

Personal Peace Procedure

This is a way of “clearing out” your past, so that you no longer feel bad about things that happened. This can include things you did and things others did. It can also include unhelpful thoughts you’ve had or are having.

You can do this for your entire life, or you may wish to focus on areas that are particularly important to you, e.g. relationships, your child(ren), social interactions, food and body image, finances, work, family, intelligence and learning, religious influences, etc.

1. Make a list of every negative thing that’s ever happened in your life (or in the relevant area). Most people have over 100 events, memories and circumstances. They can include things done to you, things you did, things that happened around you, even things which happened before you were born which you have feelings about. If your list is over 100 items, so be it – simply write them down.
2. Include anything negative you find yourself thinking or feeling about yourself or the world, e.g. “I’m not confident”, “I have an inferiority complex”, “People are cruel”, “This tapping won’t work for me.”
3. Add more items to your list as you remember them. Don’t wait for a ‘perfect’ list – get tapping straight away!
4. Next, see this list as a forest of trees, and pick out the top 3 biggest trees.
5. On Day 1, use tapping on each tree in turn, until it becomes a 0 or 1 out of 10. Do this for each of the 3 biggest trees.

(N.B. If you have a belief like “This tapping won’t work for me” – do this first! For beliefs like this, whether about yourself or the world, ask yourself, “How strongly do I believe this on a scale of 1 to 10?” Then tap away until it seems ridiculous to you.)
6. On Day 2 pick out the 3 biggest remaining trees and tap for them. And so on. Spend 15-20 mins a day on this and it will make a difference to you in all sorts of ways.
7. Some days you may only cut down one tree, and some days you may cut down five or more. It’s up to you, and some trees will fall easier than others.
8. And after a while you’ll probably notice the effect will generalise. In other words, the forest will lose its integrity because the biggest trees have gone, and the smaller ones will begin falling over all on their own, so they no longer belong on your list. So you’re very unlikely to have to deal with the whole list.

Enjoy having fun and freedom and noticing the benefits!

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Kevin Burch uses cutting edge psychological strategies to help people increase their confidence, energy & performance, & let go of their fears, phobias & unhelpful habits. This allows them to lead even fuller, happier & more successful lives.

Call 0845 458 8386 or see www.SkyHighConfidence.com for more details.