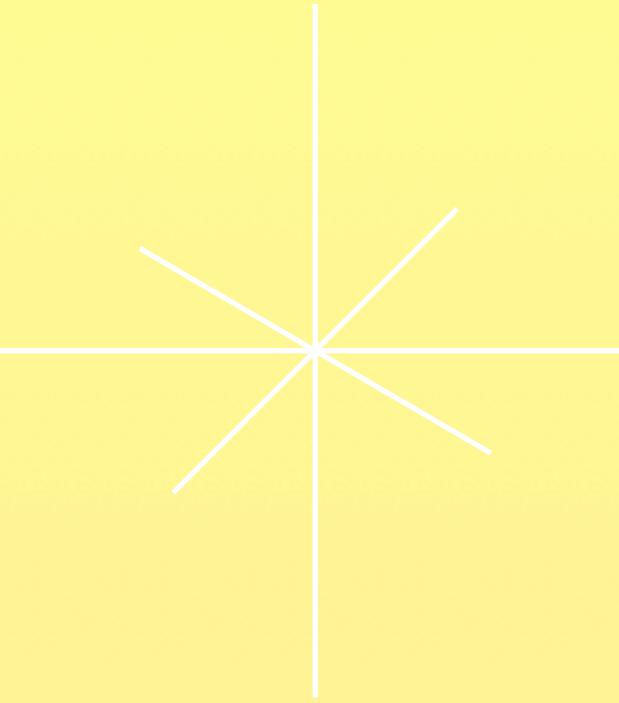
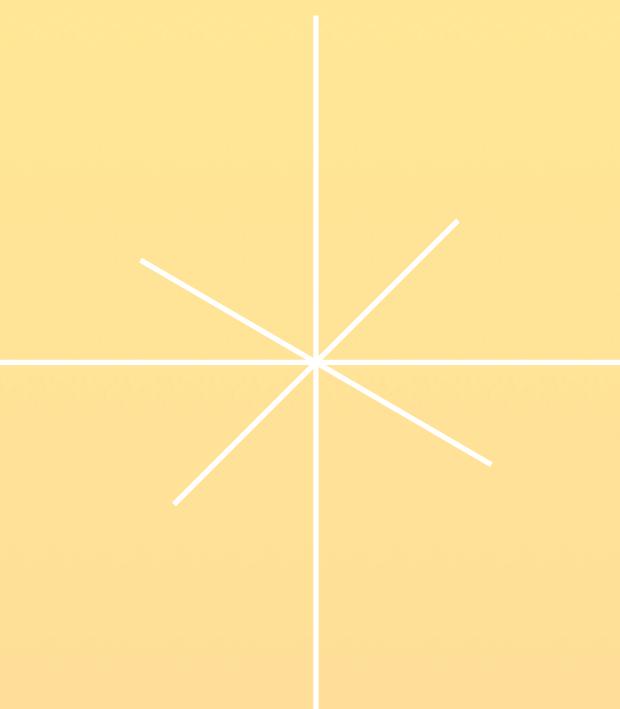
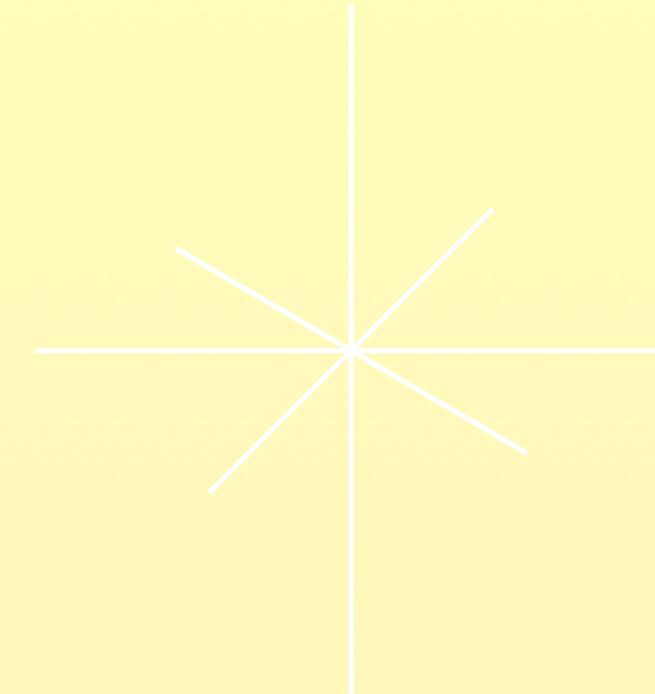


The
tight rope[®]
method



Welcome!

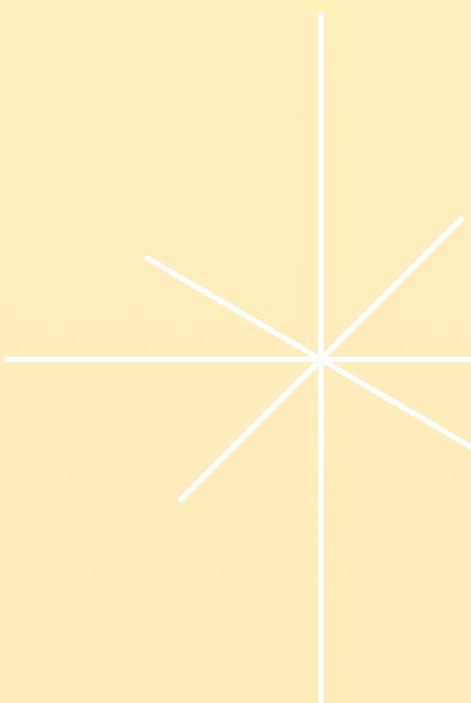


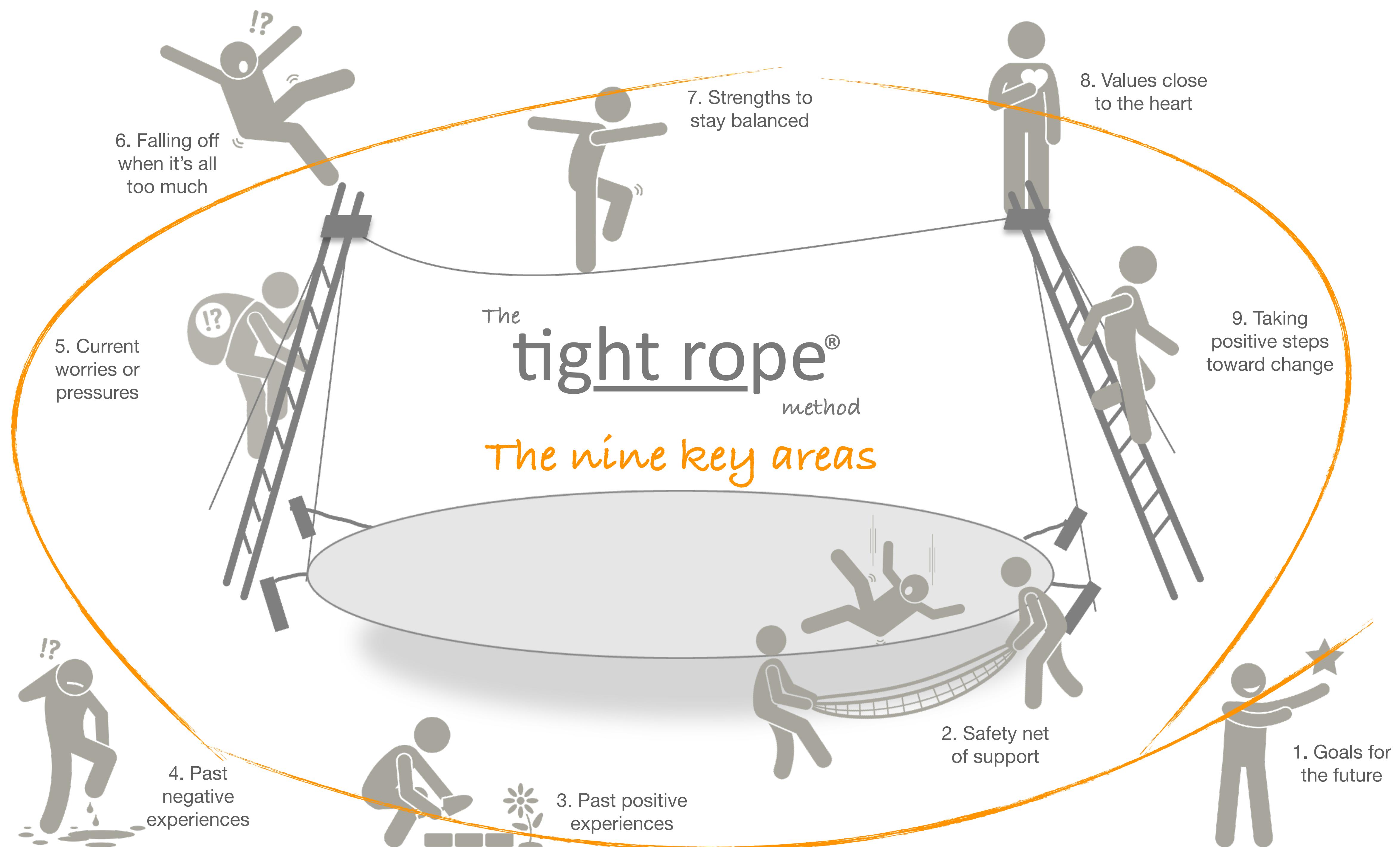
The Tightrope Method is for you if ...

- Your various responsibilities and demands are overwhelming
- You feel the time for work, home, friends and alone time are in competition
- There is a belief you need to do everything with perfection to be good enough
- You're procrastinating on tasks and not taking time for self-care
- You feel that you have to do it alone

And you ...

- ✓ Are looking for more balance and peace in your life
- ✓ Need to get real about what is stopping you from being your best self
- ✓ Want to (re)discover your inner-strengths and community of support
- ✓ Are ready to live a value-driven life. With responsibility and no guilt
- ✓ Want to stop sabotaging the time you have with those in your life





What is the tight rope method?

The tightrope method takes you through a powerful analogy for life. Exploring your past, present and future. Supporting you to have clarity and achieve balance.

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

The areas of the tightrope represent:

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



How to use this workbook

Please review each section around the Tightrope. Choose statements that are most relevant to you and your situation.

Then explore how these fit in the different areas of your life. Home, Work, Friendships and "me-time".

Each section has a tapping script for you to read and tap along with to. This is to enhance your journey toward balance.

The tightrope method supports a deeper insight into why you feel overwhelmed, stressed and keep 'falling off'. The tightrope method provides a pathway to living a value-led life that utilises your strengths.

If you feel triggered or upset, use tapping to calm down your nervous system.

If you would like help with your journey then please go to robertaeavanscoaching.com

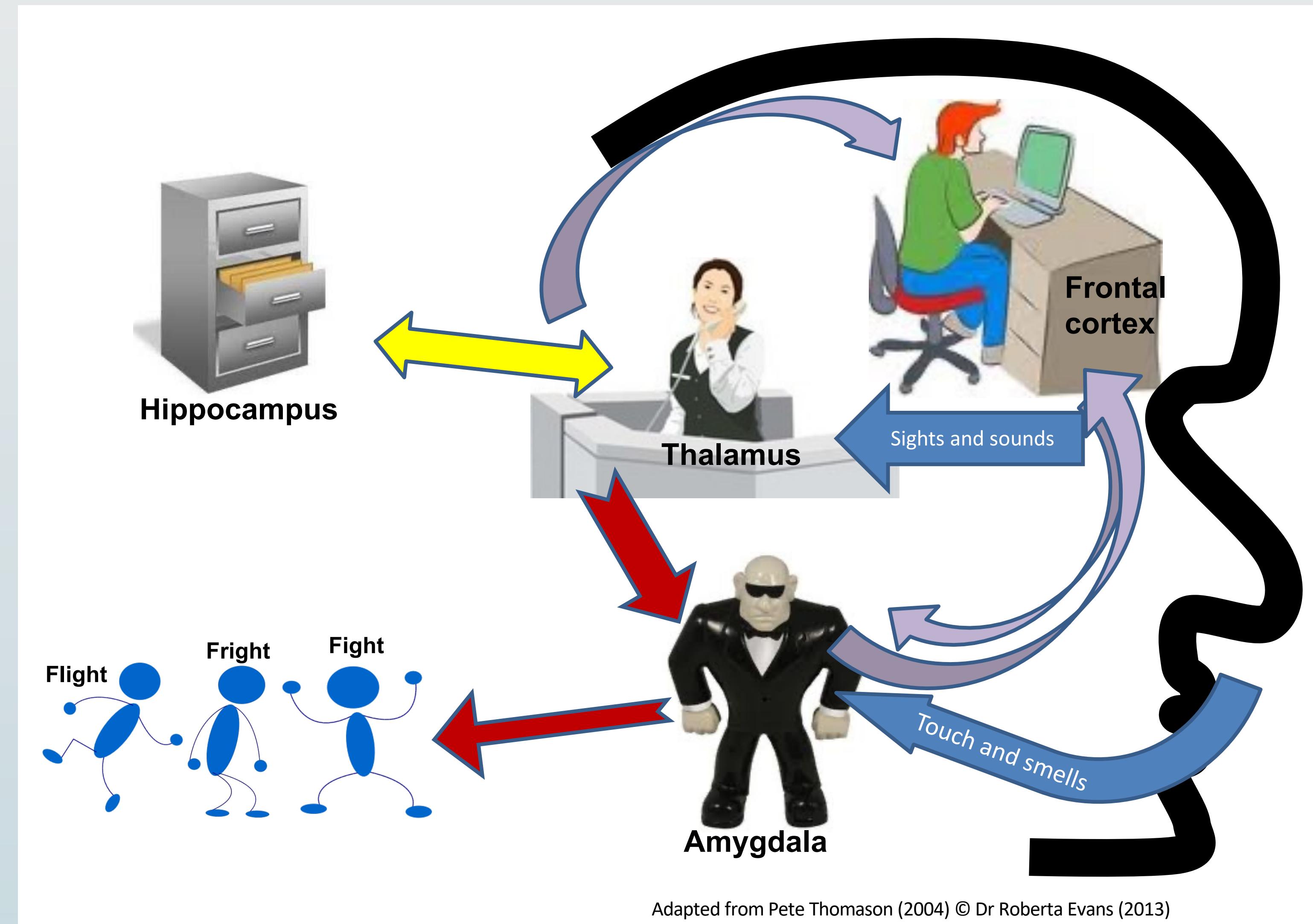
The role of the brain on our behaviour

There is an important part of the brain that influences your behaviour and decisions. It supports problem solving, managing stress and heightened emotions.

