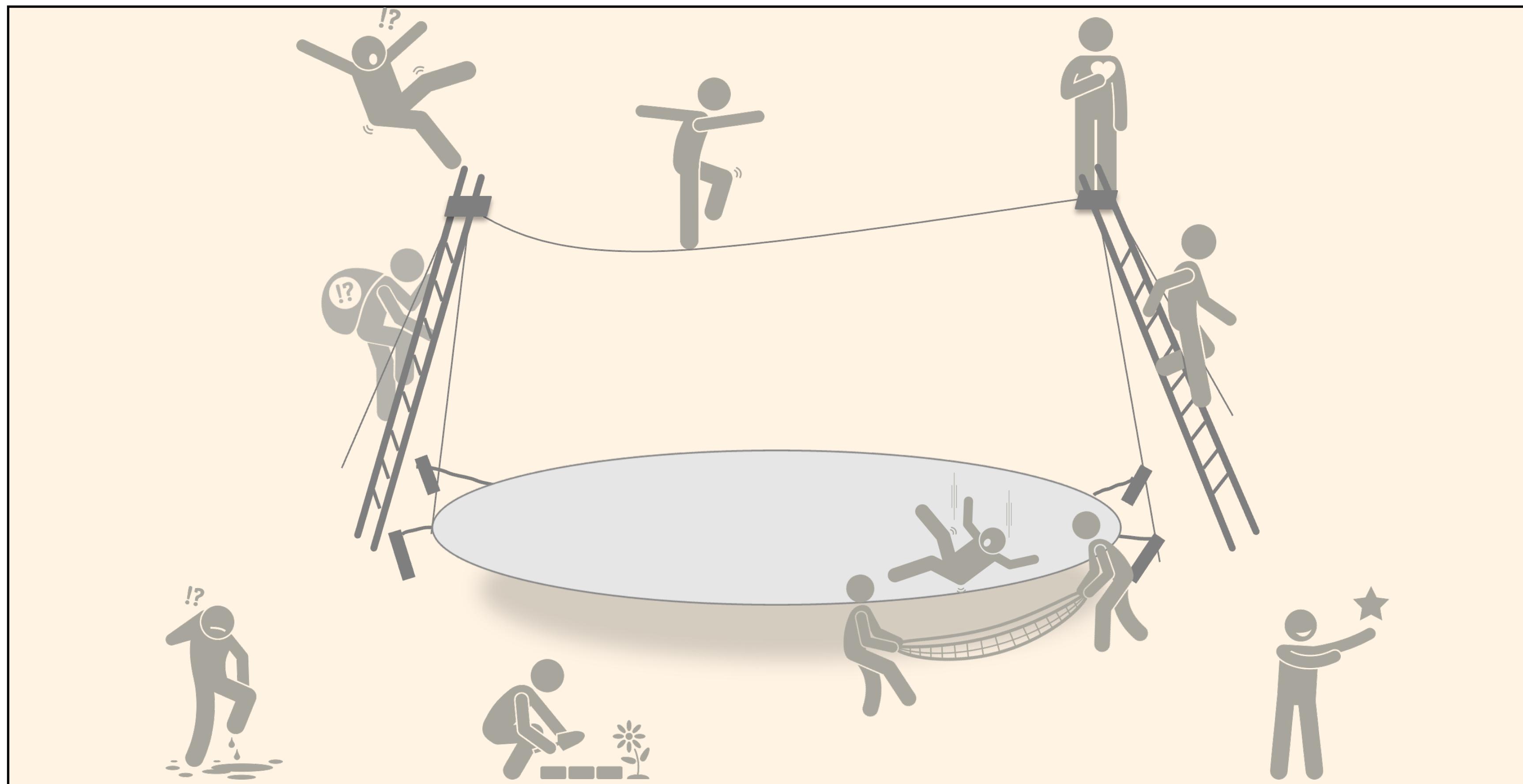


the tightrope framework

Balance Life and Achieve with Ease



The tightrope framework is for you if ...

You are aware of what you need to do to achieve your goals yet no matter what you try you just can't seem to move forward towards your dream

Working towards your goals feels like 1 step forward and then a bit later falling 2 steps back

It feels like something keeps pulling you back to old negative habits

Balancing all the competing demands in your life is getting exhausting

The multitasking busy approach isn't doing the trick

It's time to achieve your dreams and move beyond the 'f-ups'

And you ...

Want to feel proud about everything you do

Know you're ready to overcome self-sabotage

Dream of saying goodbye to procrastination

and hello to the inner-strengths to success

Feel it's time to finally live a fulfilling and balanced life
with responsibility and free of guilt

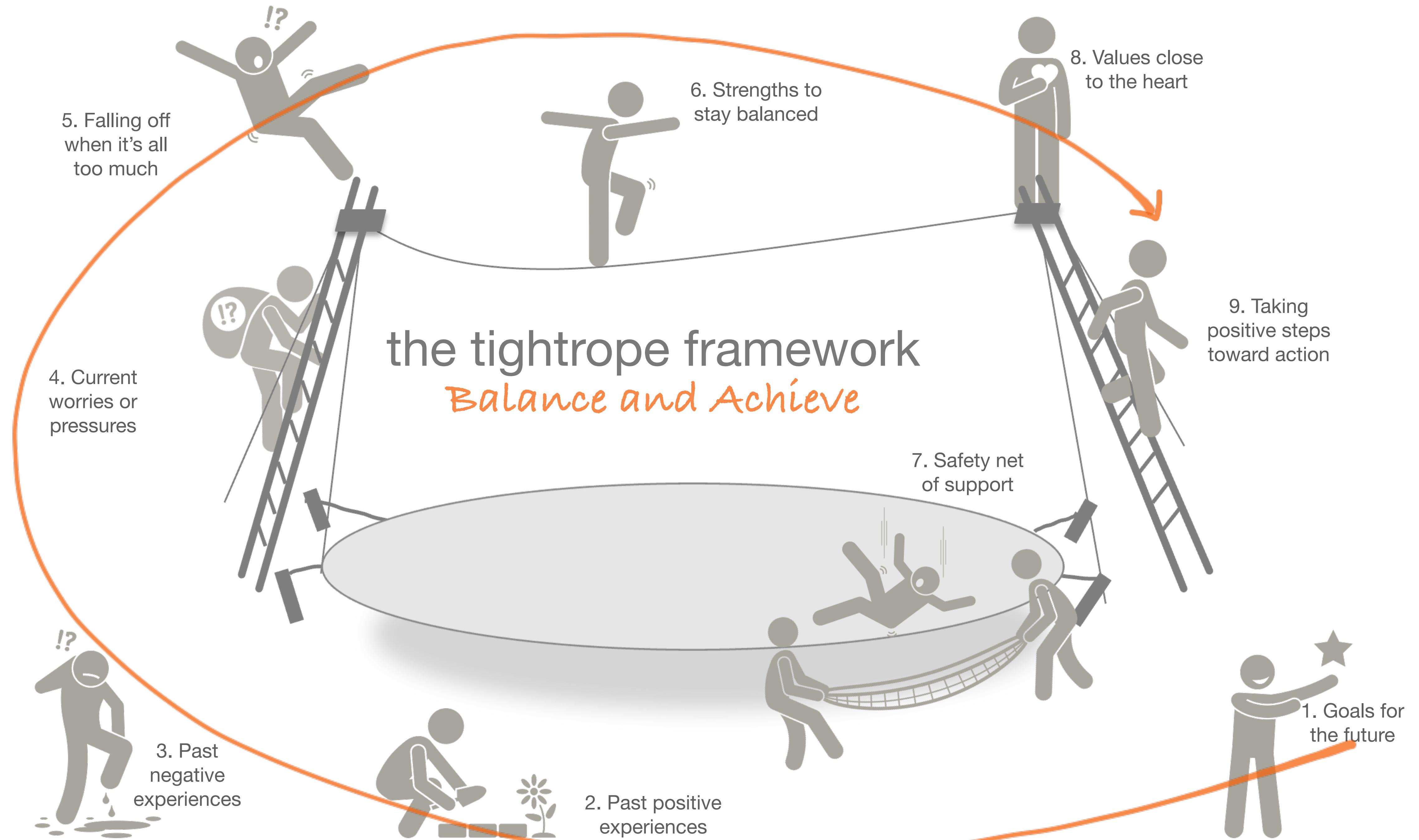
What is the tightrope framework?

The tightrope framework is a powerful analogy of life
It explores your past, present and future. Supporting you to find clarity and take action toward your goals.

It uses techniques from Brief Solution Focused Therapy, Cognitive Behavioural Therapy and Emotional Freedom Technique (EFT). For a powerful self-exploration and transformation.

The different areas of the tightrope represent:

-  Your goals for the future
-  Past experiences that support the foundation. Opportunities for change
-  Past experiences that make the ground under the tightrope muddy and unstable
-  Your beliefs, fears or pressures that make the tightrope higher and more wobbly
-  What does 'falling' (self sabotage) look like for you?
-  Your strengths to help you balance and move forward in life
-  Your values that drives your choices and motivation
-  The steps you can you take now
-  Who is your safety net in case you fall?



