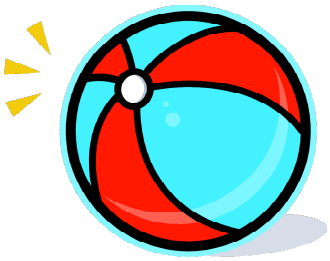


Tap Into Your Beach Ball (and let the air out!)

When people ask "why do we use the negative in tapping?" I give them the beach ball analogy. Does it take effort to hold a beach ball under water? Yes. What happens if you let it go? It pops straight out of the water. The bigger the ball, the further you're holding it under, the bigger the splash when it pops up.

When we are trying to deny or repress our negative thoughts, experiences and emotions, it's like holding a beach ball under water. That energy can be better spent enjoying our life and work, but first we have to let that beach ball come to the surface—and let the air out.

Are you ready to let the air out of your beach ball? Here's a worksheet to help.

1. In the box next to the beach ball, write your problem. For example, "I hate my job."
2. Inside the beach ball, write all the words that come to mind about your problem. For example, things you hate about your job might be "boring", "rude co-workers", "mean boss", "no respect". Don't worry about being negative—that's what we're trying to release!
3. Tap on the Karate Chop and say aloud "Even though I'm holding down this beach ball and I call it (read the title in the box), I deeply and completely accept myself." Repeat once or twice, still tapping on the Karate Chop.
4. Start tapping the points, saying all the words or phrases you wrote in plus others as they come to you. Yell if you need to! Whine if you want to! Act like a kid having a pout.
5. After a few rounds of tapping, stop and check in. Re-read the title. Look at the words. Notice if your feeling has changed.
6. Repeat until the beach ball has little to no imaginary air left in it.
7. Now, go do something fun!

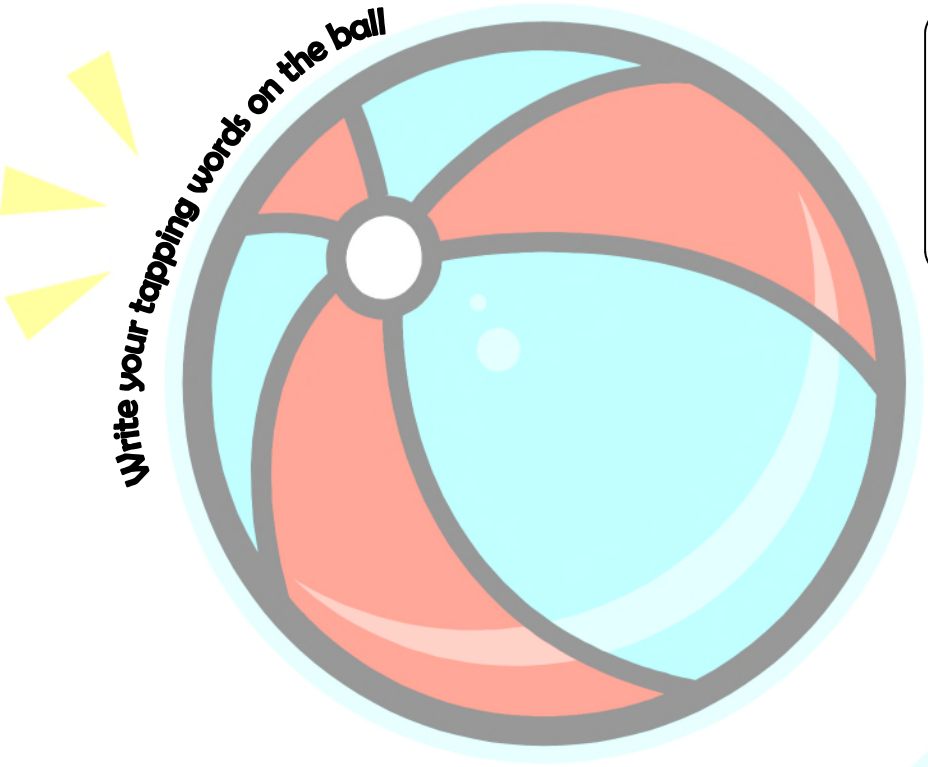
<u>Ideas for tracking progress:</u>

After each round, write down the percentage of air left in the beach ball. Cross out words or phrases if they no longer bother you. Get the percentage as low as you can, or in other words, deflate the ball as much as you can!

After each round, cross off words that no longer seem as true or as upsetting. Continue tapping until you've crossed off all or most of the words, and feel relief.

Ange Finn, Accr. Cert. Advanced EFT Practitioner with EFTInternational
Contact me at ange@tapintoyourself.com or visit TapIntoYourself.com for more resources

Write your tapping words on the ball



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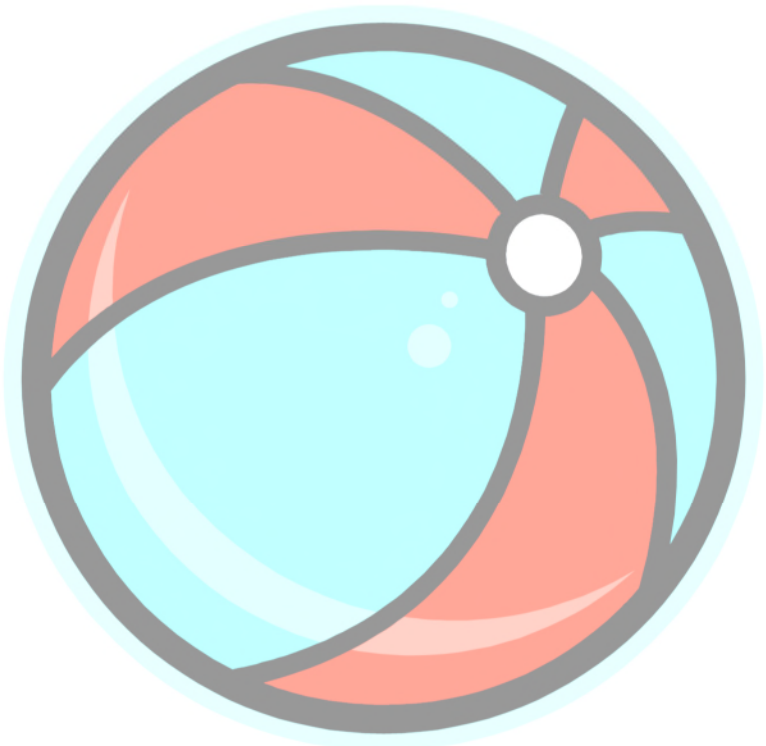

This beach ball is:

Please use these techniques responsibly. As with any self-care technique, consider your own personal history and health status when using tapping and take a common-sense approach to your wellbeing. If you have questions or concerns, seek out a qualified EFT practitioner. Tapping is not a replacement for medical or mental healthcare .