It's called the limbic system.

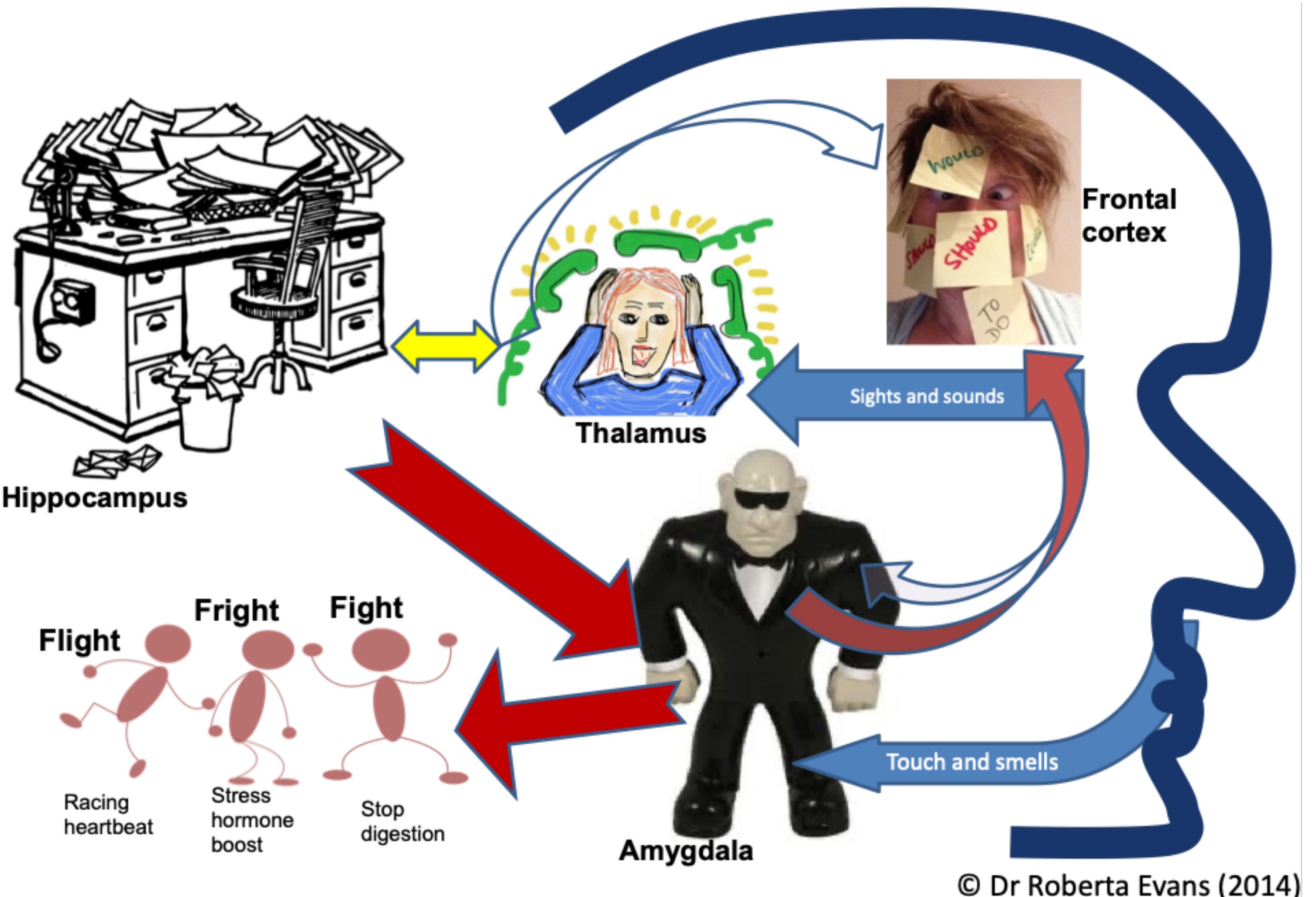
Imagine the limbic system as an office building.

- At the entrance is the security guard (Amygdala). Protecting the rest of the system / building. The Amygdala is within the subconscious mind, alert to threats and danger. It triggers fight, flight or freeze.
- Then you have the reception desk (Thalamus) that relays incoming messages. It is close to the filing cabinet (Hippocampus). That lays down memories and regulates emotions.
- At the top is the manager (Frontal Cortex) who makes considered decisions. Organises, sets priorities, has self awareness and empathy.



Adapted from Pete Thomason (2004) © Dr Roberta Evans (2013)

When the brain has too many trauma experiences or stress, the Amygdala takes priority



When a child grows up with a lot of stress or trauma experiences, their amygdala has had to learn to be on alert. Overtime, this becomes the more dominant response, particularly when triggered. It is subconscious and automatic.

As an adult, when you are stressed, triggered or overwhelmed then the amygdala also takes action.

So the Amygdala triggers Flight, Fight, Freeze. What these look like are different for different people, depending on how much trauma they have experienced (and how much love has compensated for that trauma).

Some examples are

- Unable to maintain relationships, walking off from dispute, needing to just 'go out' (flight)
- Avoiding tasks or feeling stuck, seeking numbness from food / drink / drugs (freeze)
- Going into an angry rage (fight)

These are all natural responses to stress, overwhelm or feeling triggered. They are not helpful as the only response to stress. Because they can lead to you or someone getting hurt. Then to guilt and shame. Then the cycle continues.

What helps calm the Amygdala?

To calm the Amygdala it needs non-emotional tasks. Ever find yourself washing the dishes during an argument? The last thing you want to do and yet it's calming.

Taking a walk, fixing something, working on a puzzle, having a nap - will all help.

A sense of purpose helps. A reminder of what's important. Reviewing your priorities can help to stay balanced and calm.

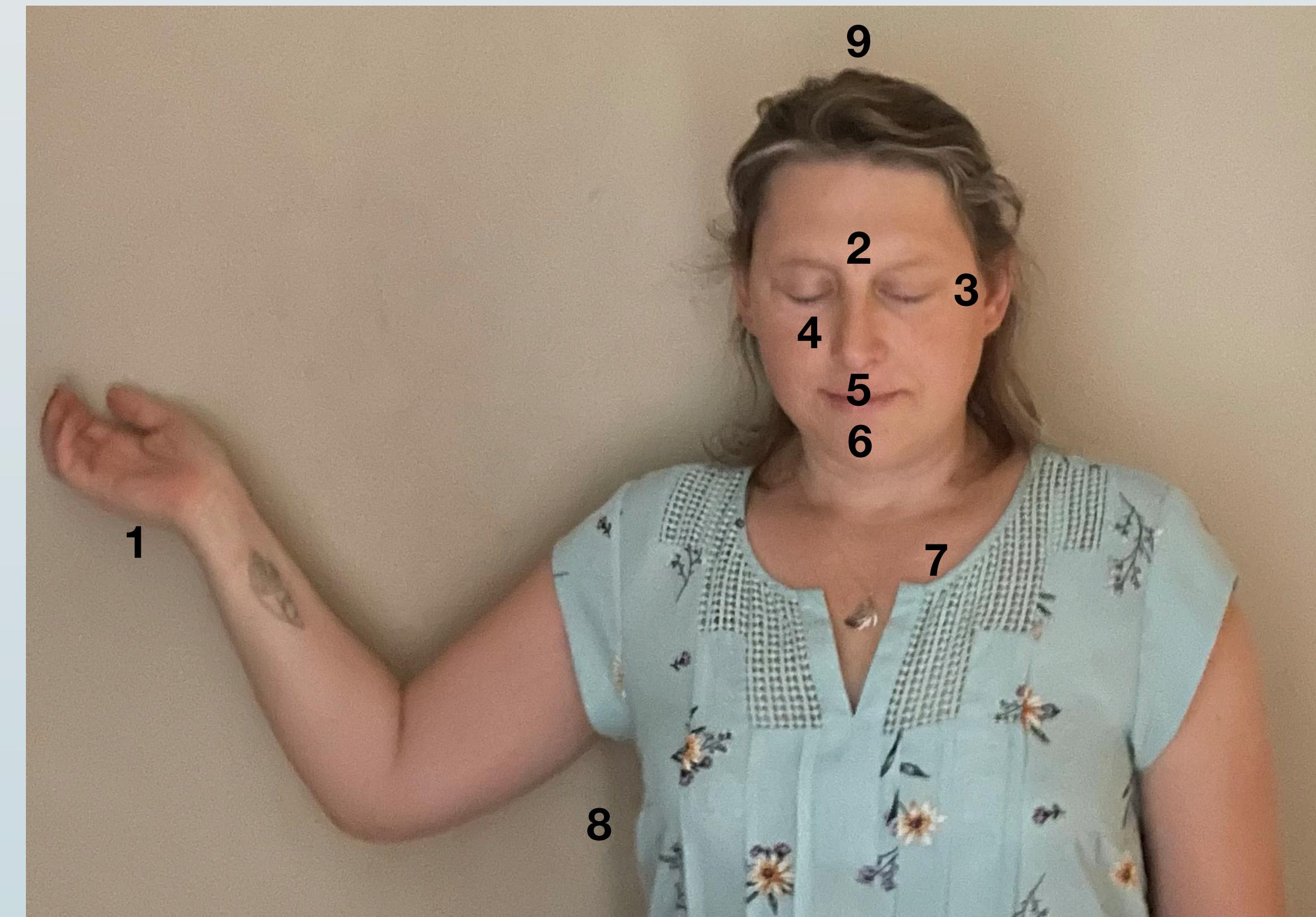
Touch also helps. A hug is so important. Or cuddling up with a warm blanket.

You also have the wonderful tool of EFT (yay for tapping!)

Tapping is effective at addressing past traumas. Releasing the triggers of Hippocampus memories and calming the Amygdala. So please use the scripts that have been provided and tap along.

You can reword them or write your own.

Emotional Freedom Technique (EFT) is a technique created by Gary Craig in the 1990s. He describes it as a **psychological version of acupuncture**. EFT uses “tapping” on **meridian points** to address the **energy system**. The process involves tapping with your finger tips on the meridian points. While talking through the problem. Until the energy around that problem shifts towards release. Tapping can **calm anxiety and stress**. It can address a range of **physical and emotional health concerns**.