How to use the tightrope framework

This workbook provides an introduction to the framework, which supports a deeper insight into why you feel overwhelmed, stressed and keep ‘falling off’.

Start with the goal setting chapter and work your way through the remaining sections of the framework until you get to final section of taking action.

Each section comes with research-led prompts to help you focus on what can impact change

By working through each of the sections you can focus on living a value-led life that utilises your strengths.

At the end of the workbook there is a tapping script to support your daily actions towards your goals

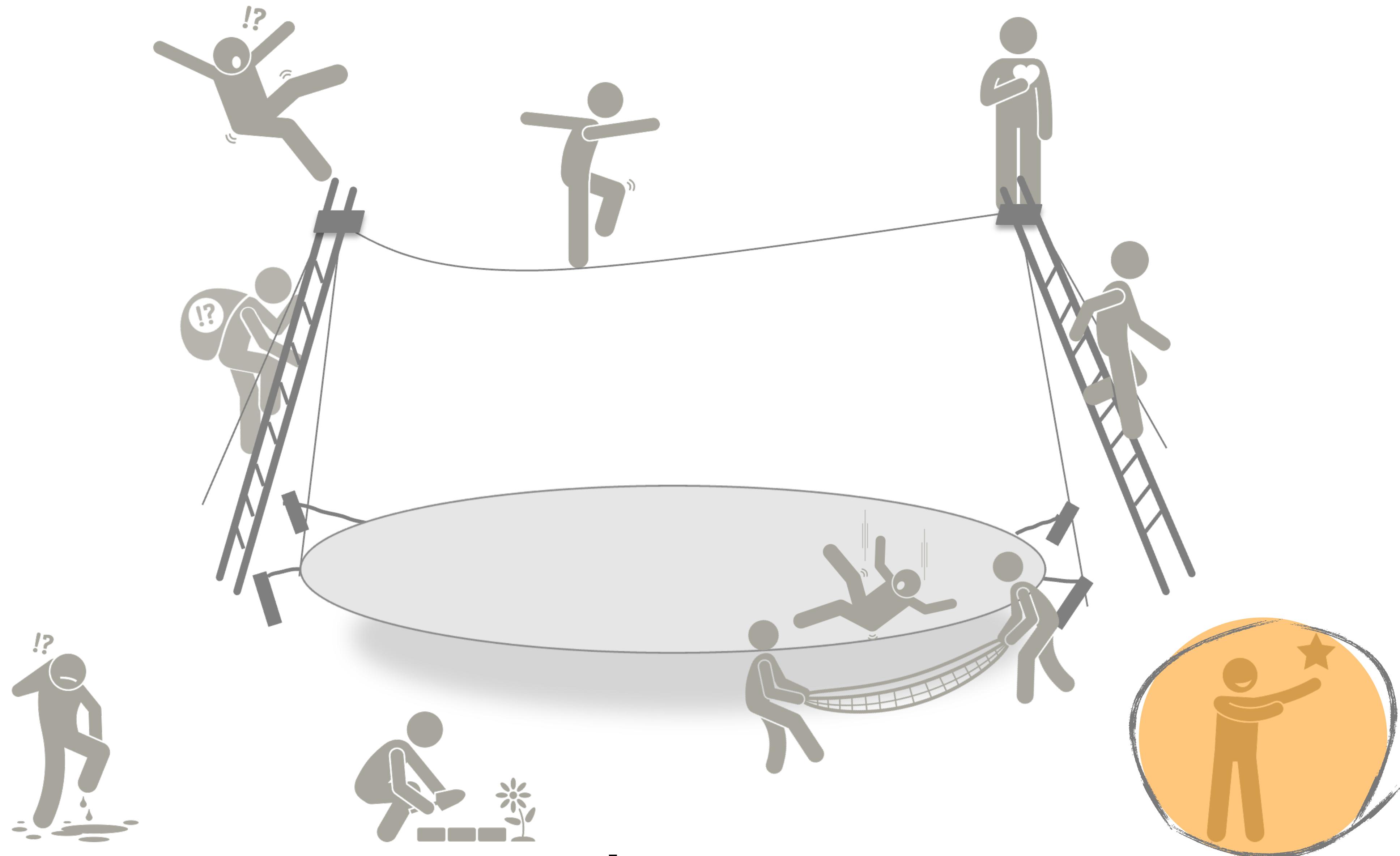
If you have found this introduction helpful, then a full course that supports goal setting across a number of areas of your life, with tapping scripts for each section, is available through my website.

Visit robertaevans.com for more information and links

Tightrope Framework - template to complete (start bottom right, then move to the left and up and round)

| | | |
|--|--|--|
| 5. What does 'falling off' (steps back) look like?  | 6. What strengths do I have to stay balanced?  | 8. What do I most value?  |
| 4. Current pressures & beliefs making life difficult?  | 7. Who or what is my safety net?  | 9. What one step can I take toward my goal?  |
| 3. When have I tried to achieve this but something got in the way?  | 2. When have I had success toward this goal before?  | 1. What is my primary goal right now?  |

