.g. a memory, or the feelings disappear. You can use the **Movie Technique** on p.70 for any memories that surface at any time.

Review

So far we have worked with the idea that we can accept ourselves even when we have 'bad' feelings, and learned to 'tune in' to a feeling and tap on it. These are essential steps so I'll outline them again:-

- Identify a thought e.g. I'm not good enough
- Identify the feelings that go with that thought e.g. stomping black elephant in the chest
- Learn how to accept yourself anyway and tap for the feeling.

This is so important because it is about learning to do something differently.

People who grow up with shame learn to hide their feelings in all sorts of ways, as has been described above. Healing begins when they learn to listen and to feel and to use EFT for what is going on within them. This is now a new healthy strategy for dealing with shame as it arises as well as releasing, transforming and healing old shame.



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Healing the Past

For lasting healing, it will be necessary to go back to the past. We'll use the same kind of technique, but this time, instead of listening to your thoughts right now, think about a past event where you felt very bad about yourself. Some guidelines are good here because you get much better results if you can be really specific about what felt bad. For example, *"That time when I got a question wrong and the whole class laughed at me"* or *"Dad called me stupid for dropping a plate"*

As you think about that event, become aware of how you feel now. If you feel nothing, then you could do a round of tapping on *"I can't access my feelings"* above first to see whether this changes. Don't worry though if your feelings are so well hidden that you really cannot access them right now. It may be that you would do well to work with a practitioner for a while to get some help.