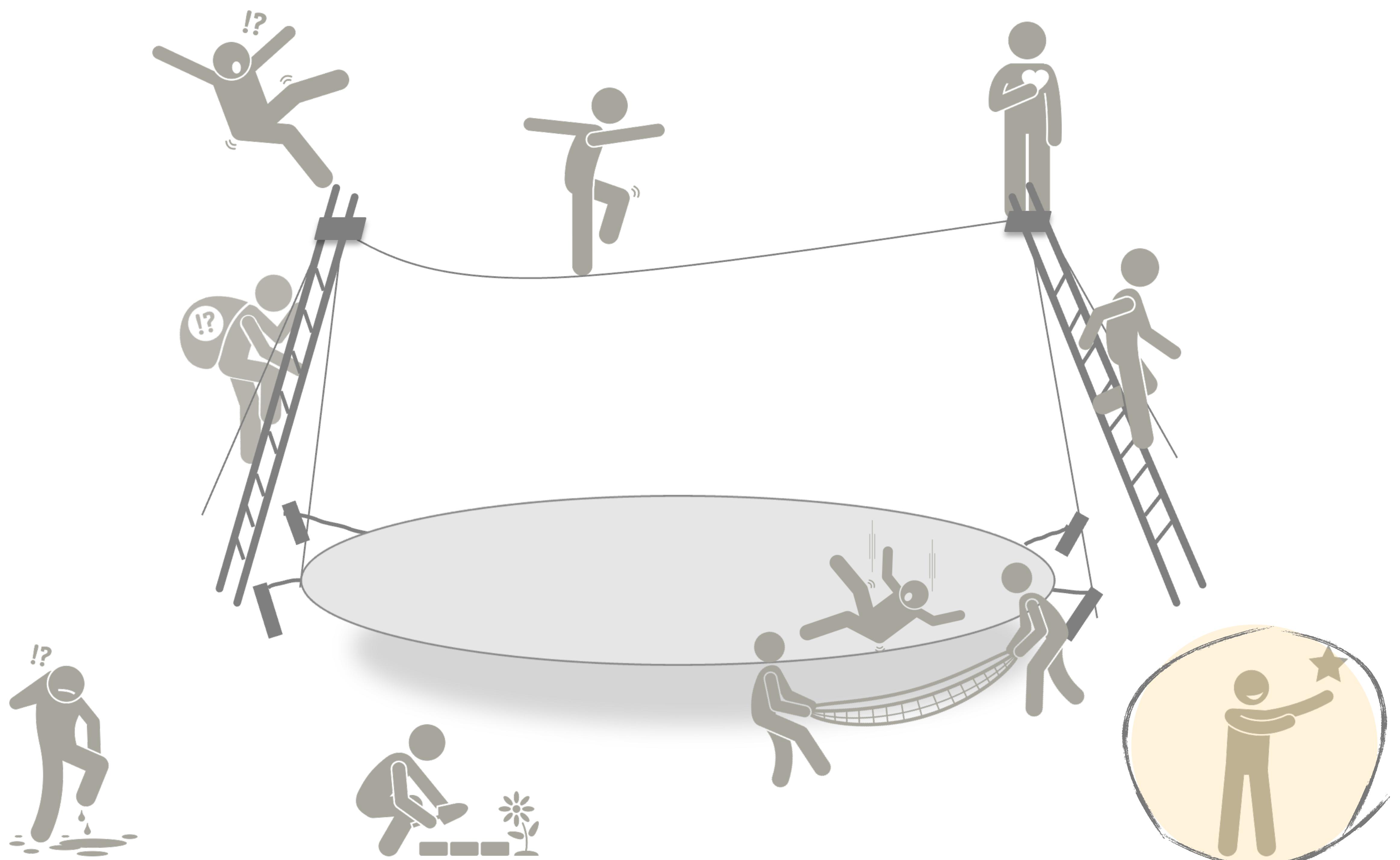


Tapping points

You will tap on these points with your fingers (with one or both hands) as you read the script provided

- 1 Karate Chop
- 2 Above eyebrows
- 3 Side of eye
- 4 Below eye
- 5 Under nose
- 6 Chin
- 7 Collar bone
- 8 Under arm
- 9 Top of head

Usually, after the Karate Chop set up, the remaining points are done in rounds.



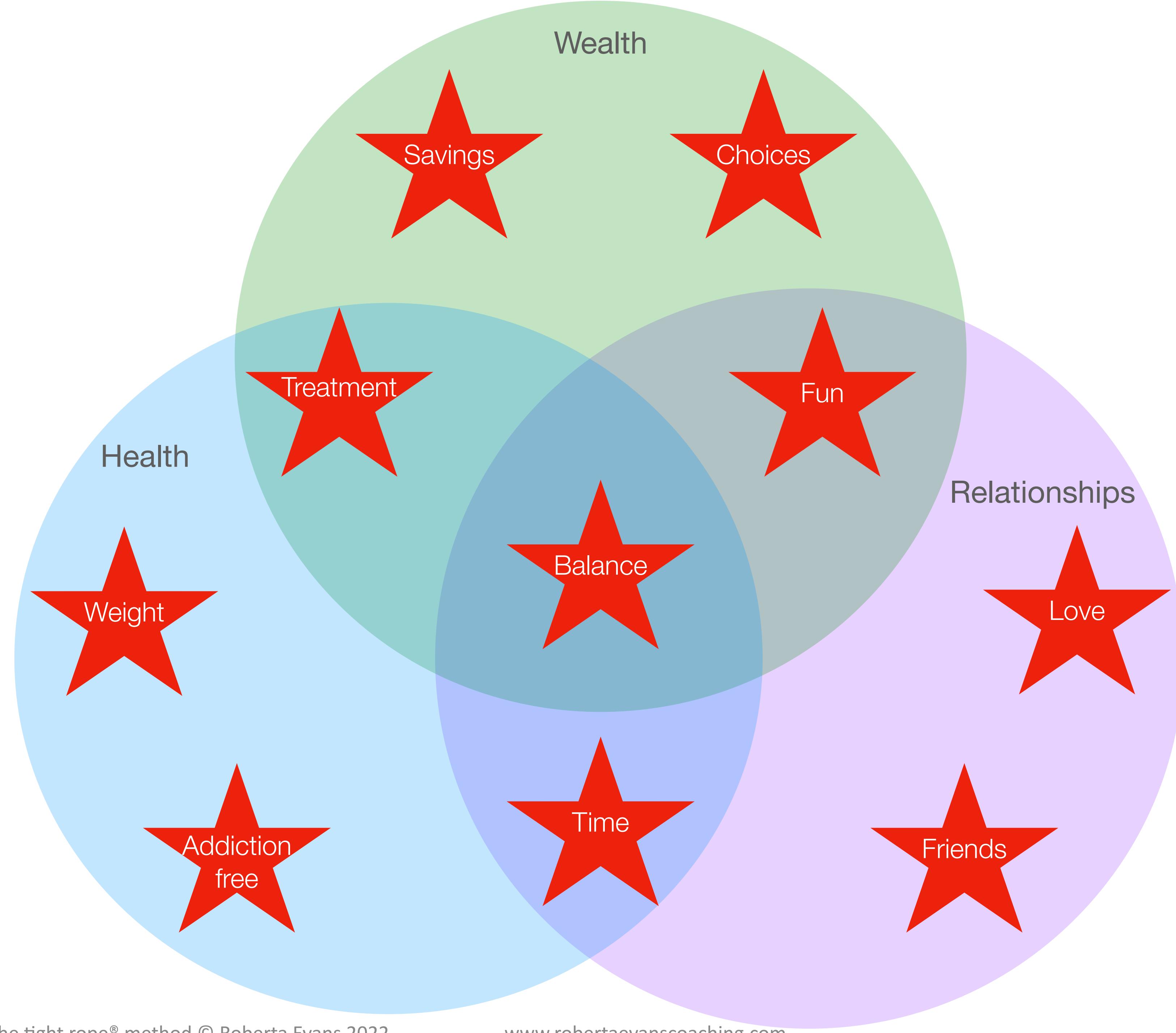
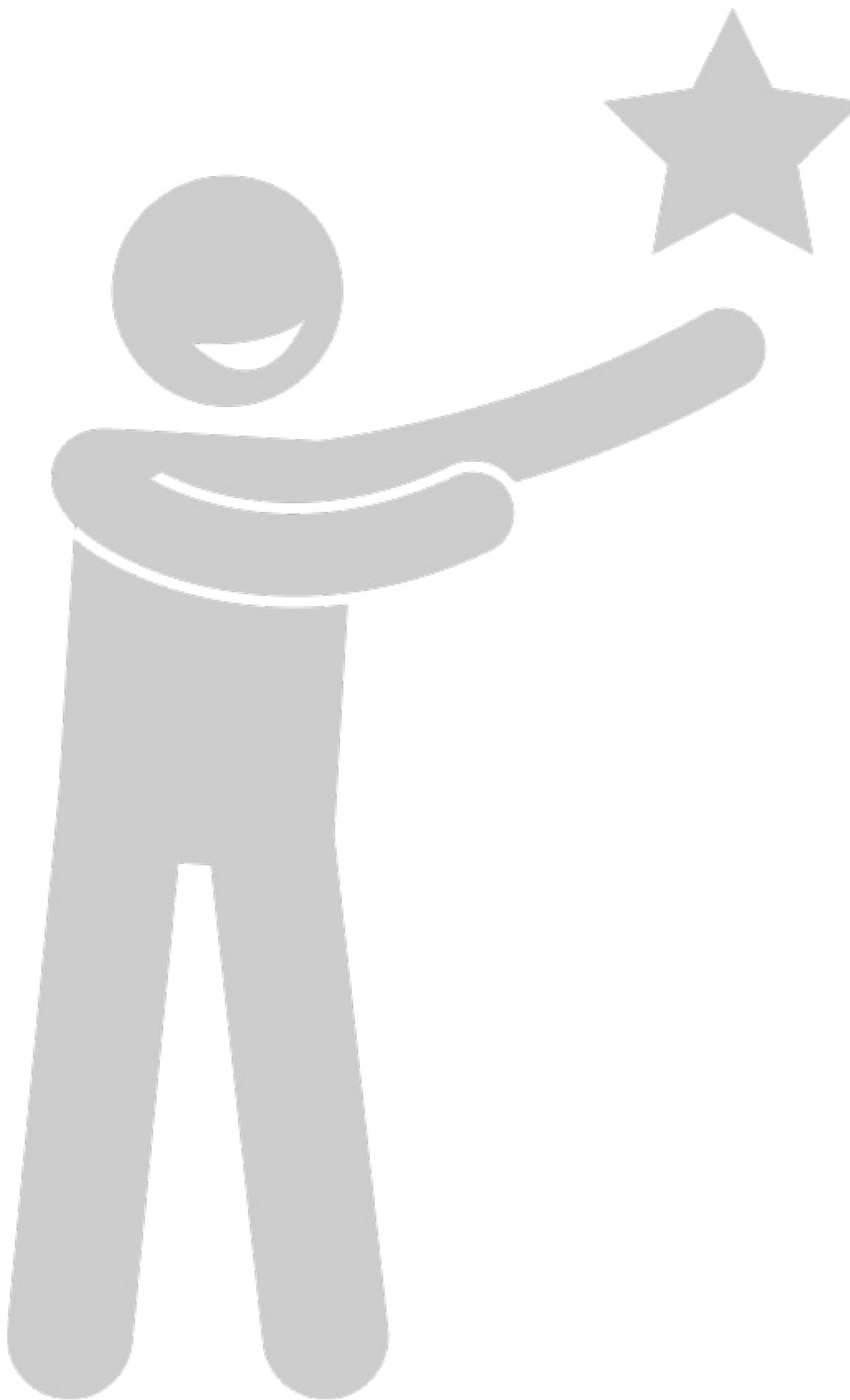


What are
your
goals?

What do you want to change,
improve, do more or less of?

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

Some prompts or ideas have
been provided - but decide
what is most important to you.





What would you like to achieve in each area of your life?

Let's start with your intentions, hopes and goals.

Having reviewed the prompts, what would you like to achieve at home, in work, with friends or for yourself?

Particularly if you currently feel unbalanced and overwhelmed. What does walking on a wider, more stable path look like?

You can come back and revisit these as you complete each of the sections. As more ideas and goals may surface.

Family / Home	Work / Career	Friends / Socialising	Myself
<i>Example: Have more time with my children and partner</i>	<i>Example: Finish tasks but also 'log-off' at a decent time</i>	<i>Example: Plan more fun activities with my close friends.</i>	<i>Example: Less times on games and more time exercising or meditating</i>

Tapping Script

If you feel overwhelmed by all the goals you have identified. Particularly if you feel that life is too out of balance to achieve any right now. Then this tapping script is to help clear some of this fear or resistance.

As you read the script (out loud or silently) tap on the named points with your fingers.

While the points are named, **you can just tap anywhere as you get familiar with the points.**

If any of the words do not fit you and your situation feel free to change them.
You can add more if you want to.

If tapping and reading doesn't work for you then you can record yourself reading the script and replay while tapping.

Goals

Karate Chop point

Even though I feel some overwhelm at all these goals,
I accept where I am now

Even though I fear that this won't work, like everything else,
I am willing to give it my best

Tapping around the points

Above eyebrows (AB) - I have dreams for a balanced life

Side of Eye (SE) - Doing enough to be enough

Under eye (UE) - To be valued for everything I am doing

Under nose (UN) - To have time for myself without any guilt

On the Chin (OC) - I need to get rid of all the noise

Collarbone (CB) - and calm my mind

Under the Arm (UA) - How will this tapping even help?

