



Free Resource for Week 2
Relationships: Personal, Family, and Business

Tapping for Negotiating Kids and Parents

Being a Parent/Having Parents

Today is a two-fer! This offering contains not one but *two* Tapping worksheets. One is for managing your kid's behavior and the other is for interacting with your own parents.

So let's begin!

[Make sure you take responsibility for your actions. Thus, stop if needed. And, if you first need/want to seek the advice of your mental/medical health professional, do so. This is provided merely as information.]

Being a Parent/Behavior Management

As soon as you say these words, what comes up for you? Where do you feel it? Be as specific as possible. For example, "I'm frustrated, tired, and angry when my kids don't listen." Or "I'm really struggling as a parent with _____, right now."

Or, is there another aspect of raising children that has you out of equilibrium? Write down what's coming up for you below. And, make note of how strongly you feel about this on a scale of 0 (calmest) to 10 (most riled).

Then, form your own set-up statement, using the following sample as a starting guide:

Even though I am angry, frustrated and tired _____ [insert your own emotion] because my kids talk back - and push back _____ [insert whatever it is that is going on], that's just where I'm at/ I deeply and completely love and accept myself.



So just start tapping. Do as many rounds as needed. (Know that the feeling may intensify; this is normal and is a great sign that things are shifting for you. Just continue tapping when you can.)

After Tapping for one round, jot down whatever comes up for you below. And take note of where you are on the 0 to 10 scale. Tap for as long as desired, noting what comes up for you.

Now let's talk about: **Interacting with Your Parents.**

Do you revert to being 14 years old again when interacting with one or both of your parents? Are you feeling unheard? Or perhaps you must make some adjustments to care for them.

As soon as you think about what's going on for you, what comes up? Where do you feel it? Be as specific as possible. For example, "I hate it when my mom doesn't listen and criticizes me about everything." Or, "It is really hard to take care of my dad right now."

Or, is there another aspect of being with your parents that produces stress or anxiety? Write down what's coming up for you below. And, make note of how strongly you feel about this on a scale of 0 (calmest) to 10 (most riled).

Then, form your own set-up statement, using the following sample as a starting guide:

Even though I feel _____ [insert feeling] when my parents _____ [describe the situation], that's just where I'm at / I deeply and completely love and accept myself.

So just start tapping. Do as many rounds as needed. (Know that the feeling may intensify; this is normal and is a great sign that things are shifting for you. Just continue tapping when you can.)

After Tapping for one round, jot down whatever comes up for you below on the next page. And take note of where you are on the 0 to 10 scale. Tap for as long as desired, noting what comes up for you.

