

 Wake Up Weekend

Discover the Distortions (or Limiting Beliefs)

"The unexamined life is not worth living."

-Socrates



Affirmations are powerful when they are in the *present tense, vivid, and emotionally charged*. BUT they often come with tailenders:

Affirmation: "I effortlessly maintain my ideal weight." Silent tailender: "...but I can't stop eating."

Affirmation: "I live in abundance." Silent tailender: "...but I'm always broke."

Affirmation: "My soulmate is with me now." Silent tailender: "...but they won't stick around."

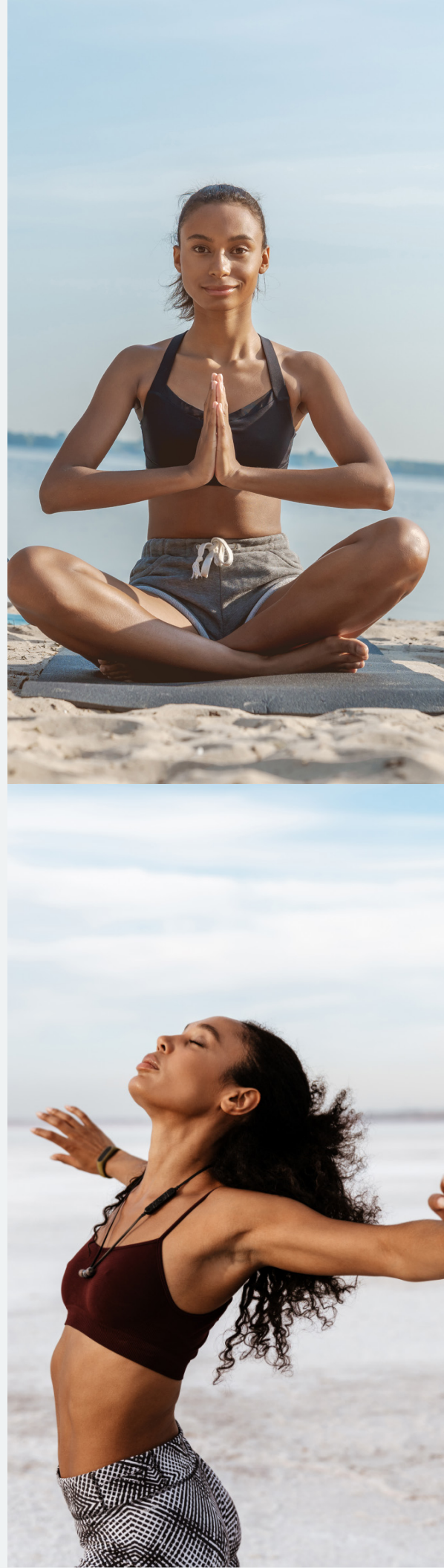
Affirmation: "There is plenty of money." Silent tailender: "...then where's my share?."

The true affirmation is the tailender.

Once we've dealt with the tailender, the affirmation isn't compromised by it. EFT is a tool for getting your affirmations to stick.

Most "positive thinking" courses have you focus on the positive. EFT does not. We do not use "toxic positivity" which rejects all difficult emotions in favor of a cheerful and often false façade.

Tapping away negative cognitions (clouds) allows positive ones (like the sky) to appear effortlessly. Bandaging a wound (concentrating on the positive) before cleaning it out (focusing on the negative) prevents real healing.



Determine your Tailenders Below

After each affirmation, determine how true you feel it to be on a scale of 1-10. Then, listen for what your mind tags onto the end of the affirmation and write down your Tailender (your limiting belief).

Health/Body

1) My body is vibrantly healthy – How true does this feel?=
Tailender (the true affirmation) =

2) I effortlessly maintain my ideal weight – How true does this feel?=
Tailender (the true affirmation) =

3) My body heals itself automatically and quickly –How true does this feel?=
Tailender (the true affirmation) =

4) My body is strong, fit, and flexible – How true does this feel?=
Tailender (the true affirmation) =

5) I have abundant energy – How true does this feel?=
Tailender (the true affirmation) =

6) I love the way I look – How true does this feel?=
Tailender (the true affirmation) =

7) I easily bounce back from fatigue and illness – How true does this feel?=
Tailender (the true affirmation) =