Top of the Head (TOH) - Yet, I am here and willing to give it go

Deep breath

Tapping Script

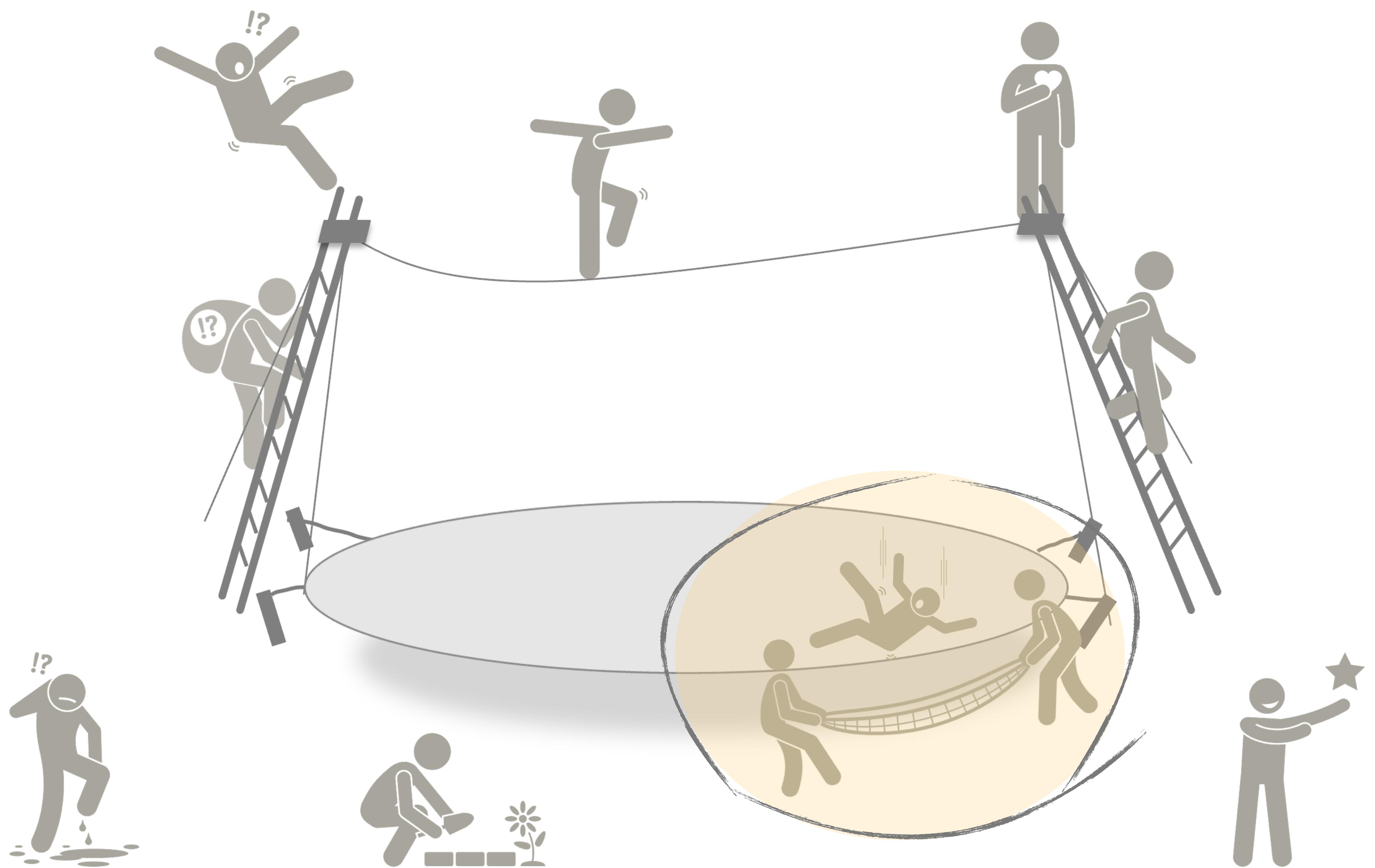
Continued

(AB) - I don't have the time for everything I want to achieve
(SE) - So many competing demands
(UE) - They are all worth the effort
(UN) - I am so exhausted with effort
(OC) - So I escape into distraction and procrastination
(CB) - Or go into a rage of anger and anxiety
(UA) - Even if that is quietly and deep inside
(TOH) - Now is the time to find balance in all these demands

(AB) - I am open to exploring this method
(SE) - To discover my strengths and uncover some truths
(UE) - I choose to do this for me
(UN) - I am worth the time to work on my goals
(OC) - To explore my blocks and barriers
(CB) - To rediscover my strength and values
(UA) - This is within my gift
(TOH) - I choose to give this to me now

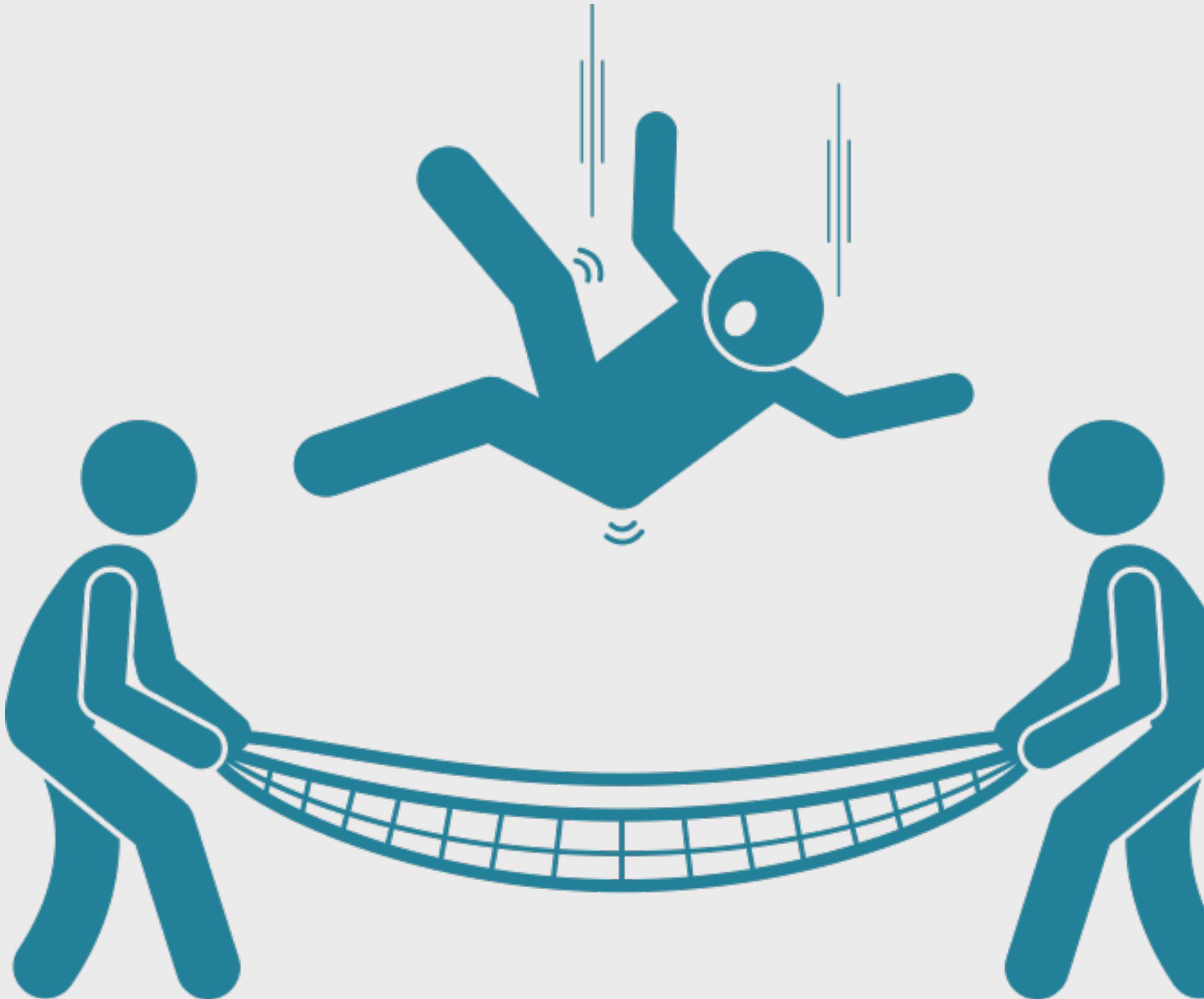
Deep breath





Who or what is your safety net
when you lose balance?





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

People who expect good of me

My religion / faith

Place of support, where I feel I belong

Space to reflect

Safe space to let go

What do you do / who do you turn to as your safety net?

Review the prompts and then start identifying people, places and activities that you use as a way to ‘bounce back’ during or after difficult periods of time (or that you could turn to for support or balance)

Family / Home	Work / Career	Friends / Socialising	Myself
<i>Example: Texts from X to check OK</i>	<i>Example: Place to reflect</i>	<i>Example: X loves me no matter what</i>	<i>Example: Running / Meditation</i>

If you would like me to be part of your safety net, check out my 1:1 program at robertaevanscoaching.com/home/freedom

Tapping Script

If you struggle to ask for help or lean on your support network, then this tapping script has been created to acknowledge this. To open up to the idea of asking for help as a way of self-love and self-care.

As you read the script (out loud or silently) tap on the named points with your fingers.

While the points are named, you can just tap anywhere as you get familiar with the points.

If any of the words do not fit you and your situation feel free to change them.

You can add more if you want to.

If tapping and reading doesn't work for you then you can record yourself reading the script and replay while tapping.

Safety Net

Karate Chop point

Even though I try to do it all myself,
I can show myself love by asking for help
Even though I sometimes feel alone or isolated,
I am open to finding support
Even though I struggle to open up to others,
I am open to finding ways to heal



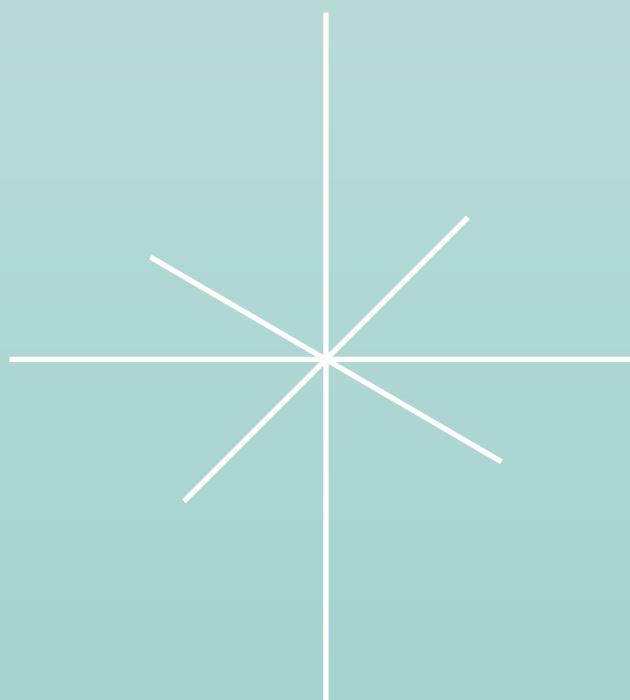
Tapping around the points

Above eyebrow (AB) - I struggle to lean on others for help
Side eye (SE) - I don't want to burden them with my problems
Under eye (UE) - I just want to escape from the problems when I can
Under nose (UN) - So often I've been left to just deal with it
On the Chin (OC) - Others letting me down or not showing up
Collarbone (CB) - It is difficult to trust other people
Under the Arm (UA) - So it's easier to do it myself
Top of the Head (TOH) - Suck it up and be my own safety net

Deep breath

Tapping Script

Continued ...

