



EFT Tapping Mini Series – Learn How to Challenge Resistance and Create Powerful Change

Hi, this is Kate Hartley from www.flourishtherapy.co.uk. In this tapping meditation, we're going to tap on the resistance to change. Most of us don't like the idea of change. It involves effort, it can make us feel vulnerable because we don't yet know the situation we're moving towards. It can make us feel scared that we're leaving something comfortable behind that we might lose and not get back. Change brings the fear of the unknown right up to our front door.

If you're just learning about tapping and how it can benefit your life, take a look at my [Tapping Introduction article](#) first before starting on this meditation.

Change in our circumstances can mean change to our identity

Change in our circumstances might mean that our identity changes. I work with a lot of women who are going through a divorce and there aren't many who relish the idea of being labelled as divorced.

When I fill in forms, I tend to tick the "single" box rather than the "divorced" box, because I like how it represents me. I also like the label of being a single mum, because for me it represents courage, determination and achievement, but I know a lot of women who are filled with fear at being allocated that tag.

Use tapping to create your own bespoke challenge to resistance

Titles and definitions represent different things to each of us which is why tapping is such a useful tool. You can replace my words and phrases with your own. Use words and phrases that resonate with you better. Essentially, you simply use my suggestions as a template for creating your own even better ones.



Resistance to positive change in finances

We can even be resistant to change in our financial situation. Certainly, when your finances take a nose dive, that brings with it a whole host of anxiety-related issues and resistance to change is easily understandable.

However, some people are resistant to change which involves an improvement in their finances. Why? Because it changes their identity of themselves.

It might be that they enjoy being seen as a martyr while managing on very little. Perhaps they are encouraging pity from those who might feel sorry for their financial woes. They might be prolonging a grudge, perhaps from an ex-husband or a parent, and they want to be seen as struggling to cope financially.

Be kind with yourself

Some people I speak with are ashamed for not changing sooner and may fear that people will judge them poorly. However, when we begin to see change as less painful than staying unchanged, that's when the magic starts to work. It is vital that we uncover why we're resistant to change before we can move towards making that change happen.

Releasing the internal resistance to change

In this tapping meditation, first, we will explore your reasons for not wanting to change. Next, we will tap on the benefits of changing to release your internal resistance to change.

The purpose of uncovering your resistance to change is not to condemn you or to make you feel ashamed. You will just neutrally observe your resistance and accept it for what it is. It's also important to remember that you're reading



this because you want to challenge your resistance to change. You're already taking positive action!

When we recognise our resistance to change, we learn that the most important person in improving our situation is us. So, let's get started.

Be specific with your tapping phrases and emotions

Be as specific as you can be for each round of tapping you do. That means, use the language which suits you best and really focus on the emotions surrounding the thoughts you are tapping on.

The more targeted you can be, the better. If, like many people, you have a mix of negative memories and emotions, take each one in turn and tap on them individually.

Focus on a specific area where you know you are resistant to change

To begin, focus on a specific area of your life where you are resistant to change. Is there a habit you want to give up? Do you want to take up regular exercise, but just can't get out of bed early enough to commit to it? Do you want to reduce the amount of alcohol you drink? Do you want to leave a failing relationship? Do you want to change your career? Are you ready to move to a new house but daren't take the plunge?

There are so many reasons why you may be resistant to change. The examples above are just to get your creative juices flowing.

Take three long, slow, deep breaths and focus on an area of your life where you know you need to change.

How does that feel? What emotions come up for you when you visualise committing to making that change? How challenged or unsafe does it make you feel?



Explore the tension

Where do you feel the tension in your body? When you consider making the change you are resistant towards, what are the fears or challenges surrounding that change?

On a scale of 0 – 10, when zero means no negative response and 10 means the worst amount of tension or fear that you could imagine, note down or remember what number comes up for you. If several fears come to mind, make a list of them as you may need to work through each one individually.

Once you're feeling well connected to the emotion, take a deep breath in through your nose, hold it a few seconds, then release it slowly through your mouth. Repeat the deep breathing another two times. As you're doing your deep breathing, focus on feeling grounded within your body. I'll leave some time at the end of each of my comments in case you want to either repeat the same or add your own words which might resonate with you better.

Set-up phrase

And start by tapping the karate chop point on the side of your hand.

SH: Even though I am feeling heavy and stuck, I love and accept myself.

SH: Even though I am resisting making changes in my life, I deeply love and honour myself.