Describe your feeling to yourself, as above, with shape, colour, texture, animal. Something else useful here is to also give it a rating (SUDS) between 0 – 10. 0 means no feeling at all and 10 means it's a very intense feeling. Any number will do, as there is no right or wrong or mistake here. It will just be a useful marker of whether the feeling is going down as you do the tapping or not.

~~~~~ EFT Script ~~~~~

Now for some more tapping. As before, when you see the words in brackets, put your own words in there instead.

Setup Phrase:

Karate Chop Point:

Even though I feel (tense in my stomach) when I remember (Dad shouting at me that I was stupid), I deeply accept myself anyway and I am OK.

Even though I have these feelings (tense in my stomach) just thinking about when (Dad shouted at me that I was stupid), I deeply accept myself anyway and I am OK.

Even though I feel (tense in my stomach) at the memory of what happened when (Dad shouted at me that I was stupid) I deeply accept myself anyway, and I am OK.

Eyebrow: I feel (tense in my stomach)

Side of the Eye: (Dad shouted at me that I was stupid)

Under the Eye: Feeling (tense in my stomach)

Under the Nose: (Dad shouted at me that I was stupid)



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Chin: This (tense feeling in my stomach)

Collarbone: That really happened to me and it was so difficult

Under Arm: It happened and it stopped and is over

Inside of Wrist: That is now in the past and is over

Top of the Head: That was then, this is now, and I am safe now

Take a deep breath in and let it out. Tune back in to the feelings you have now about that memory. You gave it a number between 0 – 10 – has that number changed now?

If the number has reduced and is still more than 2, repeat the tapping again like this:

Setup Phrase:

Karate Chop Point:

Even though I still have some of this feeling about (Dad calling me stupid), I accept myself and I am OK

Even though I still have some of this feeling (Tense in my stomach) I accept myself and I am OK

Even though I still have some of this feeling about that memory, I accept myself and I am OK

Eyebrow: This remaining feeling in my (stomach)

Side of the Eye: This remaining feeling in my body

Under the Eye: That was then and this is now

Under the Nose: This remaining feeling

Chin: That happened and I felt (tense in my stomach)

Collar Bone: That happened and is in the past now

Under Arm: This remaining feeling about that memory

Inside of Wrist: That happened and I am safe now

Top of Head: I allow myself to let go of this feeling in my own time

Take a deep breath in and let it out. Go back to the memory (Dad shouting and calling me stupid). What happens in your body now? Has the intensity of the feeling changed?



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The Forest Metaphor

When we begin working with a feeling like shame it may help to have a metaphor to show how this healing works.

Imagine you have a forest full of trees, and each tree represents a time when you felt shamed or bad about yourself because of something that happened, or something someone said or did. We can begin to clear the forest using EFT.

What is really interesting is that we do not need to take our axe to each individual tree. Rather when we work with the three or so biggest trees in the forest, a lot of the other trees will fall down on their own. This is called the generalisation effect and means that we can begin to make changes to long-term shame quite quickly.



It is generally recommended to apply this 'clearing' to around 15 specific events to be able to make long-lasting and deep change.

Sometimes it helps to think of the first, last or worst events, and start there. At other times, we find ourselves unable to approach the largest trees without feeling overwhelmed. In this case we can work around the big trees clearing the smaller trees and bushes first. For severe traumas, this is probably the best approach, and doing this kind of ground clearing first tends to reduce the emotional intensity of the major events anyway before we even tackle them directly.



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The Emotional Scale

Because it is not possible for you to jump from the bottom of this chart straight to the top, take a look at some of the intermediary stages. Notice how they are grouped into levels. What you need to do is to set your sights on the next level up from where you think you are today. If you are mostly living with the feelings in the bottom section in black, consider how you might feel if you could move into the brown level just above. I know it isn't as far as you would like, but it is a step along the way – the next part of your bridge. In this way, no feelings are seen as essentially 'bad' but are all relative.

Violet	Joy Passion Empowerment Freedom Love Appreciation
Blue	Enthusiasm Eagerness Happiness Positive Expectation Belief
Green	Trust Optimism Hopefulness Contentment
Yellow	Boredom Pessimism Frustration Irritation Impatience
Orange	Disappointment Doubt Worry Blame Discouragement Sadness
Red	Anger Rage Revenge Hatred
Brown	Jealousy Insecurity Guilt Unworthiness
Black	Fear Grief Depression Despair Powerlessness



For more on this scale see this article and Teleclass on [Moving Up the Vibrational Scale](http://www.thrivingnow.com/for/Health/moving-up-the-vibrational-scale/) (<http://www.thrivingnow.com/for/Health/moving-up-the-vibrational-scale/>)



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What to Do When EFT doesn't seem to be Working

If you have tried out the tapping scripts above but you aren't seeing any reduction in the feelings about the specific event or memory, then here are some ideas about how to work with that. It doesn't mean that EFT cannot work for you, and it doesn't mean that you are doing EFT wrong (although this may well be what you are feeling and thinking!).

How we Learn

We have all learned well in our lifetime, even if we don't remember doing so! Consider a baby learning to walk. After the first few uncertain steps, the baby falls to the floor. Because this baby knows nothing about concepts like success and failure, it gaily carries on, getting to its feet again and falling over again and again, and again. It is not the steps the baby takes that give it the experiences from which it learns, rather it learns far more each time it falls down. First step, first slope, first rocky ground it is all just more to learn about the art of walking. And we've all done it – the evidence is there for us all to see. It felt natural then, and it could feel natural again now.

Listening to Inner Resistance

EFT can help people to let go of feel-bad emotions, and that sounds real nice in theory. But an interesting thing happens sometimes, and people find that they don't particularly WANT to let these feelings go, or they don't know HOW to, or are afraid of what they might have to do if they feel better. After all, they may have had these feelings for a very long time and there is a natural fear about what might replace them. There are lots of reasons for this and it is an understandable defence.

Acceptance

Many people struggle with the concept in the second half of the setup phrase, of acceptance. "I deeply and completely love and accept myself" might be difficult to say, for all sorts of reasons. Acceptance of oneself despite the bad feelings is the aim here. And it is because feelings or a situation needs acceptance before change can happen. For example, if a friend phones you and wants to visit but doesn't know the way and needs directions, the first question you will need to ask them is, where are they now?

This is what is meant by acceptance of the feeling or belief. It doesn't mean that you accept is as 'good' or something that you want to continue. It just simply means accepting that those feelings are what you are experiencing – they are where you are now. If you aren't clear on where you are now, you won't be able to get to where you want to go.



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Dissociation

Dissociation is another defence against overwhelmingly bad feelings, commonly associated with trauma. The definition of trauma is any event during which someone felt simultaneously terrified and helpless. It can really be a very helpful and good thing to disassociate from overwhelming feelings as it prevents a person from feeling too much pain. However, left untreated, the person gradually feels increasingly cut off from reality. Dissociation can feel like a sense of being separate from people around us, not able to make connection.

If you suspect that you are dissociated in some way, please do read the in-depth article which can be found at <http://strangerinthemirror.com/dissociative.html>

Discovering Safety

Many people who have been traumatised and feel shame have a tendency to feel unsafe in the world. It is really important to begin to learn how to create safety and the first step is to know you never have to be pushed into saying or thinking things that you would prefer not to say or think – and especially not by you yourself! Even though many therapies encourage talking over the details of a problem or a memory, this has been found to be unhelpful (to say the least) and can actually re-traumatise the patient. With EFT, it is possible to experience complete relief from a traumatic memory even without ever talking about the details of what happened or how you felt. That's why there are a number of specialized techniques that can help people who tend to disassociate. It is important to learn to trust what feels right for you. It's your choice which technique to use. It's also your choice to say "No" even to EFT!



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Listening to a Part that Doesn't Feel Ready to Change

The following scripts can help a person to feel more ready to deal with change by giving voice to the part of them that doesn't want to do it. It is very important that you learn to really listen to what you are saying to yourself, and to respect it. You deserve to be heard, and that starts within you.

Try whichever ones are meaningful to you and feel free to change the wording if you want to.