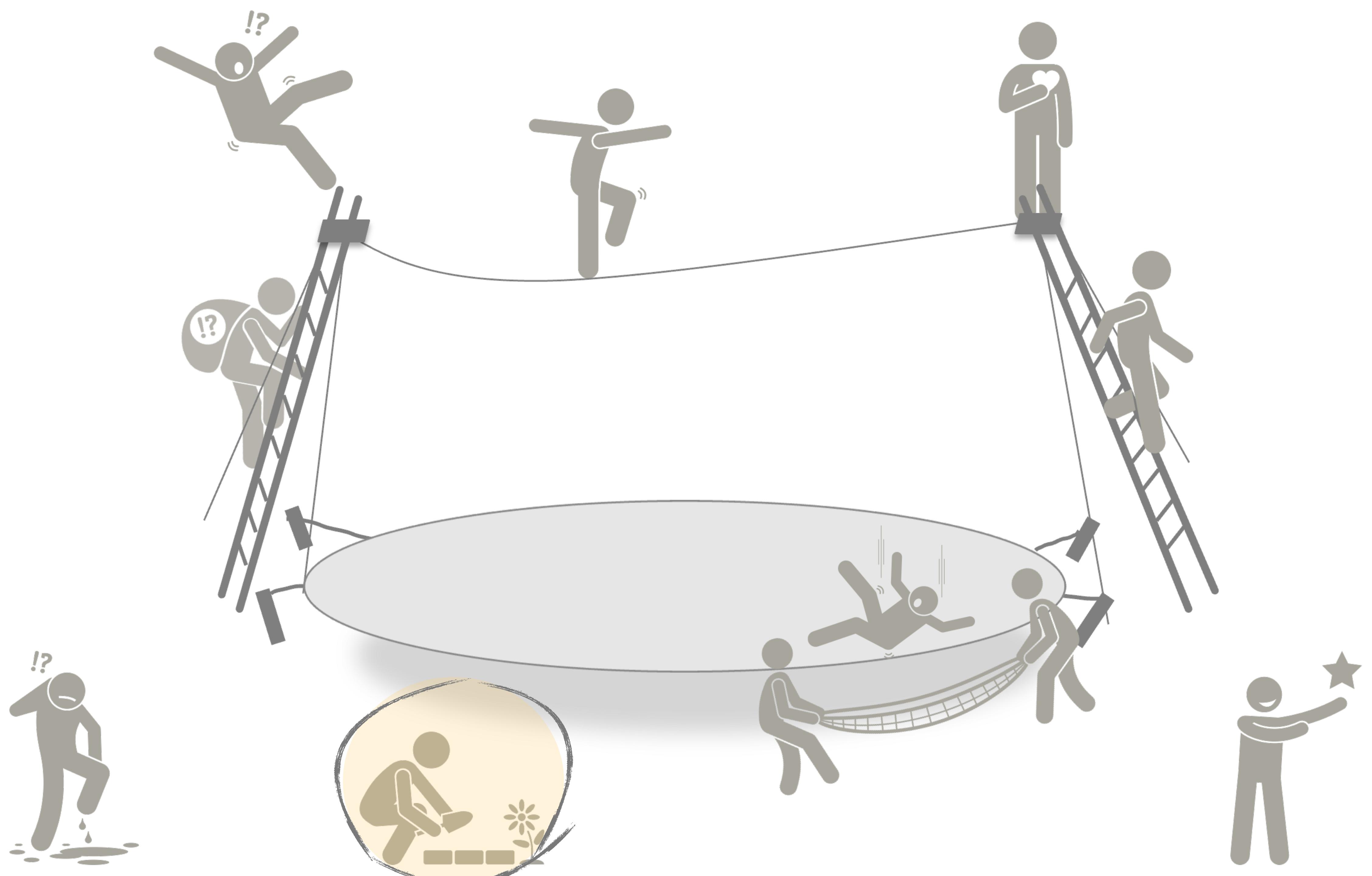


(AB) - I am grateful for how independent I am
(SE) - Focusing on routines that are familiar
(UE) - Doing solo activities to clear my head
(UN) - Getting the job done so I can hide
(OC) - If I don't do it then I'll be questioned and judged
(CB) - If I get other people to do it, it won't be good enough
(UA) - I can be inspired by those who have achieved this
(TOH) - Aren't we praised when we do it all?



(AB) - I am open to the possibility that asking for help is not weak
(SE) - That having someone be there is rather nice
(UE) - That I can be independent and choose to ask for help
(UN) - That I can fall into my routines and get support
(OC) - I accept that sleep and nutrition can be a safety net
(CB) - That I can find ways that work for me
(UA) - When I ask for what is important to me
(TOH) - I am both powerful and supported

Deep breath



Past positive experiences



Even if it feels like you're grasping at straws. Try to find some positive memories or experiences. Remember that straw and mud makes bricks.

Every straw counts



Help I've had



Good memories



Positive choices
I've made



Praise received



Believed in
myself



Something
proud of



Times accepted



Time to learn
and grow



Found solutions



Positive times
with family



Time to reflect



Overcame
difficulties



Positive times
with friends



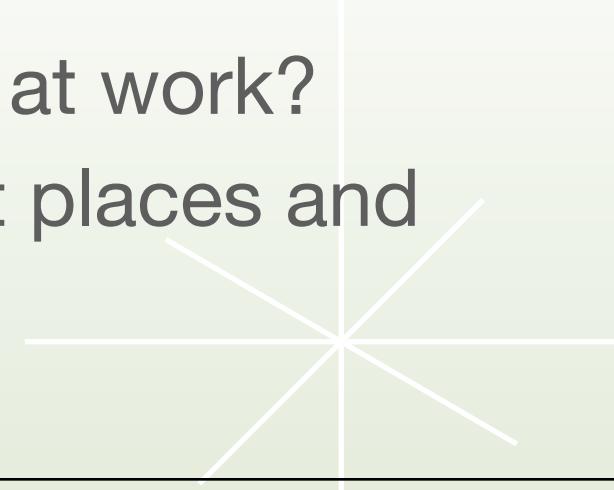
Completed a
promise



When and where have you experienced some positive times?

Perhaps you have had times of reflection on your own, been praised for something at work?

Try to recall special or laugh-out-loud or smile-at-yourself moments. Think of poignant places and people throughout your life - write these out in the different spaces



Family / Home	Work / Career	Friends / Socialising	Myself
<i>Example: Listening to Simon and Garfunkel out on the porch</i>	<i>Example: Praised for cat painting</i>	<i>Example: Visited Paris with X</i>	<i>Example: Got help for anger / anxiety</i>

Tapping Script

If you struggle to see how the past positives can counteract the negatives, then this tapping script has been created to acknowledge the times in life when things have been positive and times of growth. Recognising them as a foundation.

As you read the script (out loud or silently) tap on the points listed. While the points are named, you can **just tap anywhere as you get familiar with the points.**

If any of the words do not fit you and your situation feel free to change them.
You can add more if you want to.

If tapping and reading doesn't work for you then you can record yourself reading the script and replay while tapping.

Past Positive Experiences

Karate Chop point

Even though I have negative experiences in my past,
I can identify positive experiences as well

Even though I have pain and hurt in my past,
I can learn and grow from them
Even though I have guilt and shame from my past,
I can draw on the good memories

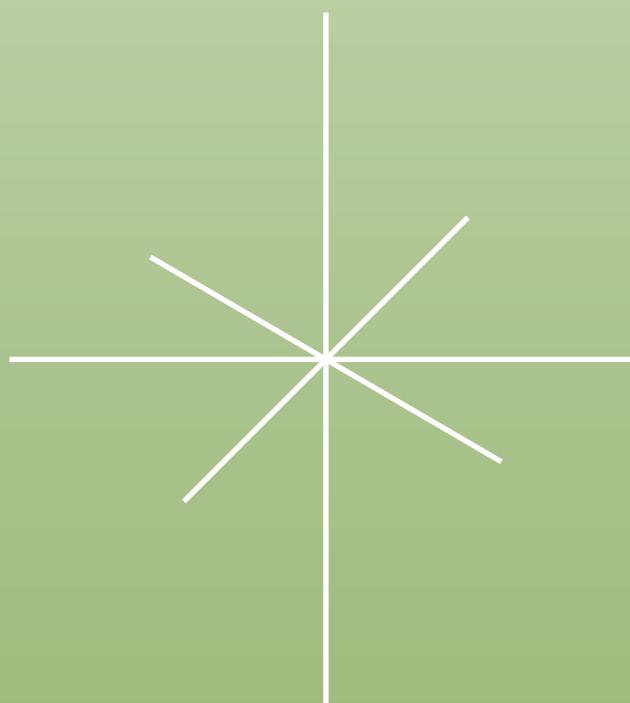
Tapping around the points

Above eyebrow (AB) - I appreciate my past positive experiences
Side eye (SE) - Even if that can sometimes feel like grasping at straws
Under eye (UE) - From a pile of muddy crap in my past
Under nose (UN) - I also know that mud and straw make bricks
On the Chin (OC) - So its worthwhile finding every straw
Collarbone (CB) - Every positive experience is worth nurturing
Under the Arm (UA) - Recognising them gives them light to grow
Top of the Head (TOH) - Even if there are tears of loss, they give healing

Deep breath

Tapping Script

Continued ...

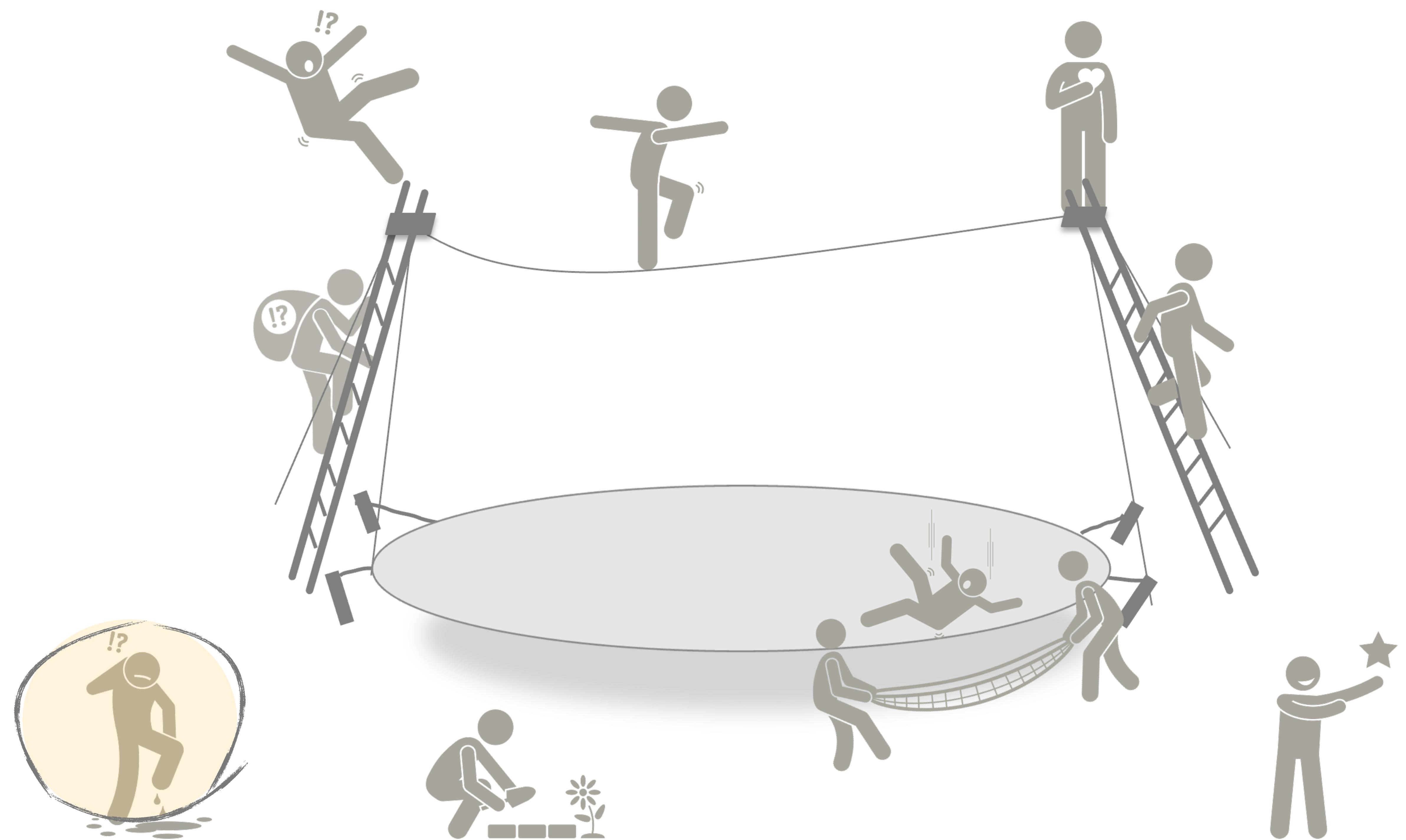


- (AB) - This reflection is helping me grow
- (SE) - I am proud of myself for tapping on this now
- (UE) - This can help me to overcome difficulties
- (UN) - To find new ways to appreciate myself
- (OC) - I can remember times of learning
- (CB) - I can reflect on times of growth
- (UA) - I have managed to solve problems
- (TOH) - I have achieved wonderful things in my life



- (AB) - I appreciate my journey
- (SE) - Times with my friends
- (UE) - Times with my family
- (UN) - I have overcome difficulties
- (OC) - I choose to focus on what I have learnt
- (CB) - To see the moments of love in my life
- (UA) - To bring that love into my heart
- (TOH) - Let it flow and grow

Deep breath





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

Let's gently dig into the past to
understand the experiences that may
be triggering a fight, flight or fright
response in us today

!?