1. Your goal

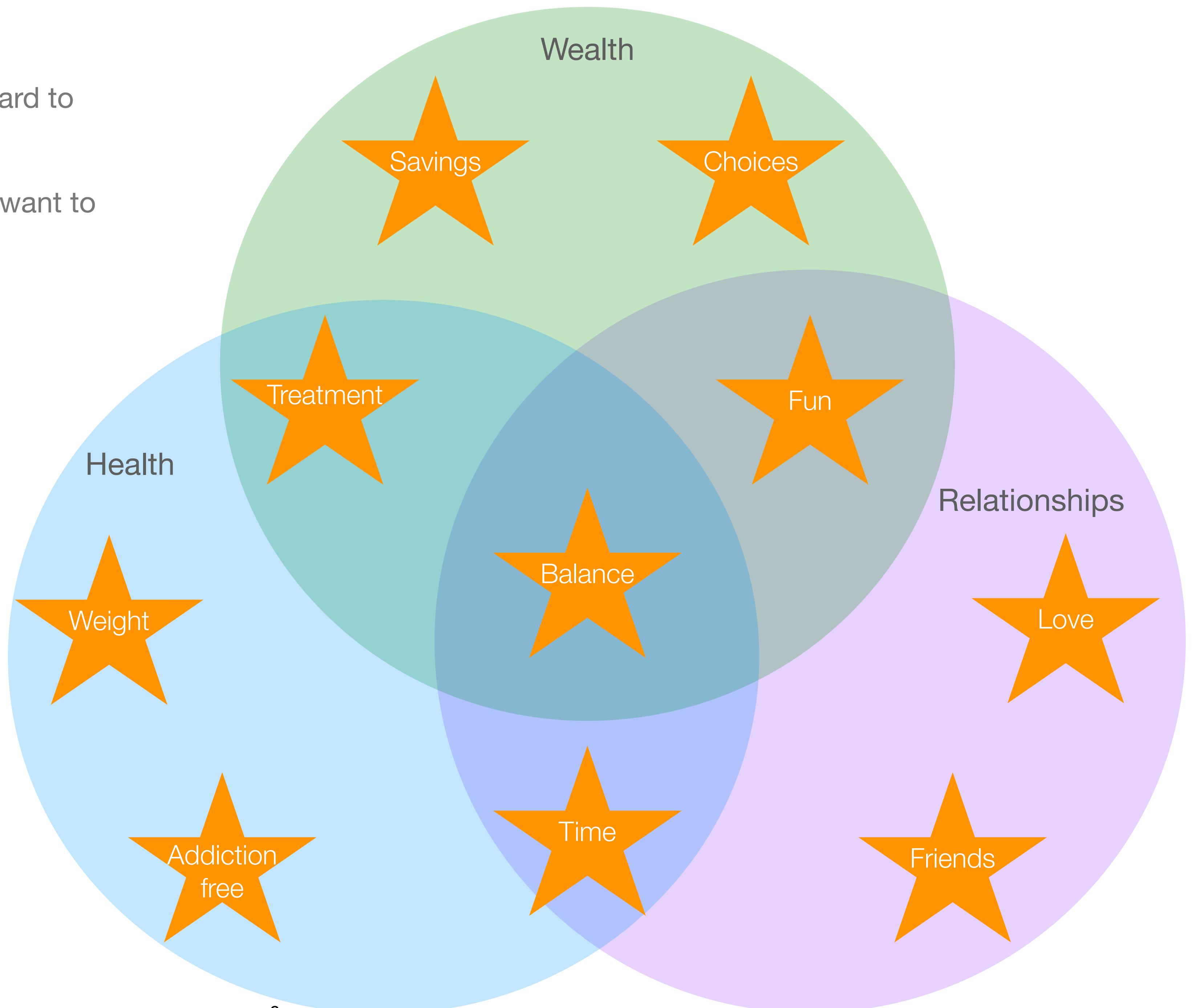


1. What is my primary goal right now?

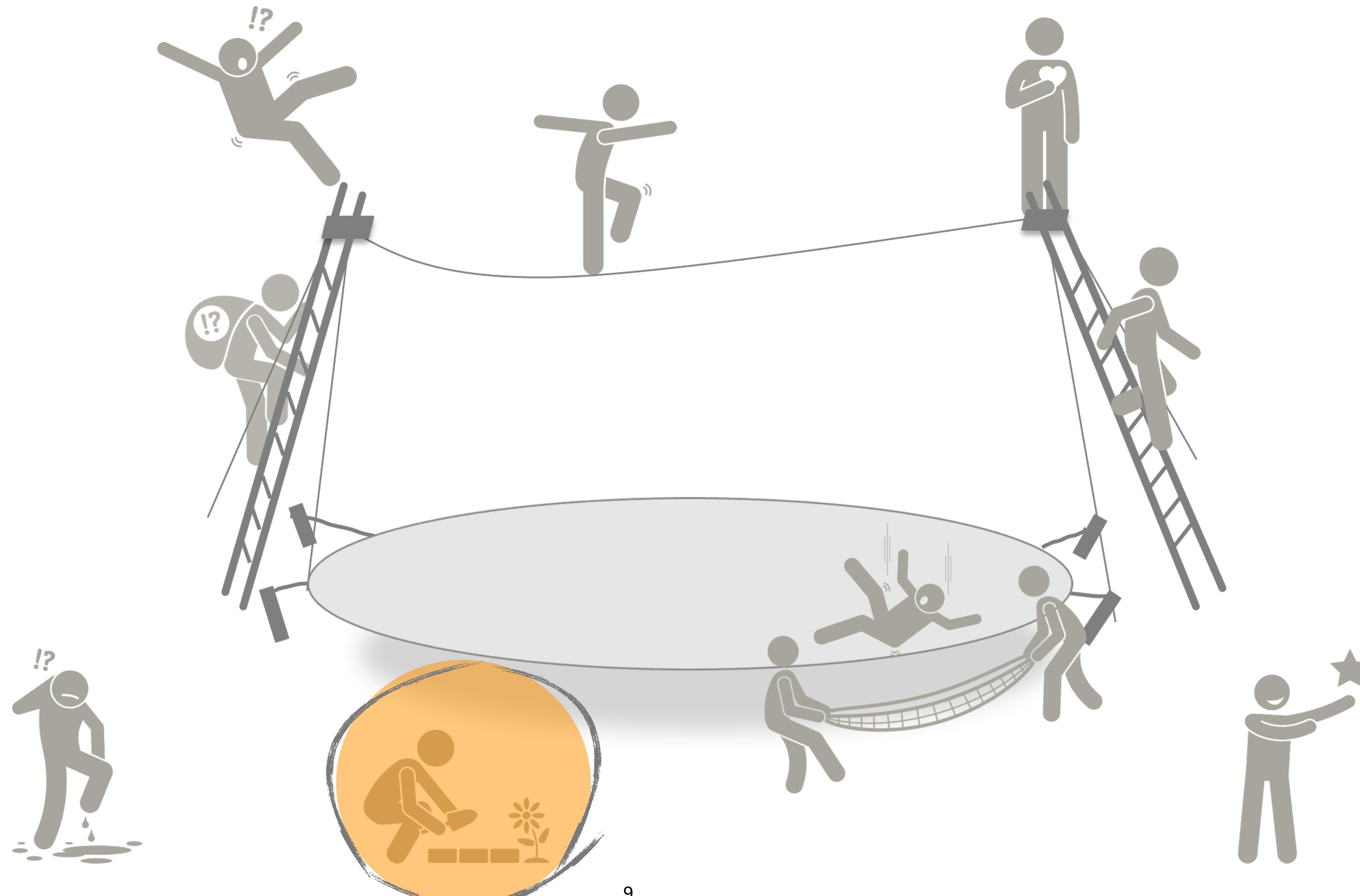
The usual areas that we seek change are in regard to health, wealth or relationships.

Here are some prompts to consider where you want to focus your attention.

Now right this down in no.1 of the template



2. Positive past experiences that support a strong foundation



2. When have I had success towards this goal before?

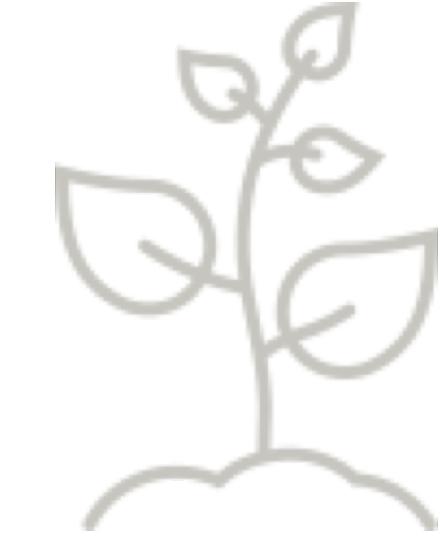
Review these prompts to help think of previous successes with this goal - write them into no.2 on the template - no matter how small!