~~~~~ EFT Script ~~~~~

"I'm not sure."

Setup Phrase:

Karate Chop Point:

Even though I'm not sure how to do this, I deeply and completely love and accept myself.

Even though I'm really not sure that I know how to do this, I deeply and completely love, honour and respect myself.

Even though I am not sure that this is what I want to be doing, I deeply and completely love, honour, respect, and accept myself.

Eyebrow: I don't know how to do this.

Side of Eye: I don't know why I'm doing this.

Under Eye: I really don't know.

Under Nose: Why am I doing this?

Chin: What am I doing?

Collarbone: How do I know that I'm doing it right?

Under Arm: What am I doing?

Head: I don't know how to do this.

Take a deep breath in and let it go before continuing.

Setup Phrase:

Karate Chop Point:

Even though I'm not sure that I know how to do this, I'd like to give it a try.

Even though I'm not sure that this can work, I'm willing to try doing it.

Even though it's hard to see how EFT can help me, I wonder whether it is a possibility.



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Eyebrow: I'm willing to give it a try

Side of Eye: I wonder if I can succeed.

Under Eye: I'd like to find out if it works

Under Nose: I'm interested in trying this out

Chin: Can it possibly work?

Collarbone: I'd like to try to do this and see what happens.

Under Arm: I'm prepared to try and see what happens.

Head: I wonder if it can make a difference in my life.