When and where have you experienced some difficult times?

Using the prompts, fill in the spaces where this might have happened.

You can write down what exactly happened but you don't need to if this is too difficult.

If you want to name them, sometimes it helps to start with "the time when"

Family / Home	Work / Career	Friends / Socialising	Myself
<i>Example: The time dad left us</i>	<i>Example: The time I was bullied by X</i>	<i>Example: The time X assaulted me</i>	<i>Example: The time I had a panic attack</i>

There is sooo much crap in my past, how do I release it all??

We will also explore your past positive experiences, personal strengths, support network and values that help you stay balanced.

The Tapping Scripts in this workbook are designed to help clear the crap and shit still clinging on in our subconscious.

If you would like 1:1 support to work through any of the worrying behaviour that may be due to your past traumas, then please book a clarity call with me whenever it suits you:

robertaevanscoaching.com/home/freedom

But I had a good life, so what's making me fall off?

Past childhood trauma will often be the cause of 'falling off' but trauma does not have to involve big abusive events, it can be relatively innocent experiences that have stuck in the subconscious and created an alert.

There may be experiences in adulthood, at college or work, in relationships or during other events, that have created a trigger or alert.

There will often be compounding reasons that lead to uncontrollable behaviours. This can also be due to current worries and pressures or due to a lack of inner strength or lack of support (we look at all these further in the workbook)

Do you still hold revenge, guilt or strong feelings about your past?

Read through the following beliefs / statements and fill in the relevant blanks.

Then score how true that is for you (10 = very true, 0 = not at all true)

If nothing comes to mind then score 0 and pass on to the next statement.

Theme	Belief / statement	Score NOW 10 = very true	Score AFTER 10 = very true
Revenge	I can never forgive _____ for _____		
Guilt / Shame	I have so much guilt about the time _____		
Grief	I feel lost without _____ because they _____		
Anger	If there's one thing I can't stand, it's _____		
Alone	No-one understands how much _____ affected me		
Fear	I'm still afraid of _____		

After using the tapping scripts in this workbook for a few weeks, revisit these scores to see if there has been a shift / release.

If you feel stuck then you can always check out my 1:1 program at robertaevanscoaching.com/home/freedom

Tapping Script

If you have identified several painful or hurtful experiences then this tapping script has been created to acknowledge these experiences and open up to the possibility of healing from them

As you read the script (out loud or silently) tap on the named points with your fingers.

*While the points are named, **you can just tap anywhere as you get familiar with the points.***

*If any of the words do not fit you and your situation feel free to change them.
You can add more if you want to.*

If tapping and reading doesn't work for you then you can record yourself reading the script and replay while tapping.

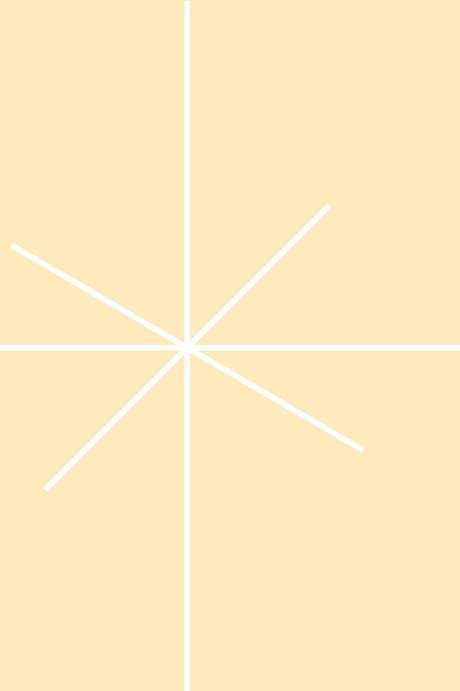
Past Experiences

Karate Chop point

Even though I have painful and hurtful experiences,
I am open to healing

Even though I have painful and hurtful experiences,
I can learn to heal from these

Even though I have painful and hurtful experiences,
I can start to love and accept myself



Tapping around the points

Above eyebrow (AB) - All this hurt and pain from my past

Side eye (SE) - I struggle to let it go

Under eye (UE) - My life changed after this

Under nose (UN) - My identity was formed from this

On the Chin (OC) - Who would I be if I just accepted and let them go?

Collarbone (CB) - It's too difficult and painful to think about it

Under the Arm (UA) - All these painful emotions

Top of the Head (TOH) - Guilt, loss, rage and grief

Deep breath

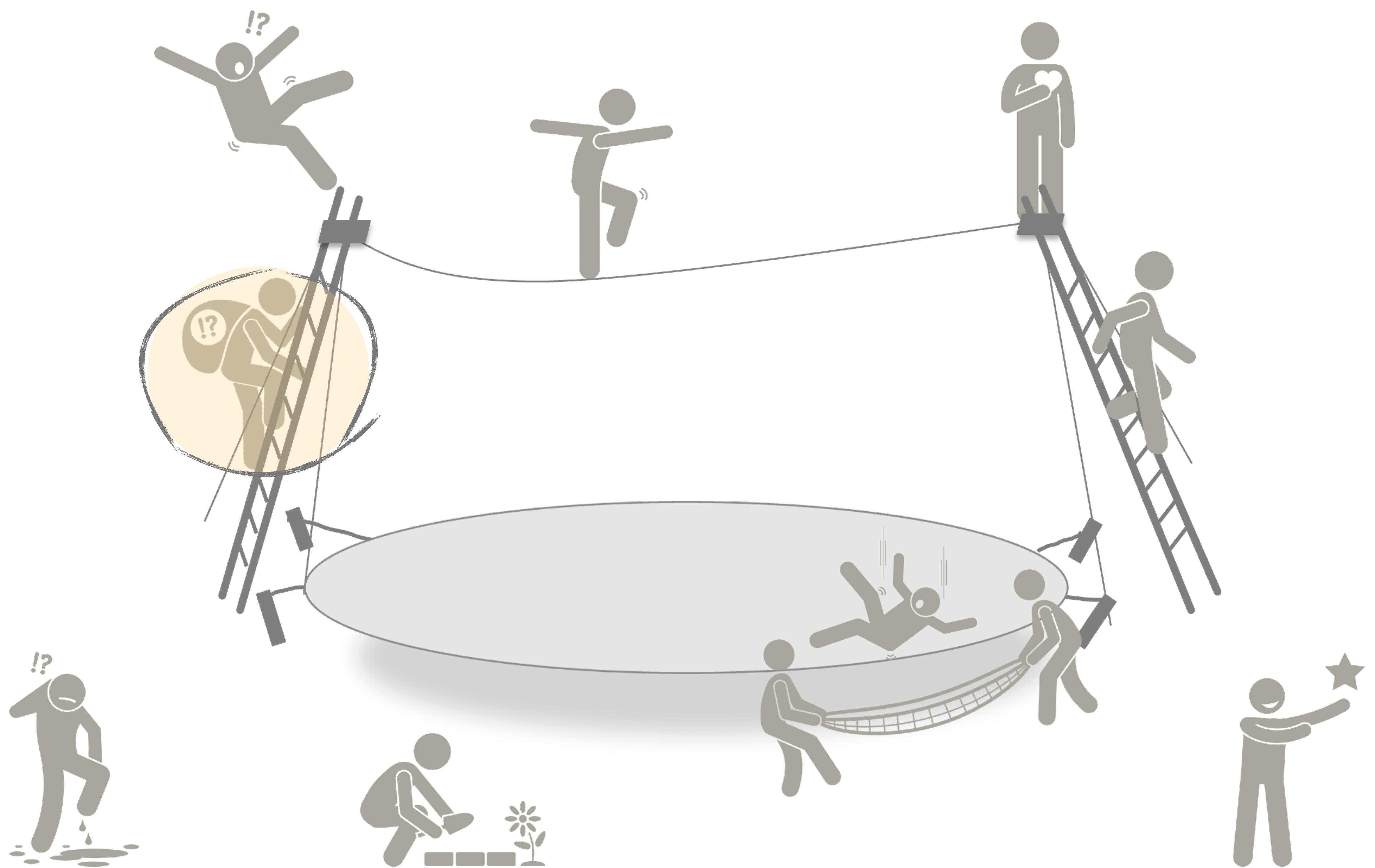
Tapping Script

- (AB) - I don't want to keep carrying around all this pain
- (SE) - I'm tired, of feeling sad and hurt
- (UE) - Being reminded of it is too painful
- (UN) - This explains my unbalanced behaviour
- (OC) - Even if I can't name the event, something triggers me
- (CB) - It is part of who I am
- (UA) - It's painful to think of letting it go
- (TOH) - I can choose to hold on to this

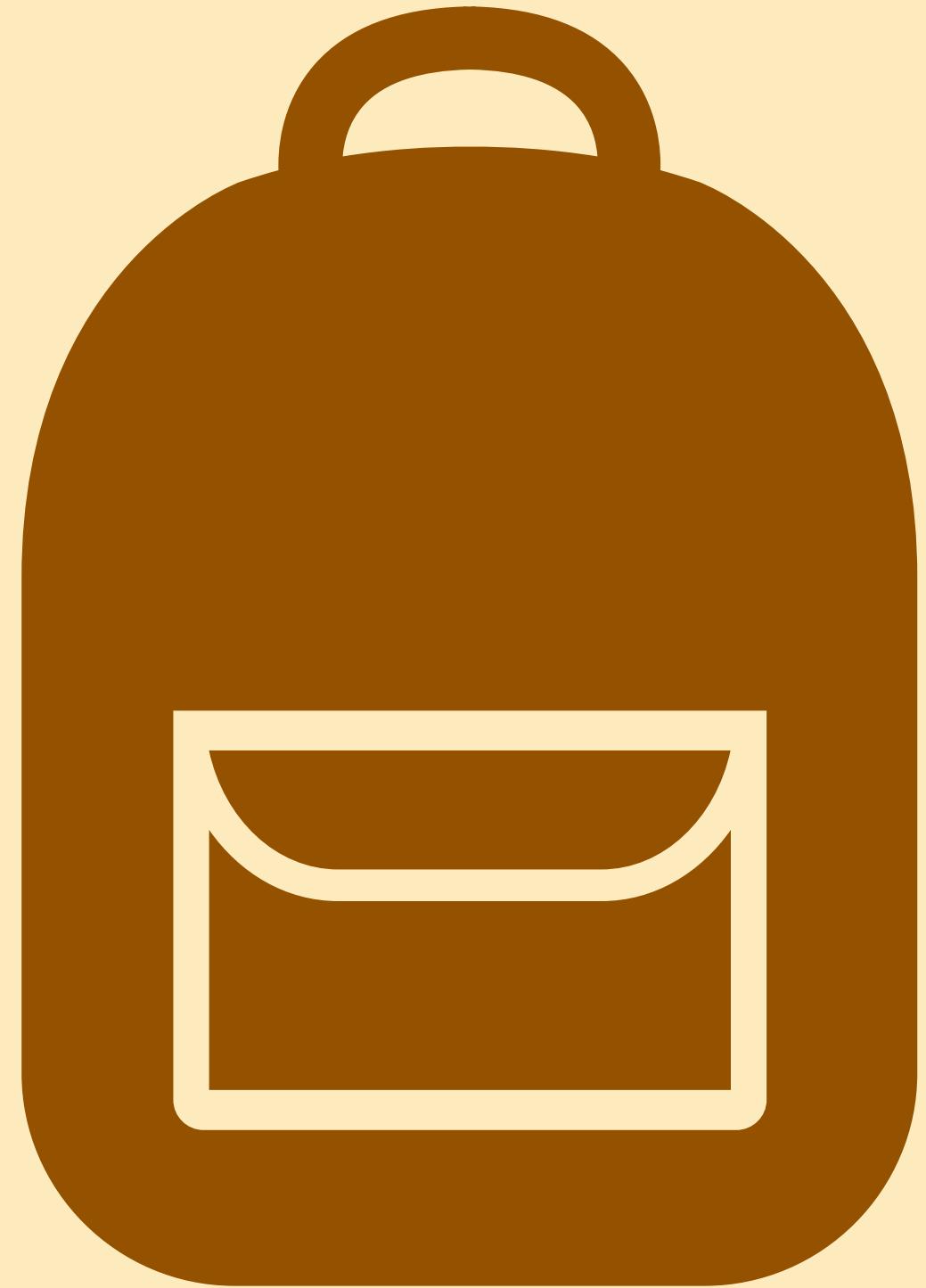
Continued

- (AB) - I can also choose to heal from these experiences
- (SE) - A part of me wants to soak in the crap of revenge
- (UE) - A part of me wants healing and release
- (UN) - I honour all my feelings and needs
- (OC) - I can remember the event and start healing my heart
- (CB) - I can honour my past and start releasing my negative thoughts
- (UA) - Knowing that through forgiveness, I claim my power
- (TOH) - I claim my right to hurt and to heal

Deep breath



What baggage are you still carrying around that makes the tightrope higher?