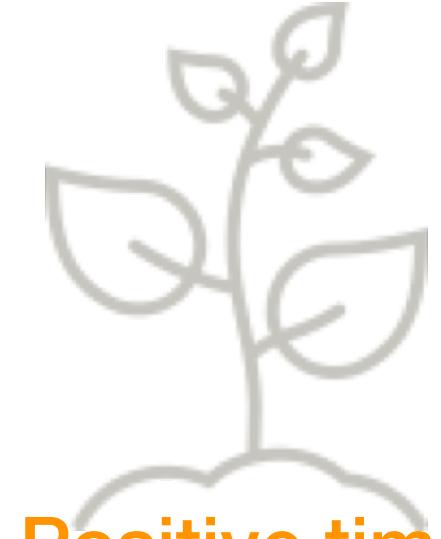
Help I've had



Praise received



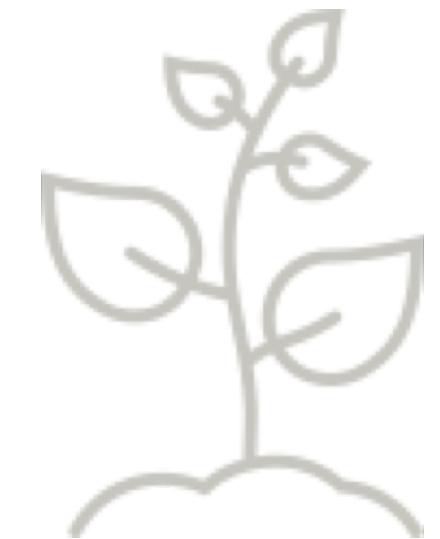
Times accepted



Positive times
with family



Good
memories



Believed in
myself



Time to learn
and grow



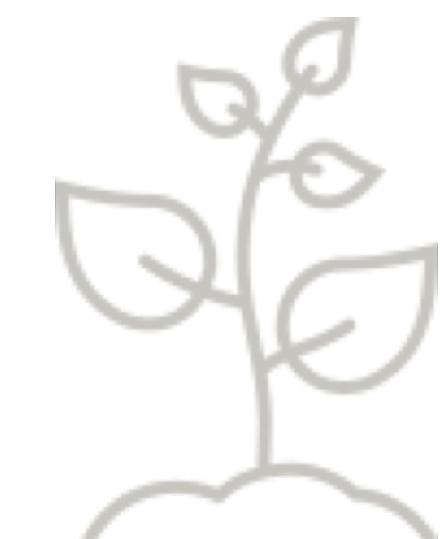
Time to reflect



Positive choices
I've made



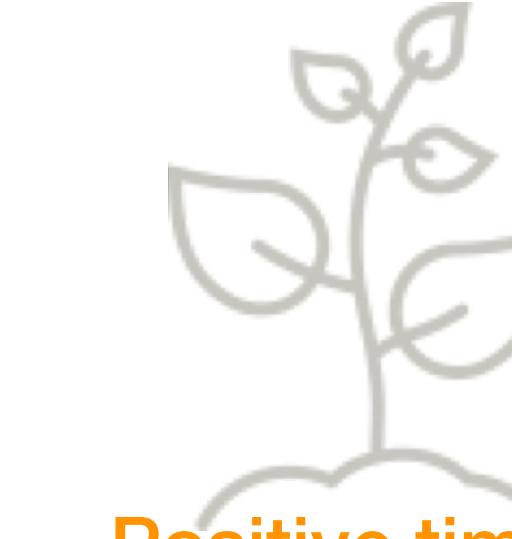
Something
proud of



Found solutions



Overcame
difficulties



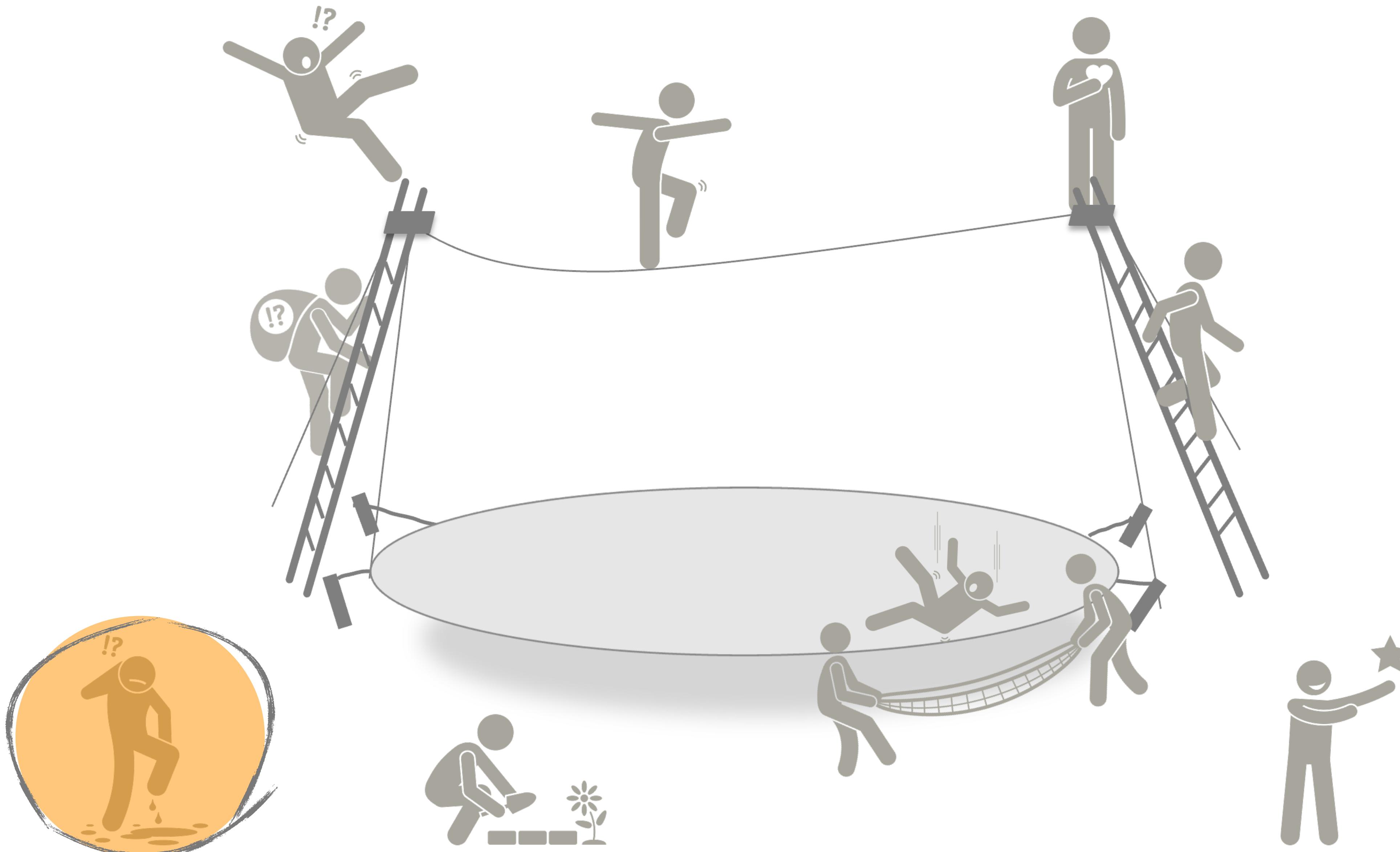
Positive times
with friends



Completed a
promise



3. Past negative experiences that make the foundation wobbly



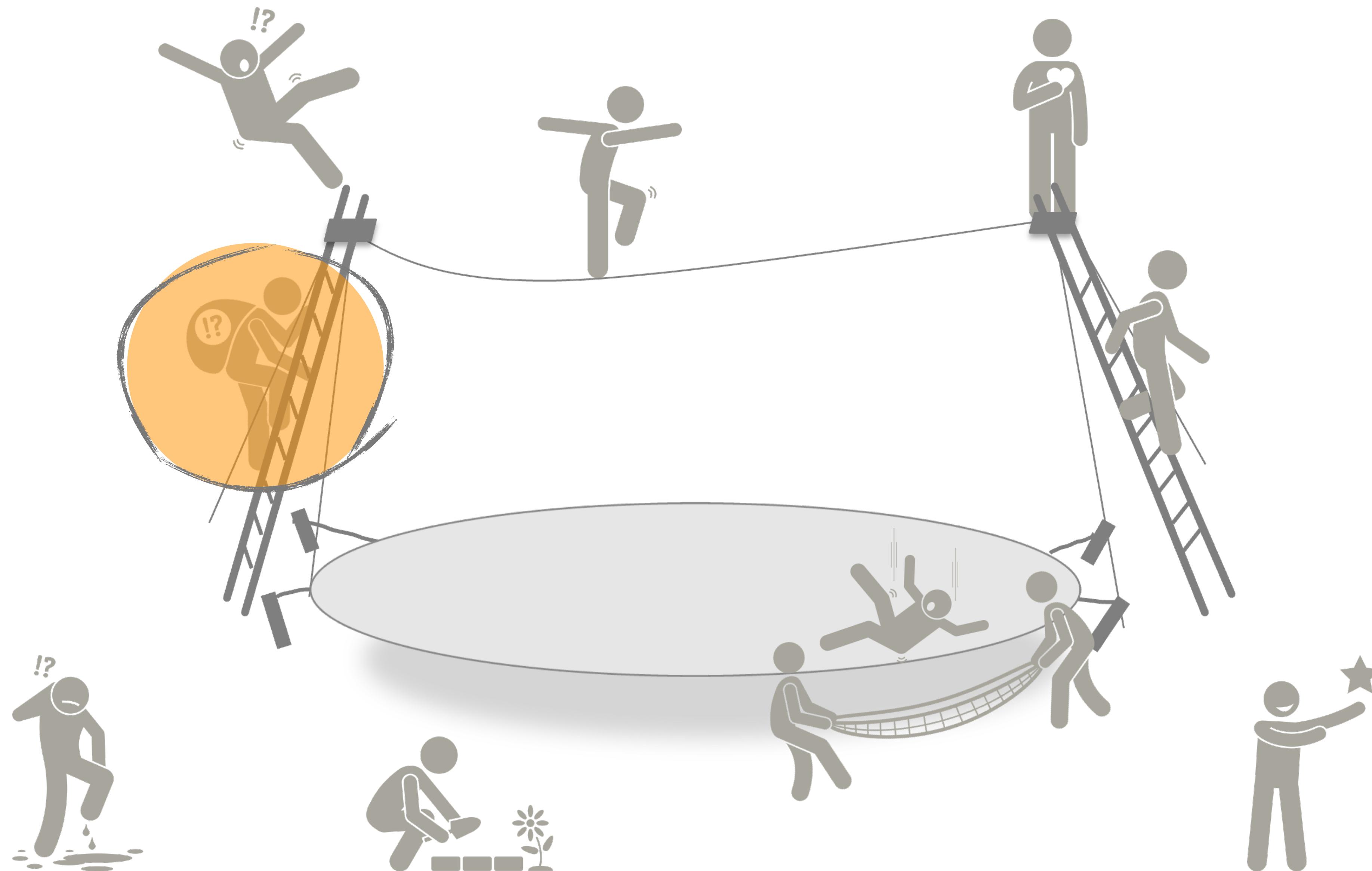
3. When have I tried to achieve this goal but something got in the way?

When there is a lot of ‘crap’ in the past, the foundation under the tightrope structure can be unstable and make life wobble.

Gently consider if there is anything from your past - whether linked to attempts to achieve this goal or not - that might be making life wobbly. Then fill into no. 3 on the template