SH: Even though I have been struggling with this for a long time, part of me is being disempowered, because I am resisting change I know I need to make, I accept myself fully.

First round of EFT tapping

Eyebrow: I know I'm stuck.

Side of eye: But I feel unsure of how to make the changes I need to make.



Under eye: Change makes me feel scared.

Under nose: I'm resisting change because I can't see the way forward.

Under mouth: Change is difficult and feels heavy in my stomach.

Collarbone: I'm stuck and contracting in my life.

Under arm: I like the familiarity of staying how I am.

Top of head: But I'm sick of feeling like this.

Second round of EFT tapping

EB: My lack of ability to change frustrates me.

SE: I'm afraid of being rejected if I make the necessary changes.

UE: It feels easier to stay stuck as I am and avoid changing.

UN: What if people laugh at me?

UM: If I don't change, then I stay safer.

CB: If I don't change, then I keep everyone happy.

UA: But I disappoint myself.

TH: My lack of clarity is limiting my happiness and growth.

Third round of EFT tapping

EB: Who would I be if I made these changes?

SE: I worry that I'll make myself look stupid.

UE: I'm afraid I'll make the wrong decision.

UN: I'm scared that I'll be laughed at.

UM: I'm afraid to commit to a new path.



CB: Because it might not work out.

UA: What if I fail?

TH: I'm afraid of setting myself up for a fall.

Checking in

So, take a deep breath in through the nose and out of the mouth and let it go. Check in with the original negative emotion and see how it's feeling now.

If the value went up, brought up new memories or stayed the same, continue tapping on the negative emotions associated with your thoughts and remember to use as many of your senses as possible that relate to your resistance to change.

Has the value gone down? Have you managed to get it below a value of 5? If you have, you're ready to do three positive rounds of tapping.

Often, when we're dealing with resistance to change, you can feel relieved by simply acknowledging your fears and this is what we want you to achieve with the negative rounds of tapping. When you understand the fears which are holding you back, you get clear on what you need to tackle to make the changes you desire.

Tapping sequence – positive statements

Set-up phrase

Tapping the side of the hand:

SH: Even though I realise I've been holding myself back, I love and accept myself now.

Two more times, still tapping on the side of the hand:



SH: Even though I tried to keep others happy at my own expense, I know I am worth more than that and change is what I need to make.

SH: Even though I am resisting change, I know that I can up level my life when I make the changes I need to make and I love myself.

First round of EFT tapping

Now we start tapping through the points.

EB: I know that by acknowledging my fears around change,

SE: I am in a better place to deal with them and transform my life for the better.

UE: I choose to make the necessary changes.

UN: I have been holding myself back for too long now.

UM: I open my life to new opportunities.

CB: I choose to break free of my internal blocks now.

UA: I know I can accomplish what I want to.

TH: Because I just need to start to make the changes.

Second round of EFT tapping

EB: I value who I am.

SE: And I want to improve my life.

UE: And that means that I need to make changes.

UN: I'm feeling relieved because I give myself permission,

UM: to make the necessary changes.

CB: I am feeling more secure now.



UA: I am feeling more confident now.

TH: I am open to new opportunities and challenges.

Third round of EFT tapping

EB: I acknowledge that sometimes I may need to take risks.

SE: And it might not always feel safe to try new things.

UE: And that's ok.

UN: Because my life is my own responsibility.

UM: And if someone doesn't like what I do, that is their problem to work with.

CB: It's about time I allowed myself to shine, for me.

UA: If I stay stuck, I disempower myself.

TH: I am confident to make the choices to change which are right for me in my life right now and I feel an internal lightness.

Checking in

Take a deep breath in through your nose, hold it for a few seconds and out through your mouth. How are you feeling now? It may take a little while to notice the differences, but you will feel the changes occurring as you start now to have a growing awareness about the availability of your resourcefulness.

See yourself mapping out the actions you need to make to achieve the changes in life you desire. See yourself doing what you need to do and focus on how good it feels in your body as you enjoy the relief of taking action instead of staying stuck.

You're making room for new possibilities which will help you create the life you desire.



So, I'm going to let the music play on for another 5 minutes or so. If you want to do some more tapping, stay relaxed and go with what feels right for you. Don't worry about using the right words and if you miss a tapping point, just keep going. Enjoy this time now, it's your time. You may just want to sit quietly and focus on your mind and body. Remember this is your time, so make the most of it.

Until next time, this is Kate Hartley from <http://www.flourishtherapy.co.uk>