Take a deep breath in and let it go. Tune into your feelings again and see what might be different. If a memory comes to mind, don't wonder about how it's related to anything - just tap for it in the same way. See the section later about the **Movie Technique** on p.70.

~~~~~ EFT Script ~~~~~

"I don't want to do this"

Setup Phrase:

Karate Chop Point:

Even though I really don't want to deal with things and feelings and beliefs, I deeply and completely love and accept myself.

Even though I absolutely am not interested in doing any of this work, and you can't make me, I deeply and completely love and accept myself.

Even though I don't want to do any of this work, and I don't even care about the results, I deeply and completely love and accept myself.

Eyebrow: I don't want to do this.

Side of Eye: You can't make me!

Under Eye: What do I need to do this for?

Under Nose: My life was OK beforehand! Leave me alone!

Chin: I don't want to do this, and I don't care about it!

Collarbone: I really don't agree to go through with this.

Under Arm: I won't do this, and please stop asking me to.

Head: I am not interested in doing this work.



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Take a deep breath in and let it go before continuing.

Setup Phrase:

Karate Chop Point:

Even though I have a lot of resistance towards doing this work, I deeply and completely love and accept myself.

Even though I still don't want to do this work, I respect myself, love myself, and accept myself and my feelings.

Even though I have a lot of reservations about doing EFT, I wonder if any of my reservations could find a resolution.

Eyebrow: I'm not too keen on doing EFT.

Side of Eye: I have a lot of reservations.

Under Eye: There are things about it that are weird and strange.

Under Nose: I don't know that I want to do EFT.

Chin: Why would I want to do EFT?

Collarbone: I don't really want to proceed.

Under Arm: Perhaps I partly want to do it, and partly don't want to.

Head: I allow myself to not want to do this work.

Take a deep breath in and let it go. Tune back in to your feelings and see whether anything has changed. If a memory comes to mind, don't think about why it has popped up right now – just tap for it. See the instructions for using the **Movie Technique** on p.70.



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~~~~~ EFT Script ~~~~~

“I don’t deserve to feel better”

Setup Phrase:

Karate Chop Point:

Even though a part of me thinks I don’t deserve to feel better, I deeply and completely love, accept, and honour myself.

Even though a part of me thinks I don’t deserve to change my moods, I deeply and completely love and accept myself, and I honour what I think.

Even though a part of me believes that I’m not really allowed to feel good, I deeply and completely love and accept myself, I trust myself, and I forgive myself.

Eyebrow: I don’t deserve to feel better.

Side of Eye: I’m not allowed to feel better.

Under Eye: Leave me alone because I’m not allowed to change.

Under Nose: I can’t change and I shouldn’t change, so leave me alone!

Chin: I’ve always felt this way, so it’s just the way that I am.

Collarbone: Feeling good is for other people, I’ll always feel bad!

Under Arm: I don’t know how to feel better.

Head: They won’t like me any more if I feel good about myself.

Take a deep breath and let it go before continuing.

Setup Phrase:

Karate Chop Point:

Even though I don’t deserve to do EFT and make myself feel better, I deeply and completely love and accept myself, and I’m proud of my efforts to help myself feel good.

Even though I’m not allowed to make a difference in my life because I was born to suffer, I’m glad I’m challenging that belief, and I’m grateful to myself for trying to feel better.

Even though I wish I deserved to feel good all the time, I do love and accept and honour myself.

Eyebrow: How do I feel better?

Side of Eye: Who said it’s safe to feel better?



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Under Eye: I don't think it's right to feel good.

Under Nose: I wonder if I'm allowed to feel better.

Chin: What can I do to deserve to feel good?

Collarbone: Am I allowed to feel good?

Under Arm: I wish I could feel good.

Head: I wish there was some safe and good way to be allowed to feel good again.

Take a deep breath and release it. Tune back into your feelings and see what has changed. Use the **Movie Technique** on p.70 for any memories that may surface during the tapping.



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Further Common Causes of Resistance

Here are some more ideas which may cause blocks and resistance:

- I don't feel safe enough to change
- If I feel good about myself, then I will expect more of me (or THEY will expect more of me)
- I don't have what it takes to get over this problem
- I won't know who I am if I get over this problem
- If I get over this problem then I will have to do _____ that I don't want to do. (fill in the blank yourself)
- I don't deserve to get over this problem

Each of these can be made into a tapping setup statement by putting "*Even though*" at the beginning and "*I deeply and completely love and accept myself*" at the end. However, you will need to be a good detective if you are going to dig them up by the roots! This is often where a good practitioner can help you by asking detailed questions about these feelings and beliefs. If you are choosing to do this on your own, consider these ideas:

- Why do I have these feelings and beliefs?
 - When did something happen to make me feel that?
 - What are my first, last and worst memories of events that created this belief or feeling?