Consider the thoughts and feelings you carry with you now.

Identify the people or experiences in your life that add extra pressure

Some will be similar to the past muddy path but it's important to identify what is still present now



When and where are you feeling or experiencing these?

Try to identify times when you are more likely to feel strong emotions or be more pressured

Family / Home	Work / Career	Friends / Socialising	Myself
<i>Example: exhausted with all the tasks</i>	<i>Example: Have to work for money</i>	<i>Example: Pressure to drink</i>	<i>Example: Feel unworthy</i>

If you feel stuck in your situation then you can always check out my 1:1 program at robertaevanscoaching.com/home/freedom

What can you let go of?

This section of the Tightrope is representative of taking baggage up the ladder. The more there is, the higher the ladder will be. As if each step represents each bit of ‘baggage’. The higher the Tightrope, the more wobbly and scary it is when you’re trying to balance.

That’s why it’s important to work on letting go of baggage. Look at things a different way. Manage emotions, get help when feeling overwhelmed. Re-prioritise to manage pressures or taking some self-care.

With the areas you have identified, are there any that you could let go or get help with?

What feelings or pressures can you let go of?



What could you get help or support for?



Tapping Script

If you identified with several pressures and overwhelming feelings, then this tapping script has been created for you. To acknowledge the baggage that we carry and consider ways to let go.

As you read the script (out loud or silently) tap on the named points with your fingers.

While the points are named, **you can just tap anywhere as you get familiar with the points.**

If any of the words do not fit you and your situation feel free to change them.
You can add more if you want to.

If tapping and reading doesn't work for you then you can record yourself reading the script and replay while tapping.

Baggage on the Ladder

Karate Chop point

Even though I so much to do and no time to do it,
I give myself time to tap and release

Even though I carry a lot of pressure and stress,
I am open to healing

Even though I feel overwhelmed and stuck,
I am open to love and accept myself

Tapping around the points

Above eyebrow (AB) - I am carrying so much

Side eye (SE) - It's a heavy burden

Under eye (UE) - Yet how do I let it go?

Under nose (UN) - It seems almost impossible

On the Chin (OC) - Nothing has worked before

Collarbone (CB) - So I keep carrying these thoughts and feelings

Under the Arm (UA) - I see and feel the pressure

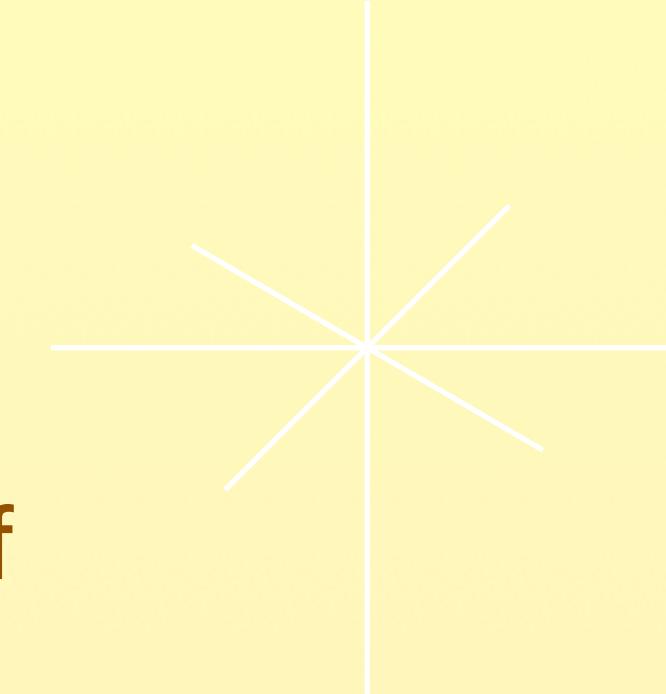
Top of the Head (TOH) - It's constant and ever present

Deep breath

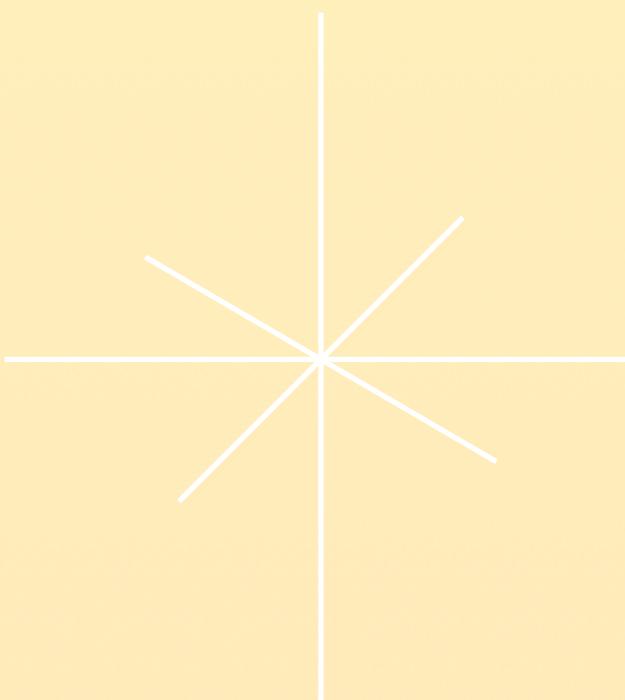
Tapping Script

Continued ...

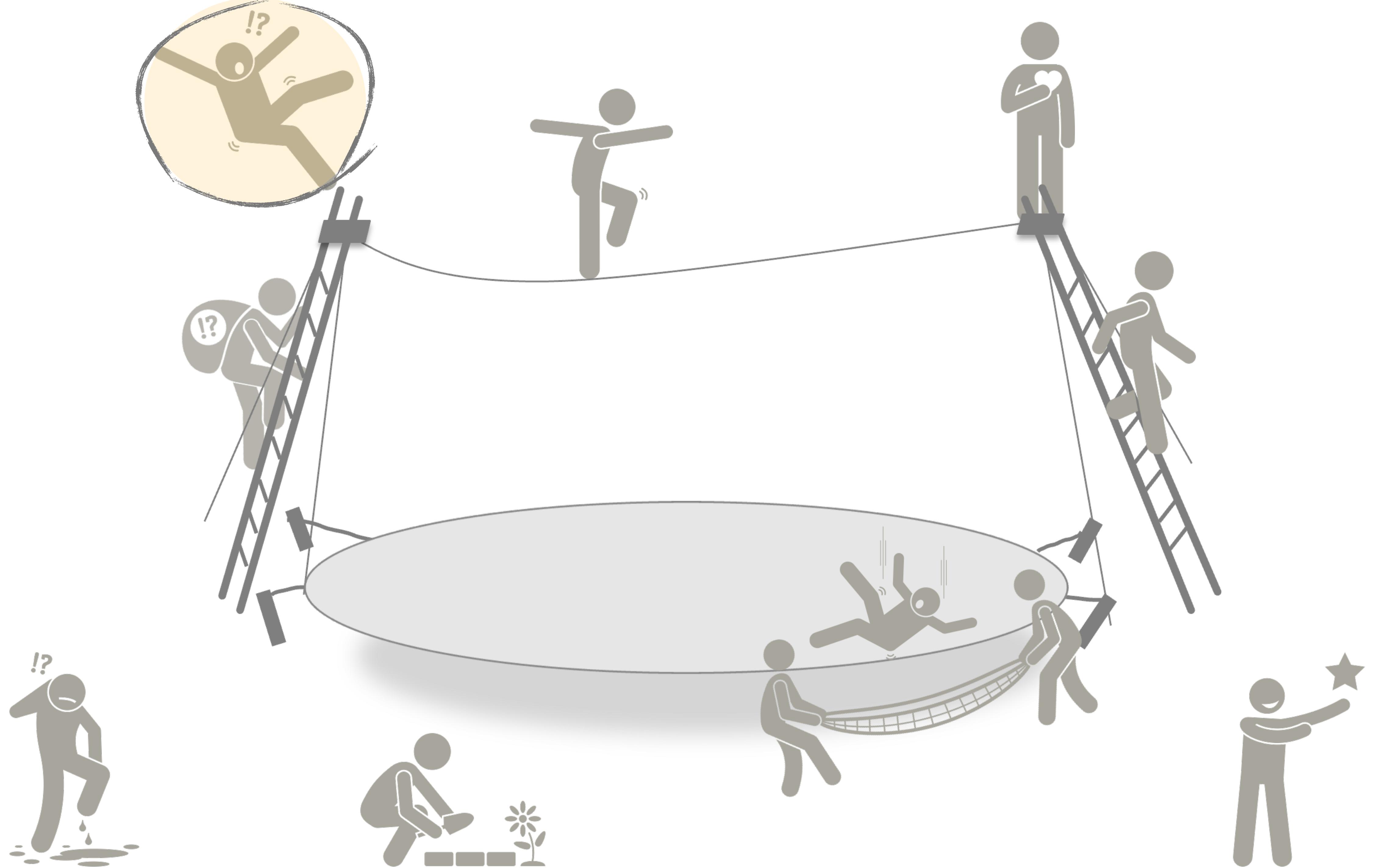
(AB) - I just suck it up
(SE) - No one will help me anyway
(UE) - I am not worthy of their help
(UN) - So here I am, having to deal with it myself
(OC) - I don't have time to stop and reprioritise
(CB) - I don't want to feel this way
(UA) - But I can't see any other way
(TOH) - If I ask for help I'll be disappointed



(AB) - I can also choose to let go
(SE) - A part of me wants to struggle on alone
(UE) - A part of me wants healing and to get help
(UN) - I honour all my feelings and needs
(OC) - I can find ways to deal with this that works for me
(CB) - I can learn new ways to deal with the pressure
(UA) - Knowing that through letting go, I can balance
(TOH) - I claim my right to feel and to heal



Deep breath



Without self-criticism, judgement or guilt. Honestly identify the behaviours that you have resorted to at times of stress or overwhelm. Or for no known reason but you recognise them.

I can identify several of these and I'm sure everyone will recognise at least 3 of their own.

How does your Amygdala respond to stress or overwhelm?

What are the warning signs that you're '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 overwhelm (or any reason)

Write them into the different columns depending on when/where you have used them:

Family / Home	Work / Career	Friends / Socialising	Myself
<i>Example: Binge Eating</i>	<i>Example: Unfinished tasks</i>	<i>Example: Runaway from problems</i>	<i>Example: Self hate</i>

You may notice that some stress responses occur in all spaces, or if combined they increase the chances of a stress response (e.g home stress followed by being alone, or work stress followed by socialising). Be curious when exploring these.

Tapping Script

If you feel shame or guilt about your behaviours then this tapping script has been created to acknowledge our unhealthy behaviours, thank them for serving a purpose and allow some release.

As you read the script (out loud or silently) tap on the named points with your fingers.

While the points are named, you can just tap anywhere as you get familiar with the points.

*If any of the words do not fit you and your situation feel free to change them.
You can add more if you want to.*

If tapping and reading doesn't work for you then you can record yourself reading the script and replay while tapping.

Falling off

Karate Chop point

Even though I have resorted to some unhealthy behaviours,
I love and accept myself

Even though I feel guilty about what I do sometimes,
I am open to forgiving myself

Even though I don't know what else to do sometimes,
I am open to healing from this

Tapping around the points

Above eyebrow (AB) - I have unhealthy behaviours to cope

Side eye (SE) - I feel guilty about some of the things I've done

Under eye (UE) - It's become my way of dealing with stress

Under nose (UN) - There's always too much to deal with

On the Chin (OC) - Why not let go sometimes?

