

Tapping Away the Cone of Shame

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Tips:

- Deal with any shifting aspects as they come up.
- Add any memories or emotions to the pile or cone as they show up.
- If one BIG shame or regret needs separate handling, pull it out of the cone and deal with it.
- Keep tapping until you are clear of all regret, remorse, anger at yourself, shame, disappointment or anything else you've done or said
- When at a zero test yourself when done to make sure the cone is gone. If there's even a shred of anything left, tap it away! Be persistent
- If you get stuck and the number or pile isn't going down, do a couple of rounds of Reversal Neutralization statements: "I don't want to let this go. It serves me in some way, it's how I punish myself. I don't want to release it. It's not ok for me to feel good about what I've done! Etc." Allow yourself to vent, then turn it into "I want to statements" See the Golden Gate technique on the Free Stuff page at www.ProEFT.com
- Make sure you have totally forgiven yourself
- Where possible, make amends to others you may have hurt