Wealth

1) Money flows to me easily – How true does this feel? =

Tailender (the true affirmation) =

2) There is plenty for everyone – How true does this feel? =

Tailender (the true affirmation) =

3) My money is an expression of my spiritual values – How true does this feel? =

Tailender (the true affirmation) =

4) Unexpected money comes to me – How true does this feel? =

Tailender (the true affirmation) =

5) I love money and money loves me – How true does this feel? =

Tailender (the true affirmation) =

6) I live in abundance – How true does this feel? =

Tailender (the true affirmation) =

7) When I share my unique gifts with the world, I am rewarded with more than I could ever need – How true does this feel? =

Tailender (the true affirmation) =

Love

1) Abundant love fills all my relationships – How true does this feel? =

Tailender (the true affirmation) =

2) My perfect partner/soulmate is with me now – How true does this feel? =

Tailender (the true affirmation) =

3) I'm safe growing and changing while in a relationship – How true does this feel? =

Tailender (the true affirmation) =

4) Giving love is effortless for me – How true does this feel? =

Tailender (the true affirmation) =

5) Receiving love is effortless for me – How true does this feel?=
Tailender (the true affirmation) =

6) I easily restore calm after confrontation – How true does this feel?=
Tailender (the true affirmation) =

7) I give as much as I receive in relationships – How true does this feel?=
Tailender (the true affirmation) =

Work

1) My work is an expression of my creativity – How true does this feel?=
Tailender (the true affirmation) =

2) My work is in complete alignment with my life's mission – How true does this feel?=
Tailender (the true affirmation) =

3) I feel fulfilled by my work – How true does this feel?=
Tailender (the true affirmation) =

4) My work is filled with joy, ease, and light – How true does this feel?=
Tailender (the true affirmation) =

5) Each morning when I wake up, I enthusiastically and joyfully throw myself into my work – How true does this feel?=
Tailender (the true affirmation) =

6) I have a glorious future ahead of me – How true does this feel?=
Tailender (the true affirmation) =

7) I make a difference in the world through my work – How true does this feel?=
Tailender (the true affirmation) =

Spirituality

1) I am protected, loved, and guided by a Higher Power – How true does this feel? =

Tailender (the true affirmation) =

2) I fill my mind with nurturing ideas and positive thoughts – How true does this feel? =

Tailender (the true affirmation) =

3) My life effortlessly reflects my spiritual values – How true does this feel? =

Tailender (the true affirmation) =

4) My daily spiritual practice is strong – How true does this feel? =

Tailender (the true affirmation) =

5) I am resilient to the challenges I experience in life – How true does this feel? =

Tailender (the true affirmation) =

6) The Universe wants to collaborate with me – How true does this feel? =

Tailender (the true affirmation) =

7) Everything always works out for me – How true does this feel? =

Tailender (the true affirmation) =



Discern Your Three Biggest

"The curious paradox is that when I accept myself, just as I am, then I can change."

-Carl Rogers

By adding up your totals under each category, you can better assess your strengths and weaknesses at this time. This will help you prioritize your healing and reprogramming, while also giving you a way to measure your progress on this wild and wonderful journey.

Circle your most emotional tailenders. Look for underlying core beliefs, such as:

- I'm not good enough
- Life isn't fair
- My needs don't matter
- All people are out for themselves
- I'm hopeless in social situations
- When I talk, people get bored
- You have to trample your way to the top
- All people are untrustworthy
- Everyone is out to rip you off
- I cannot change – it's in my blood/family
- I will never succeed
- I always attract the wrong people
- I always get it wrong

- I'm a fraud at work
- I am responsible for how other people feel
- I am worthless
- I am unlucky
- I have no confidence
- People wouldn't like me if they really knew who I was
- I must do everything perfectly (as opposed to "I want to pursue excellence")
- If I don't achieve _____, there's no point in starting
- I'm no good at _____.
- I'm helpless to change things
- No one would be attracted to me
- There's no point in trying
- It will never work
- Why does this always happen to me?
- Things won't last (only about good things)
- This will never end (only about bad things)
- My husband/wife/significant other, should make me happy
- This is a man's world
- I'm not smart enough
- I must be happy all the time
- I'm too young, too old, too?



Be Patient with Yourself as you Reprogram

“Waking up is an endless losing what you think you know, like a wave of destruction that leaves nothing but what is true.”

– Unmani

Once you’ve determined your 3 biggest limiting beliefs, you can begin to see how they show up in your life, and set an intention to change your mind.

Tapping, along with all the other life-changing tools offered at Wake Up Weekend, will help you clear out the limiting beliefs so that you can choose more empowering beliefs in the future.

Adopted from EFT Universe and Liz Scott