4. Pressures or beliefs that make the tightrope higher



4. Current pressures / beliefs making life difficult

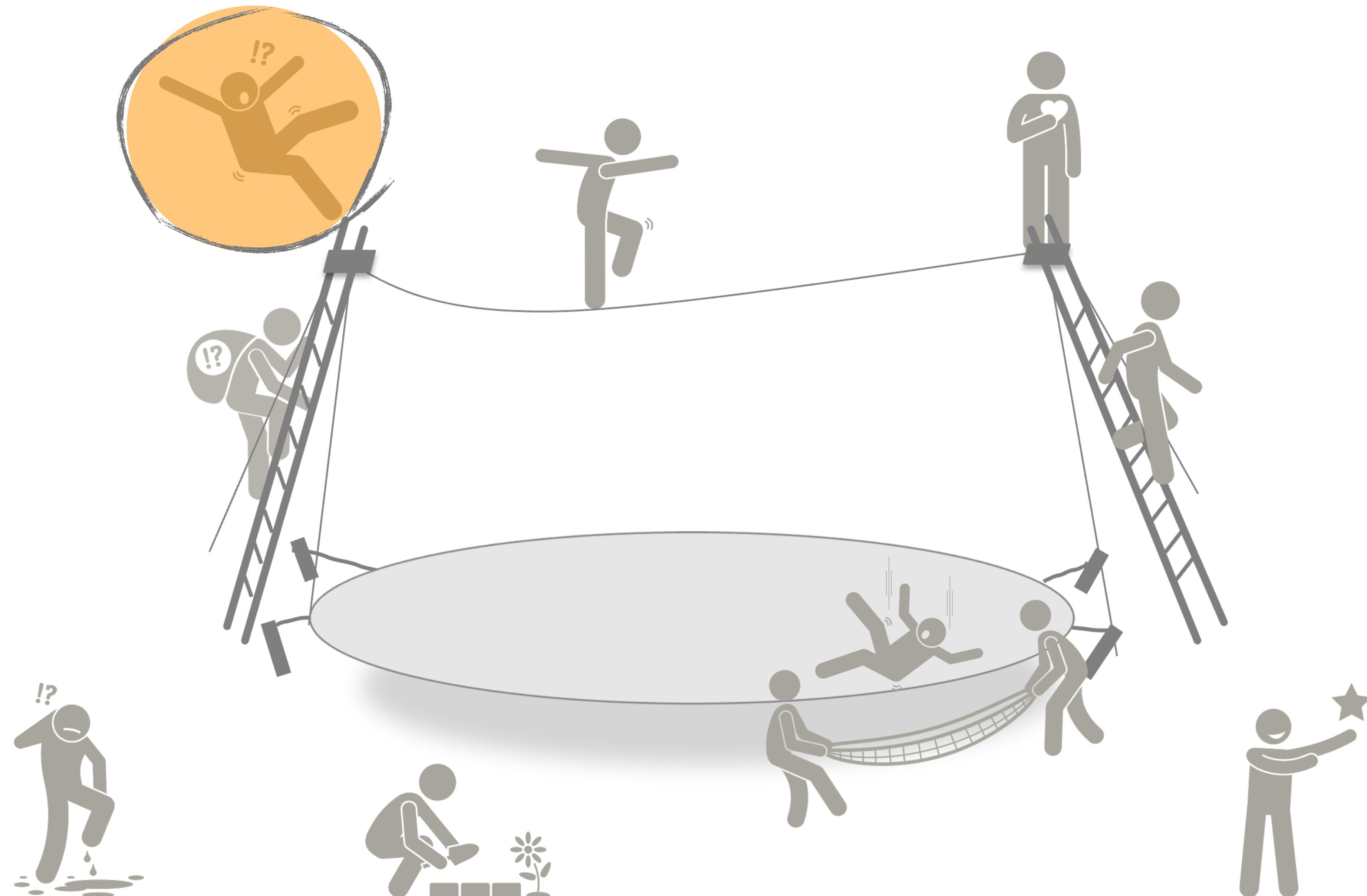
Consider any negative thoughts or feelings you have about your goal - whether these are about your ability to achieve the goal or your fears of what might happen if you do achieve your goal.

Consider anything else adding pressure to your life right now and making it hard to achieve your goal.

Identify any beliefs you still hold about past experiences. Fill this into no.4 on the template.



5. Falling off

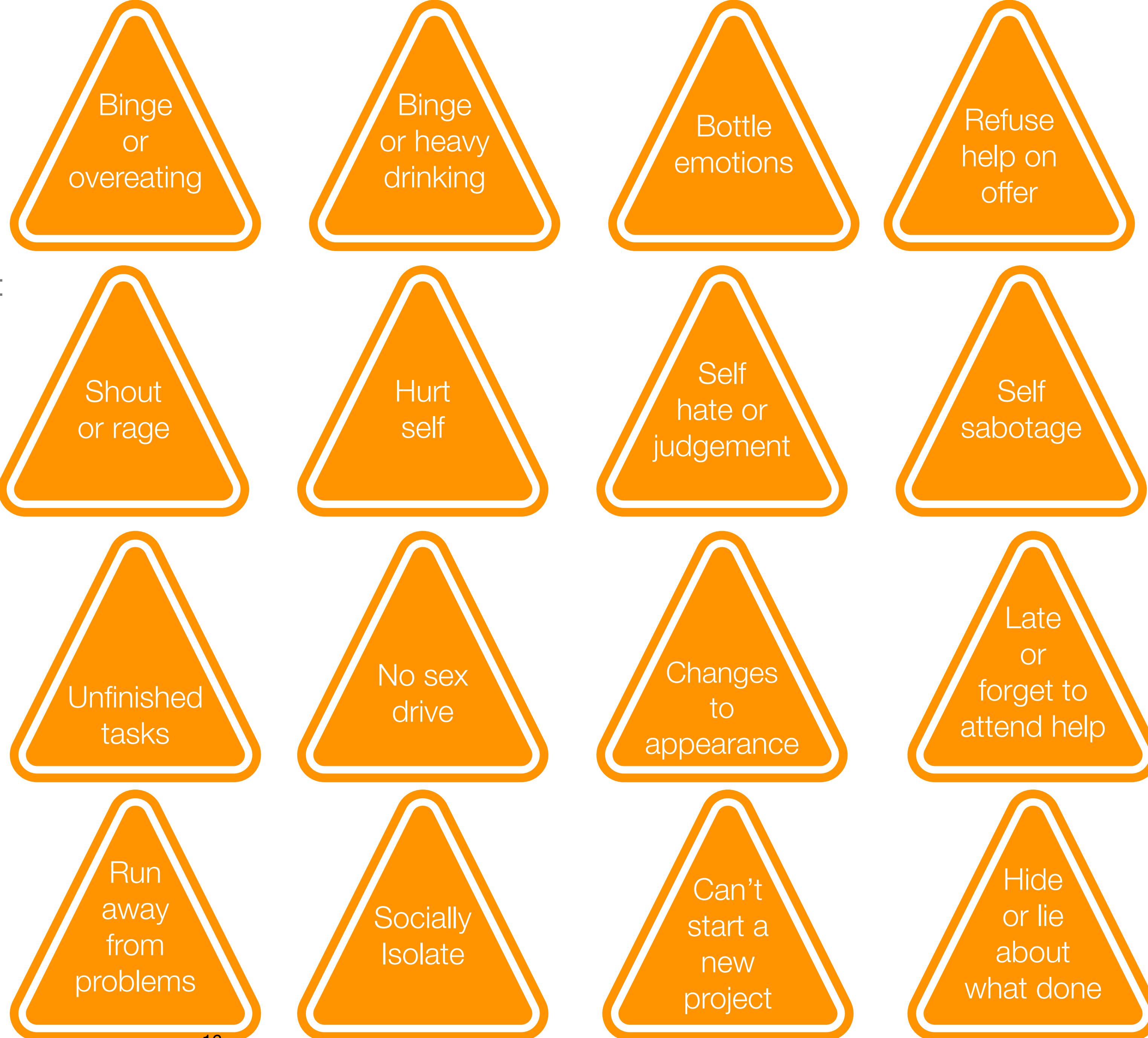


5. What does ‘falling off’ (steps back) look like?

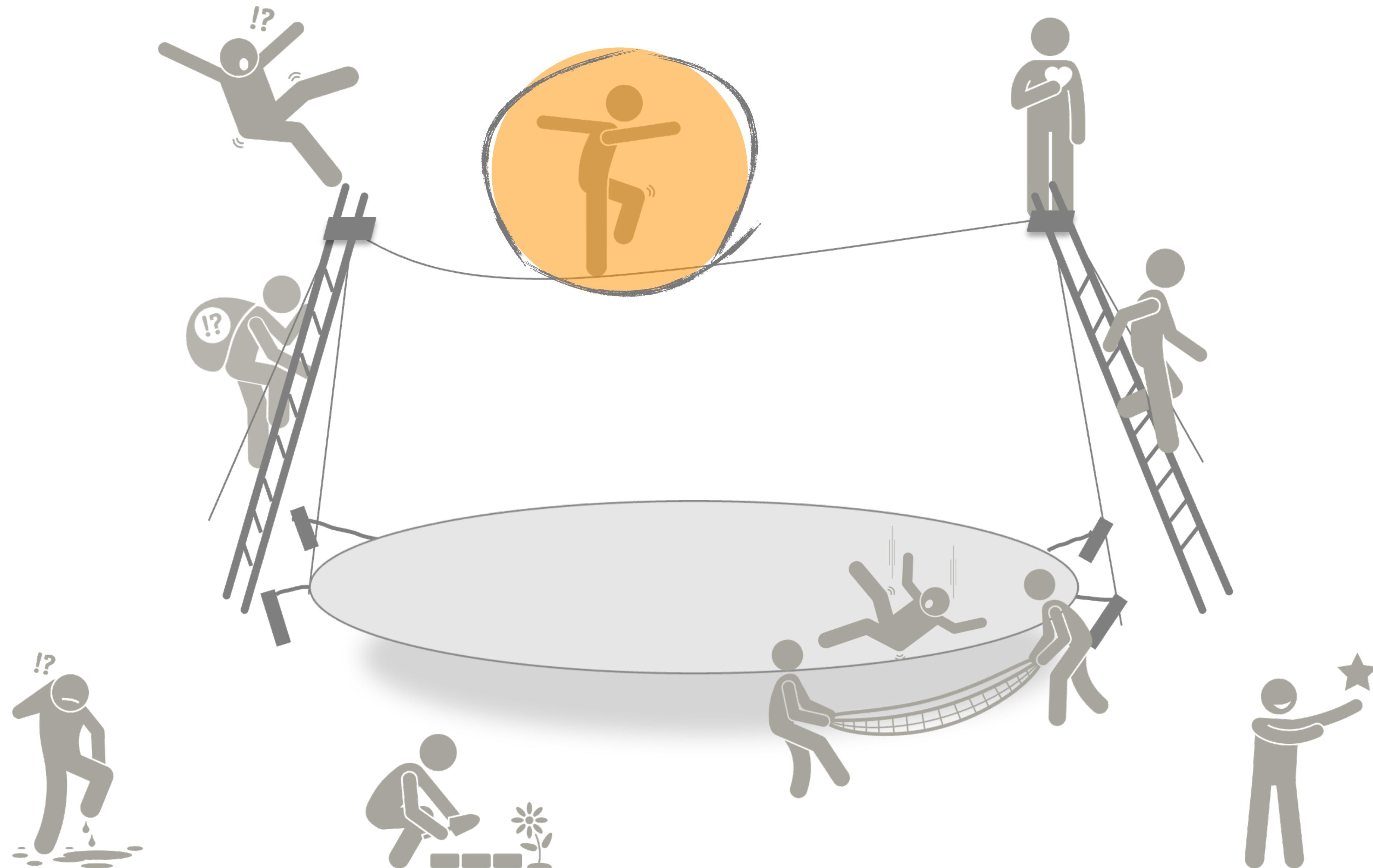
What are the warning signs that you are ‘falling off’ the tightrope of life?