 - How did I come to believe or feel this?
 - Who gave me this belief? If it could have come from someone else, who might that be?
-



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Working with the Inner Child

There are many ways to use EFT for emotional freedom from our past experiences. These past painful memories have a way of coming into the present day and can influence how we feel about ourselves and what we do and think. At the very least, they make us see the world through coloured lenses. For example, Chris's boss was a large man given to shouting across the office in a loud voice whenever something wasn't done quite to his liking. Chris became increasingly nervous going into work each day, until he realized that his boss reminded him of his father. He was reacting to his boss as though he was a little boy again expecting a beating because of some unexplained misdemeanour. Another fairly common example is when we enter a crowded room at a party and immediately feel uncomfortable, reminded of the many times we stood to one side in the playground at school feeling left out, lonely and ashamed.

One of the most effective methods is known as Inner Child work. This is where we travel back into the past to revisit an event which we experienced as scary or traumatic and help the child we were to feel safe instead. Sometimes we might talk to the child, or tap on the child, or tap on us as the adult knowing how our little self really felt. Once the feelings have been neutralised, the memory of that past event no longer holds any emotion, and more importantly, it no longer influences our day to day lives as adults.

Here is part of an article explaining one way of doing this.

"In order to get to the core issues quickly, I usually let clients meet with their Inner Child.... Often real memories pop up when we tap on the Inner Child images: When "Karen" met her Inner Child, she saw a little girl hiding in her room, full of dread and fear. The most intense feeling was "being worthless." She reported tension in her chest and stomach. The 0-10 intensity level was at a 7. Immediately, a memory popped up: When she was about 5 years old, she was taken to her grandparents, where she had dinner. When she tipped her plate and spilled food, her mother scolded her: "Can't you do anything right!" Several rounds of tapping brought the feeling of being worthless to a level of 0 to 1. We then moved to other memories with the theme "worthlessness".

After tapping on the feelings of the Inner Child and working with any real memories that came up, I ask how the little one is feeling now. More often than not, the whole inner scenery has changed. The adult person is hugging and comforting the child, and they start talking or taking action to change the situation. ...

Although there still might be some feelings of hurt and abandonment, the Inner Child usually starts to hug and play, once the adult made the connection. No longer is it merely painful to visit this archetype, but it is



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also perceived as a source of joy and wonder. The most rewarding moment for me comes when somebody discovers that their Inner Child is not weak and powerless, but a strong and courageous little person that did the best she or he could to survive in a hostile environment.”

by Carna Zacharias-Miller, EFT-Cert I <http://www.missingmother.com>



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Other ways to work with EFT

Being specific is one of the keys to getting EFT to work and when we can do this the results are often amazing.

The Movie Technique helps us to focus on a specific event because “A movie has a specific beginning and a specific end in time. It has a specific plot and specific characters. It has specific words & specific actions and generates specific feelings. It has a specific beginning, middle and end in time.” Gary Craig, Founder of EFT

You can then step through the movie, pausing whenever there is any emotional intensity. Identify the feelings, create a setup phrase, tap the points and re-assess the emotional intensity. When it has reduced to 0 or 1, continue playing the movie until you reach the next part that brings up some emotions. Properly done, this will remove an entire tree from the metaphorical forest.



There is an online tutorial is available at:

http://www.eftuniverse.com/index.php?option=com_content&view=article&id=9210

Memories are often bright and vivid because of the amount of emotion they represent. As the emotional intensity is reduced, the memory may begin to fade, or seem further away than usual. This is all normal and is a healthy sign of a shift in the emotional content of the memory.

For memories of extremely traumatic events where the feelings would just be too overwhelming to recall even today, there are several techniques for working without having to revisit the scene at all. One such is the Tearless Trauma Technique.

The Tearless Trauma Technique is for minimizing distress but doesn't necessarily mean you won't cry. Again, select a specific event, give it a title such as “Kitchen Drama”, then guess how much emotional intensity there would be if you really looked into that memory in detail. Then tap for “this Kitchen Drama feeling”. After a round of tapping, check back and see whether the emotional intensity has reduced. If it has, keep doing the same thing until it is considerably lower – maybe 3 or less. At this point it is safe to switch to the Movie Technique to finish clearing the emotion from the memory.



There is an online tutorial is available at:

http://www.eftuniverse.com/index.php?option=com_content&view=article&id=9213



