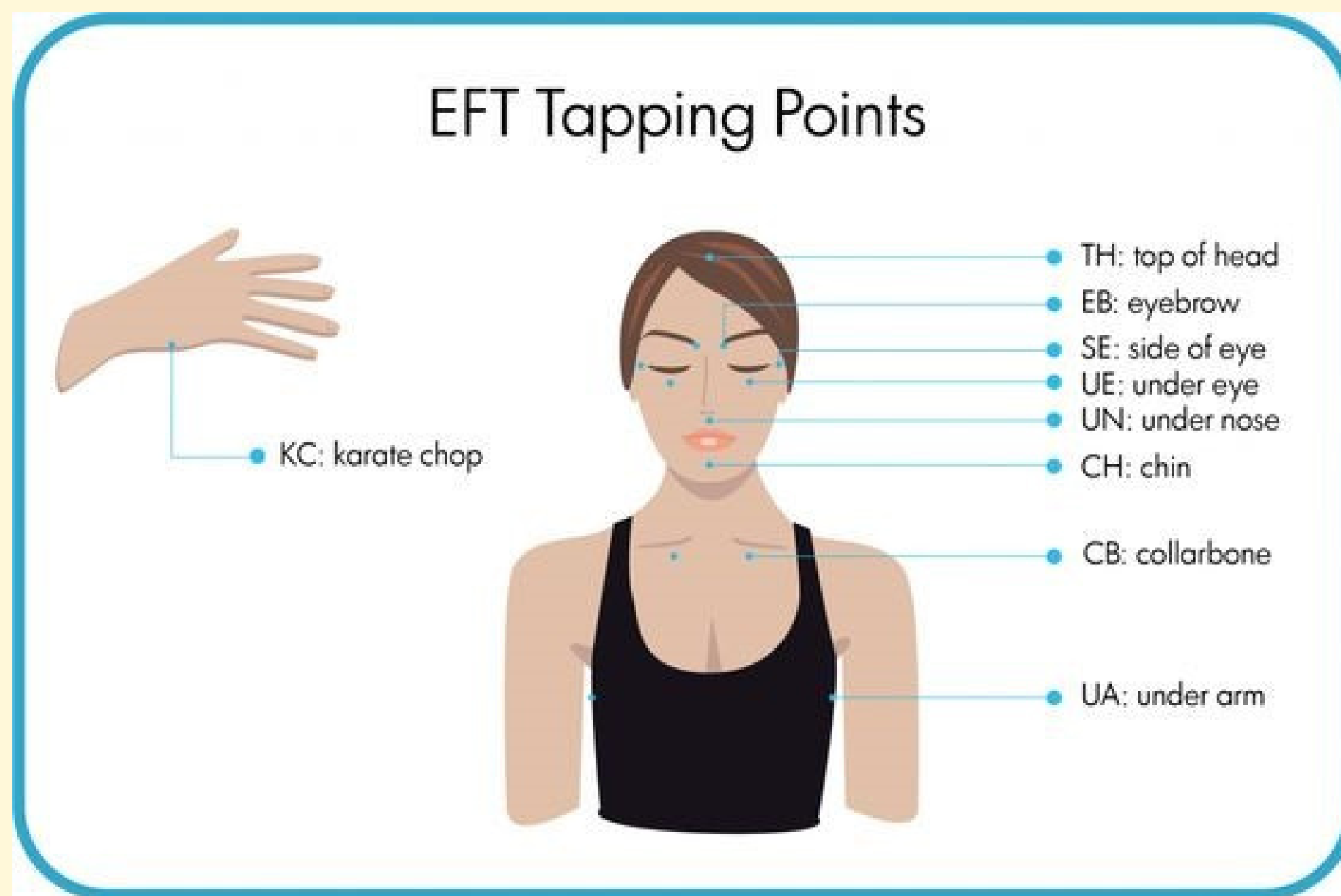


Recognize & Release Module 1 Worksheets

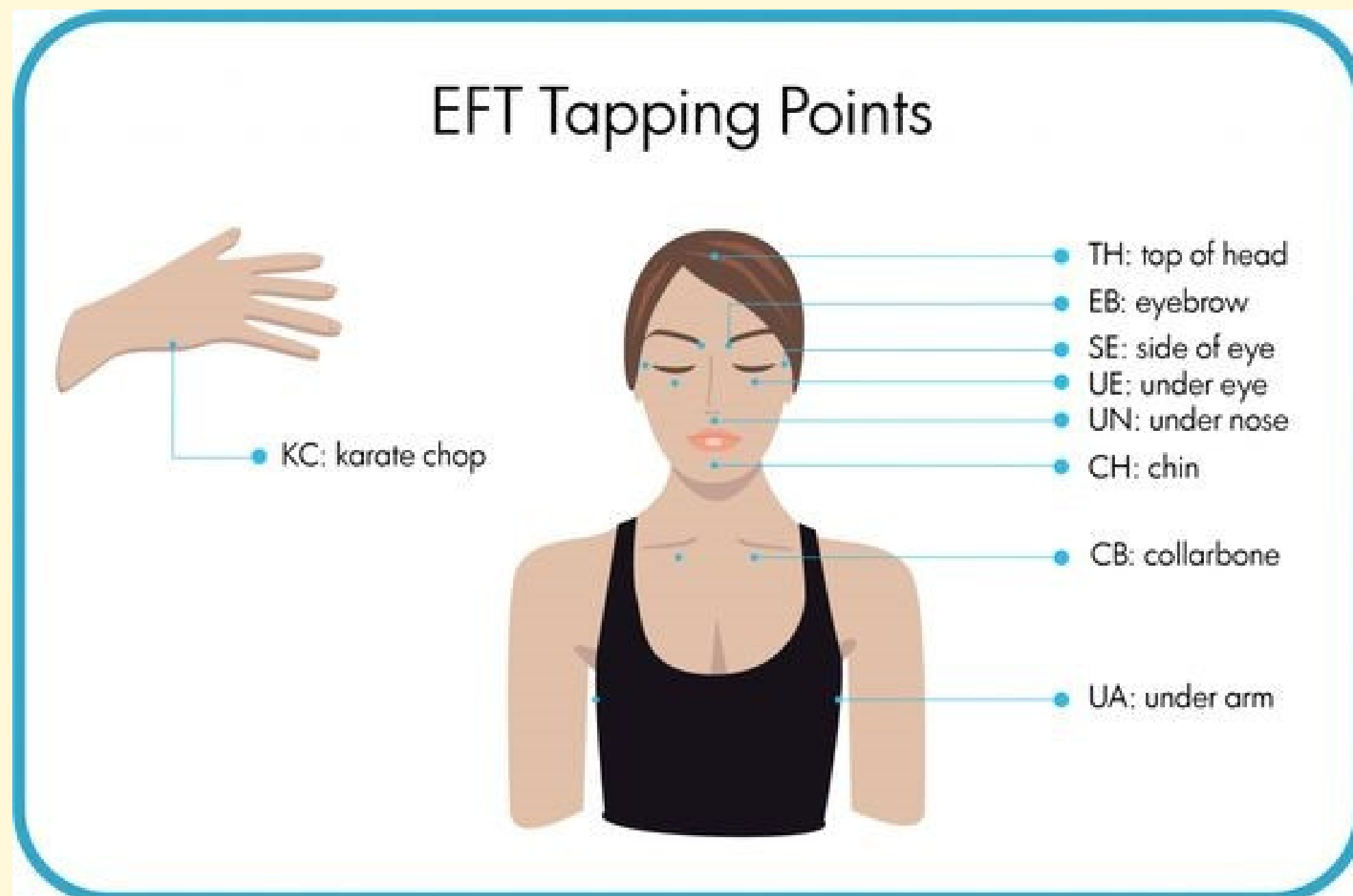
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Here are the points that we use when doing tapping routines (also called EFT).

It is common to find one or more of the tapping points are sore or create some emotional release. If you find a point that does this for you, check out the list of phrases on the next page. After doing the tapping routine, come back to the point that has your attention. Find the point on the list and say the phrase that is paired with it while doing some tapping on the point.

Recognize & Release Module 1



Points and phrases:

KC: I am choosing to release negative thinking.

I love and accept myself just how I am.

EB: I am choosing to release frustration.

I am allowing in peace.

SE: I am choosing to release anger.

I am allowing in inspiration.

UE: I am choosing to release nervousness.

I am allowing in tranquility.

UN: I am choosing to release guilt.

I am allowing in success.

CH: I am choosing to release shame.

I am allowing in acceptance.

CB: I am choosing to release stress.

I am allowing in ease.

UA: I am choosing to release worry.

I am allowing in clarity.

TH: I am choosing to release my inner critic.

I am choosing to connect to my inner wisdom.

Recognize & Release

Fun Way to Track Your Progress!

Each month below in the picture is broken into as many pieces as there are days in that month. This is such a fun, light, quick and colorful way to track your progress in the work with the tapping. Or any work! Fill in each box below with a different color so you have a representative color for the statements next to each box. When you are at the end of the day pick the color that best describes your efforts and color in the day of the month.



I did 2 rounds of tapping today!



I did 2 rounds of tapping and journal time today!



I did journaling today!



It didn't happen today so I am making a plan right now to fit in R&R work tomorrow