Without self-criticism, judgement or guilt, honestly identify the behaviours that you have resorted to at times of stress or feeling overwhelmed but have also taken you further away from your goals?

Then fill in no.5 on the template



6. Strengths to balance



What strengths do I have to balance?

Like the pole used by a tightrope walker, our qualities and skills help us balance.

Review the statements below. Identify all your qualities, skills and attributes.

Then fill in no.6 on the template

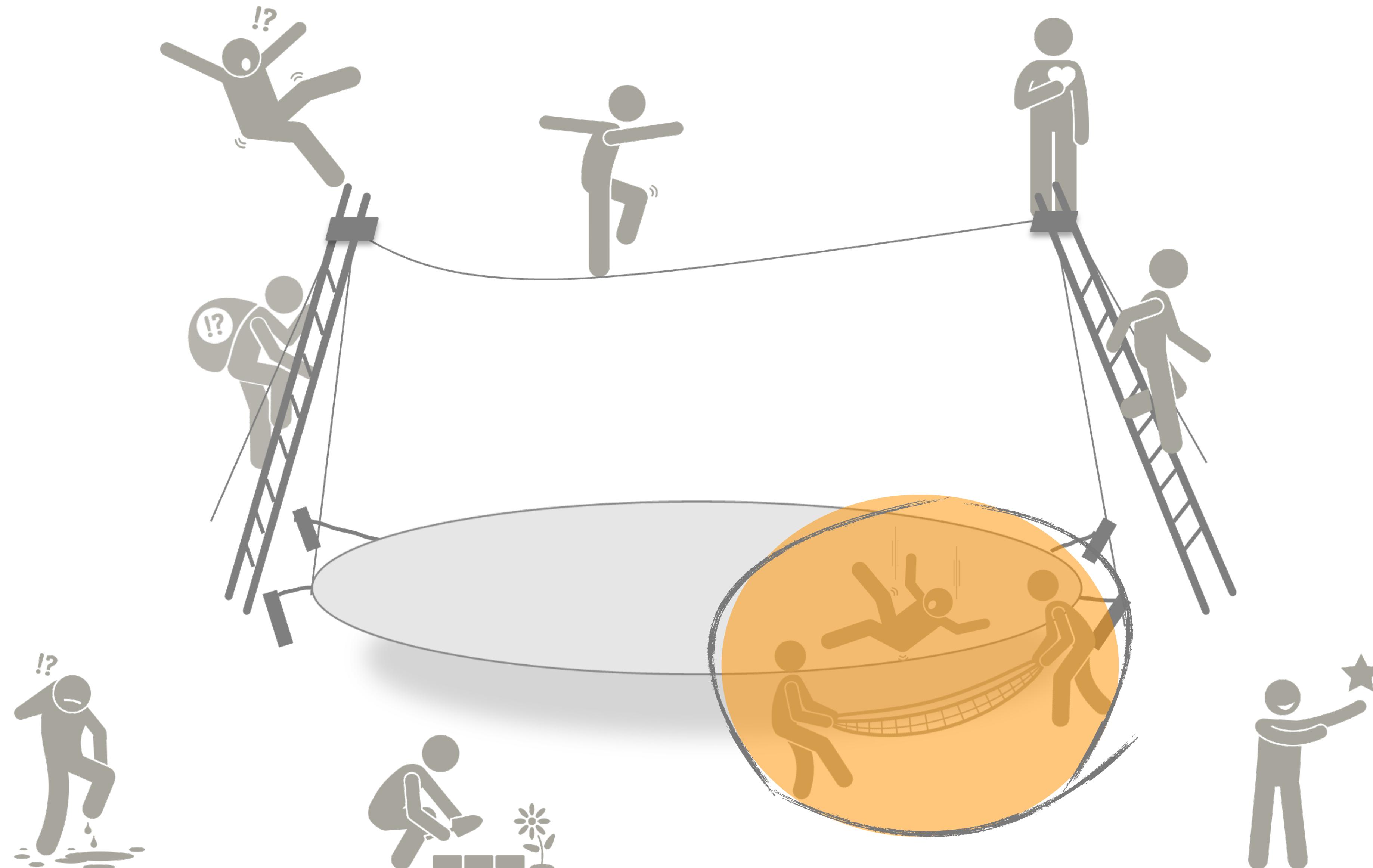


Even if you don't display these all the time - if you have in the past then choose it.

Also think of compliments from others that you can choose.

| | | | |
|---------------------------|-----------------------------|-----------------------------------|---|
| Can find solutions | Caring | Can take and share responsibility | Clever |
| Know where to get help | Funny | Take time to relax | Prioritise (Don't sweat the small stuff) |
| Can plan and be organised | Respect myself and others | Take time to reflect | Say no when I need to |
| Positive outlook | Manage time and energy well | Learn from my mistakes | Have a sense of purpose |

7. Safety net



7. Who or what is my safety net?

Who and what can you turn to for support to help achieve your goals and during times of change and stress?

Fill these in to no.7 of the template



Someone who checks up on me

Someone to talk to

Someone I can trust

Someone who loves me no matter what

Someone who offers practical help

Someone to just 'be with'