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The Box Technique allows us to contain our bad feelings in a box, or trunk, or some suitable container. This is an effective protection against feeling overwhelmed. You can guess how intense the feelings would be if you took them all out again, then do some tapping for “this huge wooden trunk of feelings”. As you continue tapping, the emotional intensity guess will probably reduce. When it has come down to 3 or less, you can safely consider opening the box and looking inside. If that feels too scary still, keep tapping on phrases like “Even though I feel scared to open this box” until you feel ready to do so. You will probably be amazed by how little feeling you actually have left about what is inside the box.



Here's an example of this by Gillian Wightman

http://www.eftuniverse.com/index.php?option=com_content&view=article&id=3698:taking-the-edge-off-intense-emotions-putting-them-in-a-box-and-tapping-on-them-&catid=47:refinements-to-eft&Itemid=3212

Working with Parts

This technique is especially useful for times when you may hear yourself saying “*a part of me wants to change but there's another part that doesn't seem to want to*”. As Betty Moore-Hafter, EFT Practitioner and Hypnotherapist says:

“Most of us feel these inner conflicts, which can be very frustrating. The worst-case scenario is that of self-sabotage, where one part of us seems determined to block or destroy what we want.”

It is really important to acknowledge the part that doesn't want to change, not as something that is working against us, but as something that doesn't yet know a better way to achieve something positive for us. Many such parts are created in childhood and represent a child's view of the world. As older teenagers or adults, we have usually learned more ways to do things. Because this part that doesn't want to change is trying to achieve something positive for us, it is usually willing to adopt a new, more successful strategy.



Read Betty's detailed article on how to do this work with EFT.

[EFT and Parts Article \(http://www.creativeeft.com/EFT_and_Parts_1.php\)](http://www.creativeeft.com/EFT_and_Parts_1.php)



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Building My Bridge



Sooner or later, we need to find our own voice, to learn that we can be lovable too and take up the reins of life, guiding it where we want it to go rather than feeling bounced around by others. For someone who has felt shamed most of their life, this feels deeply frightening and even threatening. Their first thoughts and feelings are “What if I screw up?”, “What if I get it wrong?”, “What if someone doesn’t like me?”.

This has been me. I didn’t have a major ‘aha’ moment, but rather found myself gradually drawn into the field of complementary therapy. First I studied hypnotherapy, and then later came EFT. I also read avidly and widely – there’s hardly a self-help book that hasn’t been on my bookshelf. In fact, that was a big part of my problem – I was listening to other people more than I was able to listen to myself. Don’t get me wrong, because I’m not saying that self-help books don’t have something to offer. They do. Each one of them probably gave me some building material for my bridge, but I was ultimately the one who did the work of construction. All the time I wanted someone else to do it for me, I was denying my own power, which is what happens when you feel deep shame.

Whilst attending a weekend training I experienced my first major shift. I felt dizzy and disorientated for a while, yawned copiously and felt a vague sense of unreality settle around me. On returning home I began to notice that I felt highly energized, joyful and open to what people around me were thinking and feeling. This felt great and I longed to stay in that inner place of joy and passion. However, it passed and I returned to my then ‘normal’ way of being which I described as like being on standby. The TV was on, the light was on, but no channel was selected! I simply wasn’t ready for that state yet, but it was an important episode for me because it gave me a glimpse of what I was aiming for. And far from being scary, threatening, unsafe and frightening, it had felt wonderful. This gave me a boost and enabled me to pursue my bridge building with a new sense of confidence – it was going to be wonderful!

Several times I went through that process, of clearing a major tree in my forest and feeling temporarily fantastic. As it faded, I both regretted its passing and felt more confidence that I was doing the right thing and would end up in a really good place. I just had to deal with the disappointment of not being there yet! It took me a long time before I truly realised that there wasn’t a final destination, but rather a gradual progression into more and more good and positive feelings.

Later I learned that this kind of energetic shutdown state of being was my protection. It is technically referred to as Depersonalization (feeling detached and an ‘observer’ of one’s life) or sometimes, and slightly differently, Dissociation (impairment of the normal state of awareness which limits or alters one's sense



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of identity, memory or consciousness). Underneath it lay all kinds of feelings I didn't want to feel, mostly directed at me by me. I wouldn't have said then that I felt shame; I simply wasn't aware of it. However, I did blush readily when talking in a group, could rarely meet someone's eyes and suffered from constant anxiety and social anxiety. Although I used EFT for other people, I was reluctant to use it for myself, and when I did, I mostly felt it wasn't working. It wasn't until I decided to work with a practitioner for a few sessions that things began to move forwards. Recognizing that I needed help, deciding who I could trust, and taking the steps to get that help were big turning points.