Positive activities

Sleep and Nutrition

Inspiring leaders or role models

Rules or routine that I can turn to

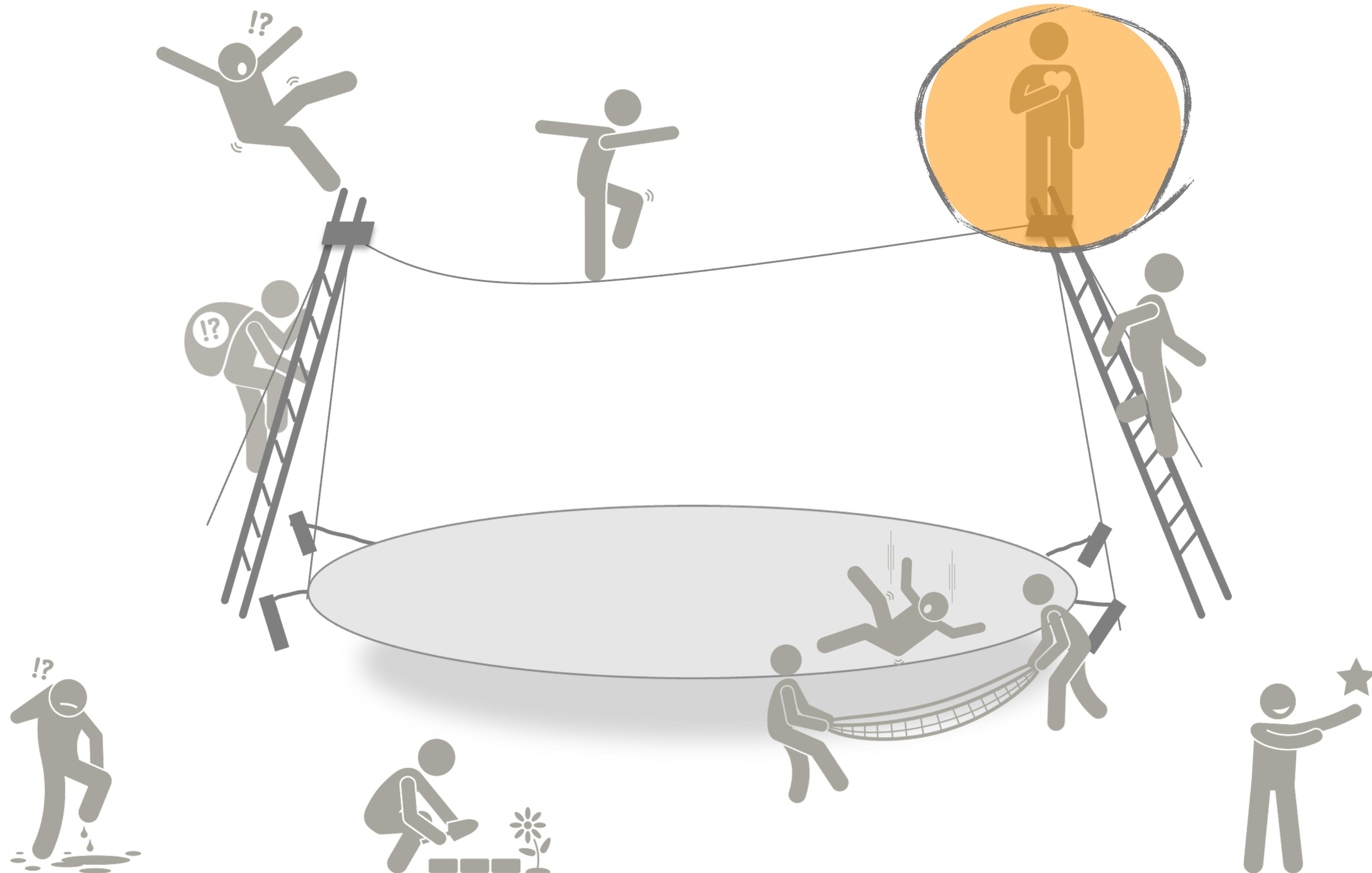
Place of support, where I feel I belong

Space to reflect

Safe space to let go

People who expect good of me

8. Values

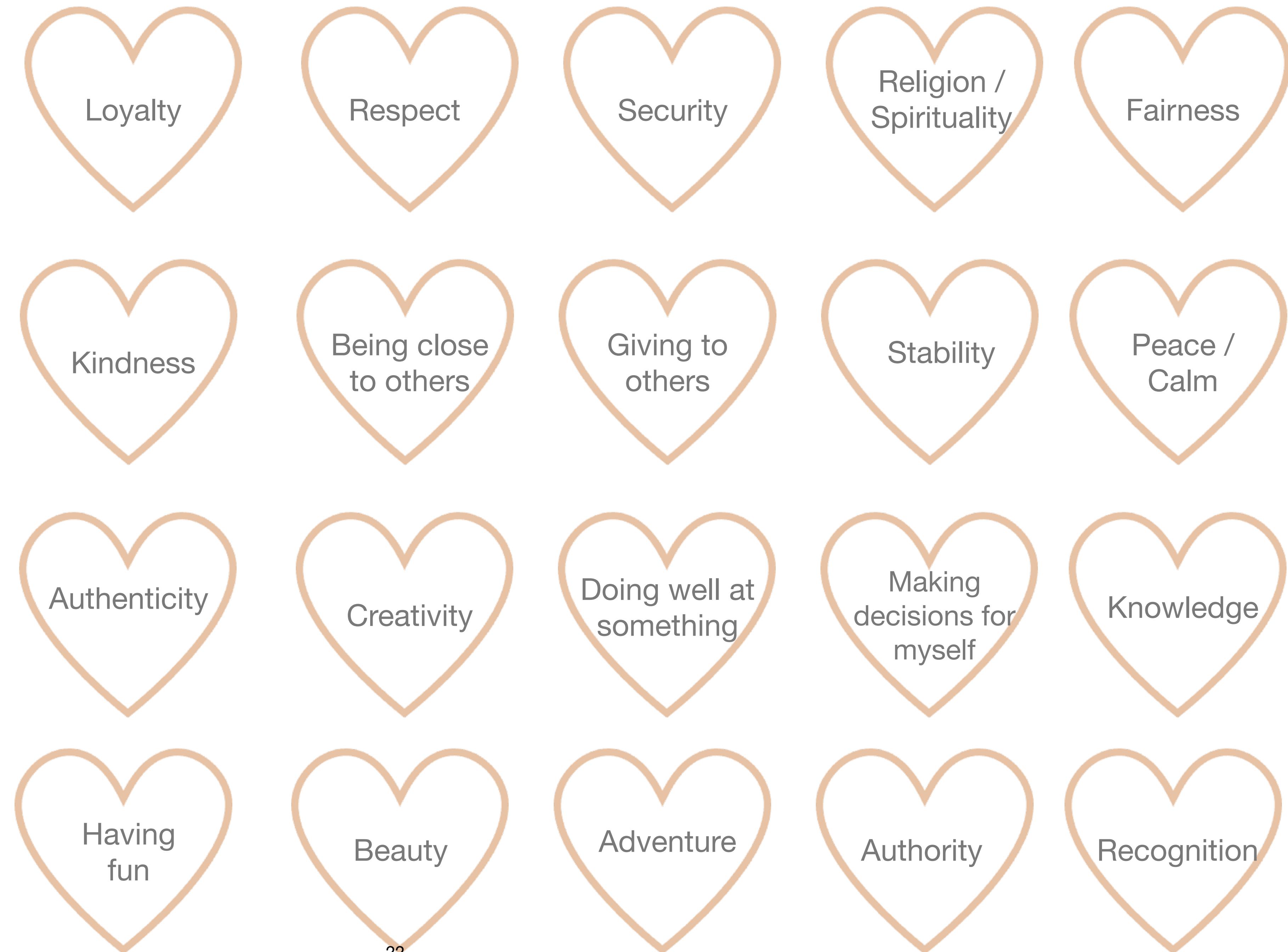


8. What do I most value?

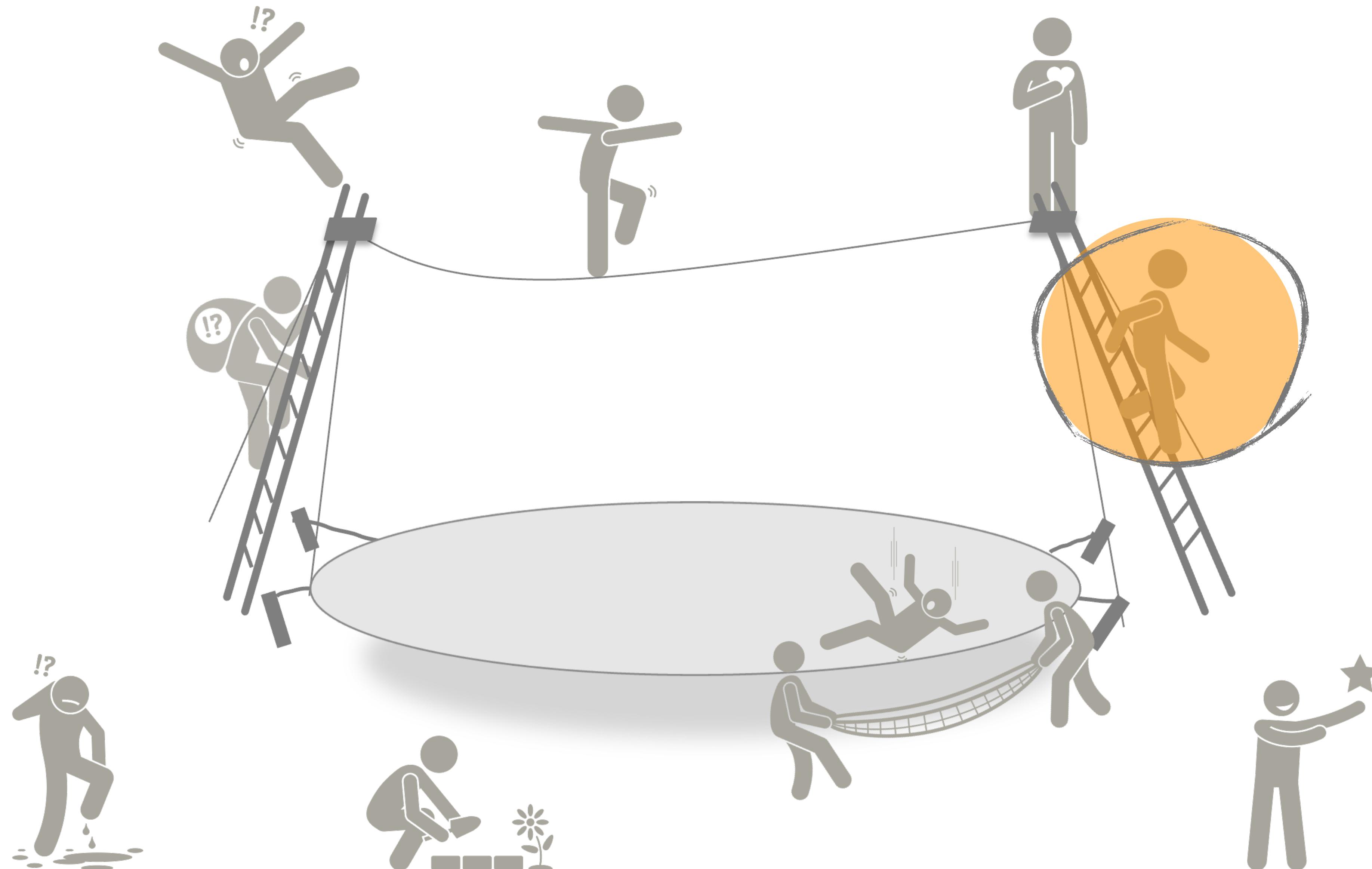
Try to identify your TOP THREE values that you would priorities over the others.