Having progressed along my healing journey, which has included working with the protections of dissociation and depersonalization, and defences like denial, feeling 'broken', trying to please everyone, etc (it's a long list!), I am discovering the joys of loving and accepting myself as I am and the power of self-love.

There is an ease about life and work which I have never previously experienced. Whereas I was lonely even within my family, I now have friends and colleagues around the world, sharing and supporting each other. Having felt I'd lost my identity and had no purpose, these are now becoming clearer to me. My bridge feels as though it is nearing completion and I am ready for there being a road to continue this journey on the riverbank when I get there. I am able to say that life feels good. Yes, there are days when things go wrong or I feel a bit down, but they are so much easier to accept without the heavy burden of all that buried shame. I also know that should I feel a bit anxious at any time, this is an indicator to me that I need to let go of a bit more bad feeling somewhere and reclaim another part of me that has been buried.

It is my very sincere hope in writing this e-book that you may have found some insight or recognition, that you now know you are not alone and that there is hope. My healing journey is different from yours and my wish for you is that you are ready to start learning how to build your own bridge for yourself, or are putting another part of your bridge in place.





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Where Else to Go to Get Help

Deciding to Work With a Practitioner

It is an important step when you decide to work with a Practitioner. You need to find someone with whom you feel safe and who you feel will listen to you with compassion, as well as someone who has the skill and experience to help you with your problems. EFT Master Patricia Carrington has written some articles which I hope you will find helpful.



Assessing Your Chosen Practitioner

<http://masteringeft.com/masteringblog/assessing-your-chosen-eft-practitioner-article/>

Working With An EFT Practitioner Isn't Right for Everyone: Is It Right For You?

<http://tappingganda.com/2012/07/working-with-an-eft-practitioner-is-not-right-for-everyone-is-it-right-for-you/>

The Self-Help Choice

There are literally thousands of articles, books, blogs, forums and chat rooms out there offering help. There has never been a better time to decide to help yourself with healing from shame, anxiety and low self-esteem. At one level, it needs to be acknowledged that all healing is self-help; nobody can do any of it for you. However, there are times when self-help works well, and others when it doesn't seem to be going anywhere at all.

EFT is an easy to learn self-help technique that has enabled thousands of people to recover joy and self-worth. As I've said before, people are complex, and it can be difficult to see your own forest for the trees! How much of your healing journey you do alone is up to you. However, because shame, by its very nature, makes us isolated and lonely, and we learn not to trust anybody, an important part of the healing happens when we feel ready to come out of hiding and let go of our self-imposed isolation. This could be when you decide to work with a Practitioner, or it could mean choosing to open up about your experiences on a public forum, or writing a blog. Choosing to go it alone just could be a decision that is a self-sabotaging one. As we heal, reaching out and connecting with other people will naturally feel easier anyway.

However you manage it in the end, you and you alone are responsible for and in charge of your healing journey.



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Metaphors

Sometimes we all find it hard to take in or accept a new way of seeing our experiences and our reality. Metaphors make these reframes and shifts of perception more easily appreciated by our subconscious mind and can provide powerful teaching. For this reason I have included some insightful metaphorical stories.

The Cracked Pot

An elderly Chinese woman had two large pots, each hung on the ends of a pole, which she carried across her neck.

One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water. At the end of the long walk from the stream to the house, the cracked pot arrived only half full.

For a full two years this went on daily, with the woman bringing home only one and a half pots of water.

Of course, the perfect pot was proud of its accomplishments. But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been made to do. After 2 years of what it perceived to be bitter failure, it spoke to the woman one day by the stream. "I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house."



The old woman smiled, "Did you notice that there are flowers on your side of the path, but not on the other pot's side?" "That's because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them."

"For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house."

Each of us has our own unique flaw. But it's the cracks and flaws we each have that make our lives together so very interesting and rewarding.



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The Gold Buddha