If you have a value that is not listed here then still use that - or reword any that fit better for you.

Then fill into no.8 in the template



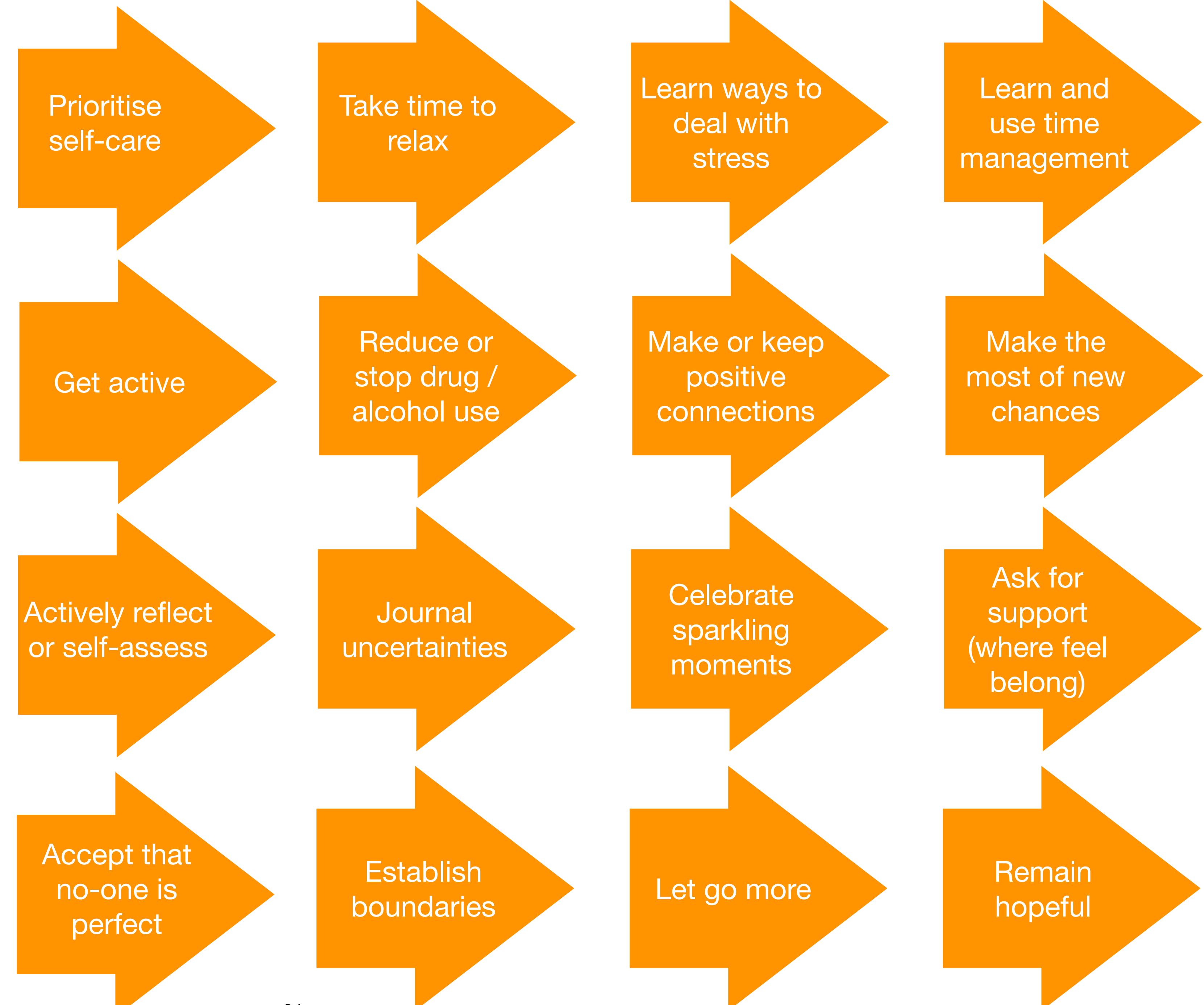
9. Next steps



9. What one step can I take right now toward my goal?

Review the prompts and consider just one step that you can focus on to support your goal and achieve more balance in your life. Also consider actions you can take to get on a more stable path.

Then fill in no.9 on the template



Congratulations - high five!

You have just worked through some powerful reflections about your goals and safety net of support.

You have reviewed your past experiences that either provided stability or made things wobbly. The current worries and pressures that make life more difficult (higher ladder). You have identified what ‘falling off’ looks like and the strengths you have to help you balance. And finally, you have recognised the values that support your actions and the steps you can take to get to more stable ground.

To support you in your daily action, the next pages include information about EFT (tapping) and a script that you can use while reviewing your tightrope framework. Tapping can be a powerful way to appreciate your journey and help you re-focus on your goals.

If you want to access the full course or work with me with personal 1:1 coaching, visit: www.robertaevans.com



How EFT / tapping can support change

Emotional Freedom Technique (EFT) is also known as ‘tapping’ because it involves **tapping** with your finger tips on **meridian points** around the head and shoulders to shift your **energy system**.

The process involves talking through the problem until the energy around that problem shifts towards release.

Emotional Freedom Technique was created by Gary Craig in the 1990s after working with Dr Roger Callahan, who created Thought Field Therapy. Gary describes it as a **psychological version of acupuncture**.

Tapping can **calm anxiety and stress** and it can address a range of **physical and emotional health concerns**.

EFT is effective at addressing past traumas to support a journey toward recovery.

I have provided information on the tapping points and a tapping script to support you in your journey of reflection and taking daily action. Traditionally tapping starts with a ‘set up’ statement, which you say out loud while tapping on the side of your hand. The set up statement is to help your brain acknowledge the problem and create an opportunity to look at the situation differently. It helps to address Psychological Reversal. Dr Roger Callahan discovered that for some reason we often do not actually want to get rid of a problem. This is presented as subconscious resistance because the problem provides secondary benefits. For example, you want to lose weight but you are also fearful of losing weight as it may attract more attention. This is psychological reversal.

Then as you tap around the points the problem is further acknowledged. You can reword anything that doesn’t work for you or write your own. If you have feelings of resistance or anxiety, keep tapping and feeling the feelings until you feel a shift (this can be a sigh, shrug, yawn). Then complete the final verse of the script, which is aimed to introduce a positive shift.

Use as often as you need

EFT Tapping points

You tap on these points with your fingers (with one or both hands and on either side of the face or body).

You tap while reading the script (or talking out loud about a problem).

There are nine tapping points. The first is the Side of Hand.

1. Side of Hand

This is on either hand on the outside fleshy part. This is also known as the 'karate chop' point. Tap here during the set-up at the start of a tapping session.

The remaining points are then tapped in rounds, usually starting with the eyebrow point.

2. Above eyebrows

3. Side of eye

4. Under eye

5. Under nose

6. On chin

7. Collarbone

8. Under arm (a palm length from under the arm)

9. Top of head



As you get used to the points it is ok to miss one or tap in a different order

EFT Tapping Script to support your journey

Read out loud and tap on the points

1. Side of hand

Even though I am sceptical about how this will help,
I am open to trying something new
Even though I am overwhelmed at how much I need to do to achieve my goal, I am open to enjoying the journey
Even though I keep falling back from my goal,
I am willing to try again and with more ease

Deep breath

While tapping around the points

2. (AE) - No wonder I'm not achieving my goal
3. (SE) - I keep being swept away by all these pressures
4. (UE) - My limiting beliefs get in the way of my success
5. (UN) - It can feel so hopeless
6. (OC) - Why do I even bother to try?
7. (CB) - All I've done is write out a lot of statements
8. (UA) - How will this framework and tapping even help?
9. (TOH) - Yet, I am here and willing to give it go

Deep breath

2. (AE) - Something keeps pulling me back from my goals
3. (SE) - Yet, I can accept that change is like a tightrope
4. (UE) - And falling off is a natural part of growth and resilience
5. (UN) - I can appreciate how my past experiences impact me
6. (OC) - I can identify how my thoughts change my behaviour
7. (CB) - I have taken the time to acknowledge my triggers
8. (UA) - I can name my strengths and values
9. (TOH) - Now is the time to find balance and ease

Deep breath

2. (AE) - What I want is important to me
3. (SE) - The journey to achieve my goal is a worthy one
4. (UE) - I choose to do this for me now
5. (UN) - I am worthy of the time it will take to achieve success
6. (OC) - I can learn to love what it takes to get what I want
7. (CB) - I have strengths and qualities I can draw on
8. (UA) - This is within my gift
9. (TOH) - I choose to give this to me **now**

Deep breath