In 1957 in Bangkok, a group of monks from a monastery had to relocate their massive, ten and a half foot tall, 2.5 ton clay Buddha from their temple to a new location to make way for a new highway being built through the city. They used a crane to lift the idol, but it began to crack, and then rain began to fall. The head monk was concerned about damage to the sacred Buddha, and he decided to lower the statue down to the ground and cover it with a large canvas tarp to protect it from the rain.

Later that evening, the monk went to check on the Buddha. He shined a flashlight under the tarp, and noticed a gleam reflected through a crack in the clay. Wondering about what he saw, he got a chisel and hammer, and began to chip away at the clay. The gleam turned out to be gold, and many hours later the monk found himself face to face with an extraordinary, huge solid gold Buddha.

Historians believe that several hundred years before this, the Burmese army was about to invade Thailand, then called Siam. The monks covered their precious statue with an 8 inch layer of clay to disguise its value. Very likely the Burmese slaughtered all the Siamese monks, and the secret of the statue's golden essence remained intact until that day in 1957.

We are all like the golden Buddha, in some way. We are covered with a protective layer, often so well covered that we have forgotten how to remember our true value.

People are Like Cakes

If I were to ask you to eat some plain flour straight from the bag, you would probably turn up your nose in disgust. How about a big spoonful of butter straight from the butter dish? Or raw eggs – perhaps a spoonful of sugar might be better? No, probably not, but I'm sure you know what can happen if you put all these things together in a bowl and mix them thoroughly, then pop the mixture in the oven for a while – a very tasty cake results. And, of course, you can add some mixed fruit, chocolate chips, add icing and jam, just to make it even more interesting and flavoursome.

And so, if you focus on only one part of yourself that you dislike you are missing out on the glory of the whole cake that you are.



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Billy the Robot

Billy is a robot, a big new shiny Robot. He had a set of buttons on his chest. When the children push the green one he laughs, when they push the orange one he cries, when they push the blue one he is sad and when they push the big red one he gets very, very angry. The children laughed and laughed as they pushed the buttons and Billy did his tricks, first sad, then angry, laughing then crying.

At first Billy enjoyed these games, he liked playing with the children and making them laugh and doing exactly what they wanted. He had only just come from the shop and this was much more fun. After a while however Billy began to wish he could choose when to be sad, and when to be happy.

So one night Billy got a screwdriver from the garage and took the shiny plate with the big buttons off his chest. He then carefully turned it round so that the buttons were on the inside where only Billy could find them. When the Children got home from school they were surprised to find Billy's button had gone. But they soon found out that Billy was much more fun when he chose to be sad or happy. And Billy was very, very happy now because no one ever made him sad, or happy or cry again because he decided what mood to be in because he was in charge of his own button. Are you?

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Cherokee Wisdom

One evening an old Cherokee Indian told his grandson about a battle that constantly goes on inside people.

He said: "My son, the battle is between two wolves inside us all.

One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies false pride, superiority, and ego.

The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather: "Which wolf wins?"

The old man simply replied, "The one you feed."





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Online resources

In the 25+ years since the invention of EFT, the online resources have expanded exponentially. This is brilliant because you will always be able to find something that is helpful to you. Videos, podcasts, articles are all in abundant supply. I have only listed a few here as links can so easily become obsolete.

Gary Craig, the original founder of EFT has updated his site for the Gold Standard in EFT at

<http://www.emofree.com/>

Tapping Points, Video and overview on how to do EFT by Dr Mercola

<http://eft.mercola.com/>

EFT Universe – Getting Started Free

http://www.eftuniverse.com/index.php?option=com_acymailing&view=user&layout=modify&Itemid=5

And I have to now mention the brilliant shame researcher Brené Brown

See her TED talk on Listening to Shame:

<https://www.youtube.com/watch?v=psN1DORYYV0>

Brené Brown on The Power of Vulnerability

<https://www.youtube.com/watch?v=iCvmsMzIF7o>

And check out Brené Brown & Oprah Winfrey at:

<http://www.oprah.com/own-super-soul-sunday/Oprah-and-Brene-Brown>



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Although I no longer work as an EFT Practitioner, my Liberation Coaching practice is focused on ways to release shame as these are the main blocks to our creativity. The world needs us to be at our most creative and every single one of us has something unique and new to contribute. Only by clearing away the damage and pain caused by shame can we become the shining and loving people we truly are. I keep discovering deeper layers to my shame story, and each time I release this energy I feel lighter, happier, more joyful, able to respond to others in loving and respectful ways, more intimate, vulnerable and therefore able to see the love that is in everyone.



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