Collarbone (CB) - I deserve to have fun or escape the pain

Under the Arm (UA) - There's all the pressure and expectations

Top of the Head (TOH) - And I don't know how else to face them

Deep breath

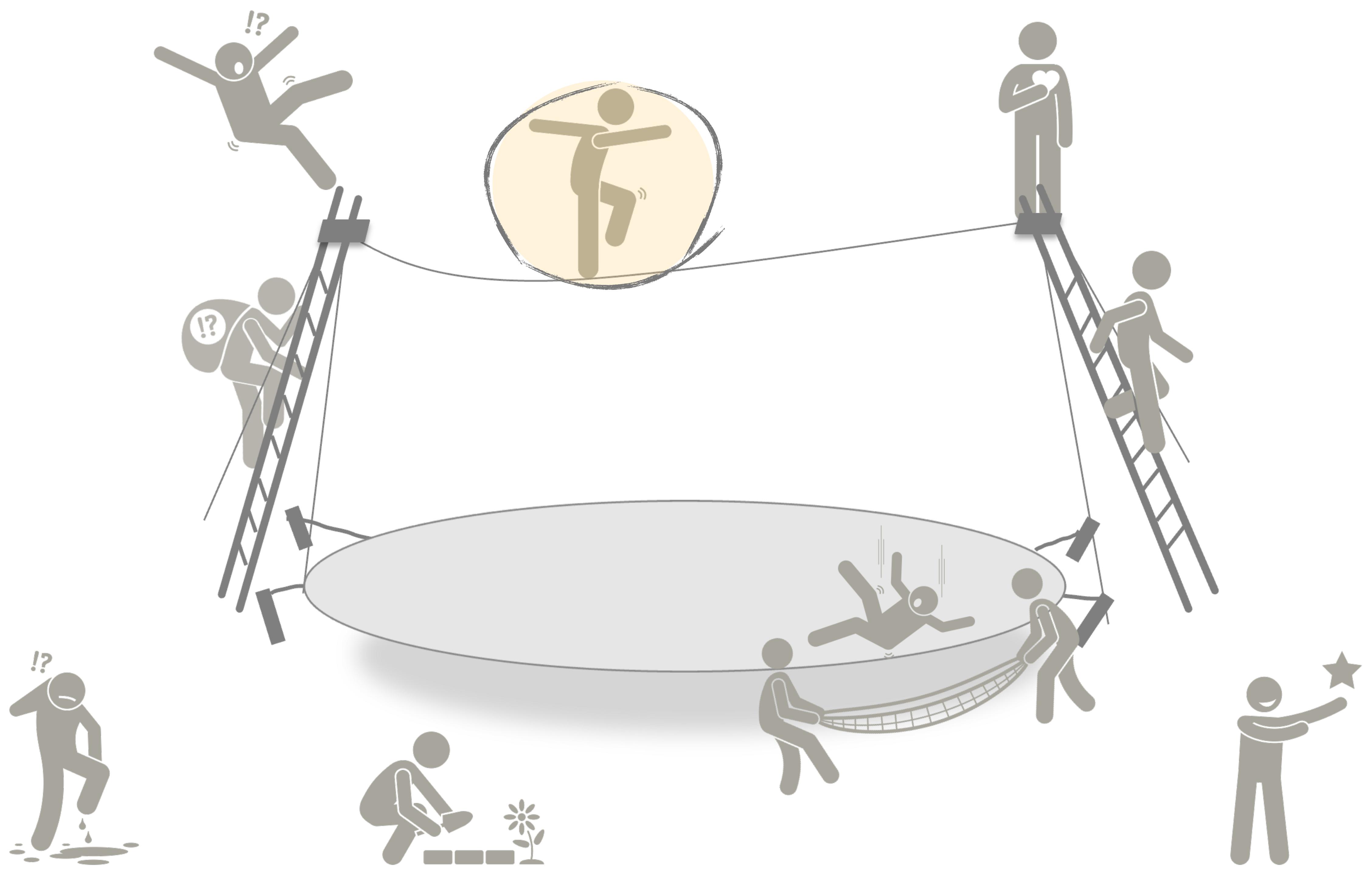
Tapping Script

Continued ...

(AB) - So thank you subconscious for giving me a break
(SE) - I criticise and judge myself too much
(UE) - What's the big deal anyway
(UN) - Everyone has coping strategies like this
(OC) - So it's a warning sign I'm not coping
(CB) - Damn right I'm not coping, I can't do everything!
(UA) - No one's perfect, even if I want to be
(TOH) - No one can take away my fun

(AB) - A part of me knows this isn't the answer
(SE) - The odd stress reaction is OK but not all the time
(UE) - I don't want the guilt and shame
(UN) - A part of me wants to stop this cycle
(OC) - I am open to finding new ways to deal with stress
(CB) - and new ways to give myself a break and have some fun
(UA) - I choose now to own my power to make better choices
(TOH) - To take care of myself and let myself be at ease

Deep breath



What helps you balance?

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

Review the statements on the next two pages. Identify all your qualities, skills and attributes.

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

You will then work out when you display these based on your environment. When at home, at work, with friends, or alone.

Positive outlook

Can plan and be organised

Know where to get help

Can find solutions

Can take and share responsibility

Take time to relax

Take time to reflect



Learn from my mistakes

Have a sense of purpose

Manage time and energy well

Respect myself and others

Funny

Caring

Clever

Prioritise
(Don't sweat the small stuff)

Say no when I need to

When and where do you use your coping skills or qualities most?

Order the skills, attributes and qualities in order of how often you use or apply this.

You may use the same in multiple places.

	Family / Home	Work / Career	Friends / Socialising	Myself
	<i>Example: Caring</i>	<i>Example: Can find solutions</i>	<i>Example: Funny</i>	<i>Example: Take time to reflect</i>
1				
2				
3				

When could you use these qualities in other situations?

You can put more into each section if you want. This exercise is to focus on the coping / balancing qualities and skills you draw on the most. Looking at your lists, do you find you rely on the same qualities or skills wherever you are? Or do you have different coping strategies for different situations?

Think about particular stresses you may have in each of these environments.
Are there any skills or qualities you normally use in a different place that you could apply to this place now?

Notes:

Tapping Script

If you struggled to identify your strengths and qualities, then this tapping script has been created to acknowledge that it can be difficult to identify and accept our strengths and to start opening up to owning them.

As you read the script (out loud or silently) tap on the named points with your fingers.

*While the points are named, **you can just tap anywhere as you get familiar with the points.***

*If any of the words do not fit you and your situation feel free to change them.
You can add more if you want to.*

If tapping and reading doesn't work for you then you can record yourself reading the script and replay while tapping.

Balancing strengths

Karate Chop point

Even though I struggle to identify my own strengths and qualities,
I am open to self-acceptance
Even though I wish I could display more strength and positivity,
I am open to love all of me
Even though I struggle to draw on my strengths,
I am open to healing and finding my strength

Tapping around the points

Above eyebrow (AB) - I have proved to be resilient in so many ways
Side eye (SE) - I know I have strengths because I am still here, despite all the pressures in my life
Under eye (UE) - I am juggling and spinning plates despite it all
Under nose (UN) - I'm using so many skills in the different areas of my life
On the Chin (OC) - At home, at work and with friends
Collarbone (CB) - Maybe I draw on these to help others more than myself
Under the Arm (UA) - But I have them regardless of the reason
Top of the Head (TOH) - I accept my strength and qualities

Deep breath

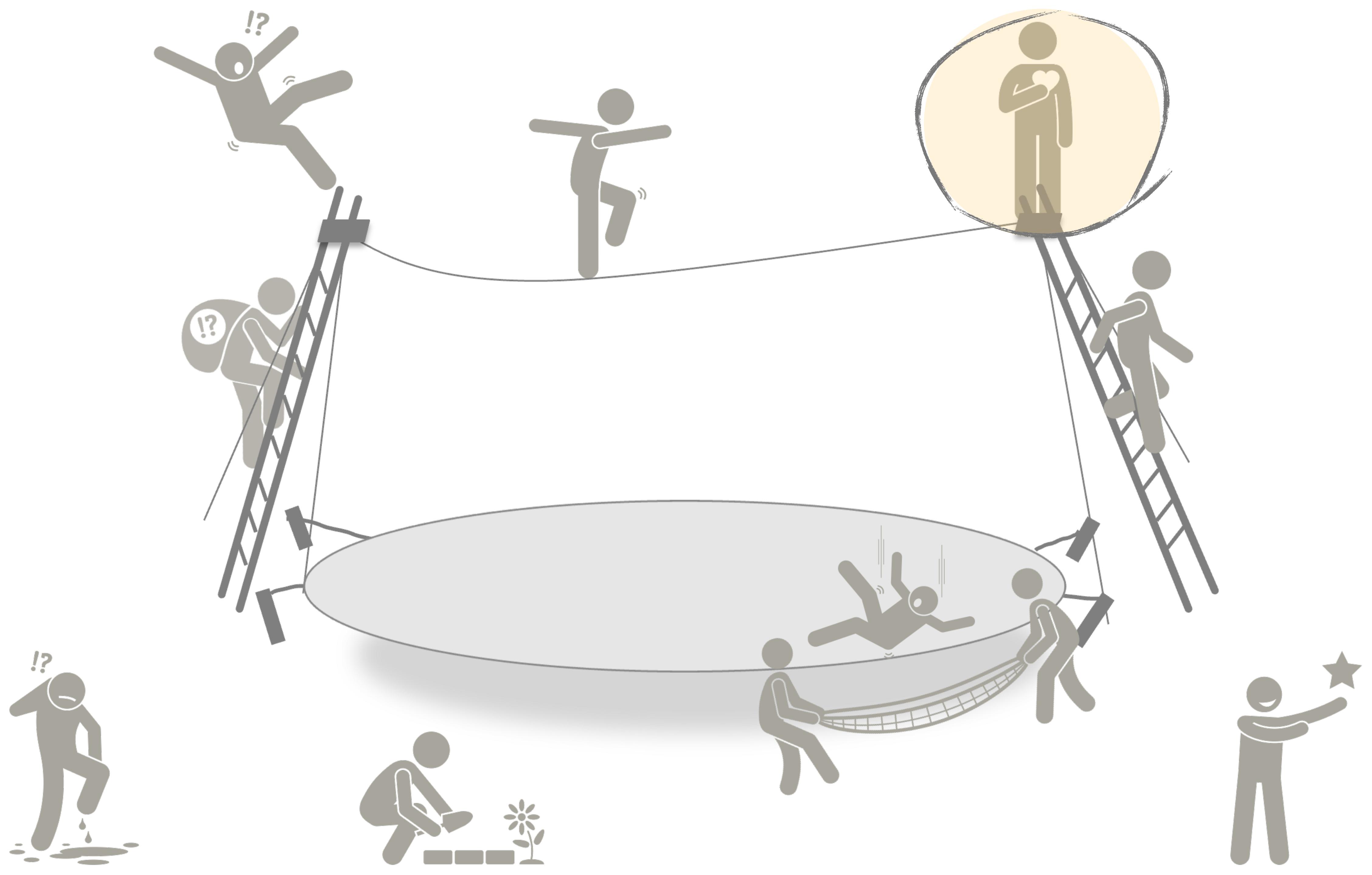
Tapping Script

Continued ...

- (AB) - I don't need to be a victim of circumstance
- (SE) - I can draw on my skills in different areas of my life
- (UE) - I can learn from my mistakes and find solutions
- (UN) - I can manage my time and priorities
- (OC) - It's OK to say no when I need to
- (CB) - I take responsibility for what is mine
- (UA) - Respecting others while also respecting myself
- (TOH) - I open myself to shine in my strength

- (AB) - I acknowledge all my beautiful qualities
- (SE) - I can be funny, clever and caring
- (UE) - I know how to be realistic and positive about a situation
- (UN) - I seek purpose in my life
- (OC) - I choose now to take time to reflect
- (CB) - I choose to have space to relax
- (UA) - These help me stay balanced
- (TOH) - I am claiming my power now

Deep breath





Identify your values

Review the values
on the next two pages

and

Identify your TOP 3 -
that you would prioritise
over anything else

Loyalty

Respect

Kindness

Giving to
others

Being close
to others



Security

Fairness

Religion /
Spirituality

Stability

Peace /
Calm

Authenticity

Creativity

Having fun

Beauty

Adventure



Doing well at something

Knowledge

Making decisions for myself

Authority

Recognition

What are the top 3 values you identify with and when do you prioritise them?

My top values

A time when I prioritised this value:

1

2

3

Your values will drive many of your behaviours. How you balance on the Tightrope. If you fall off, or take action.

Picture what someone's priorities and choices will be if their top 3 values are *loyalty, kindness* and *giving to others*.

Compared to someone whose top 3 values are *adventure, making decisions for myself* and *recognition*.

Both are holding important values to them and will create different choices and actions.

Consider how your values impact on your decisions and choices. How are they different to others decisions?

When and where would you most likely prioritise different values?

Review the prompts and then start identifying places and times that you seek or apply each value

Family / Home	Work / Career	Friends / Socialising	Myself
<i>Example: Fairness</i>	<i>Example: Authority</i>	<i>Example: Adventure</i>	<i>Example: Peace and Calm</i>

Which values are you able to combine in a task or situation for a more balanced life?

Achieving balance with your values

There will be times when we need to prioritise one value over another. For example the value of giving to others may override all others at times of caring for a sick child (or whenever you cook dinner!).

Of course it's possible to bring competing values into the same space. For example, you prioritise security by having a job. You can also prioritise having fun after work. You can prioritise some peace after the kids are asleep.

You could even have some fun or 'me time' while cooking dinner. For example by having the music up loud or watching your favourite movie in the background.

The values of others in our lives will also impact on how much we live by our values. Have a think about how your values are similar or different to your family, friends or colleagues? How do these impact you?



Do you have a decision to make? How might your top values help that decision? Do others' values have an influence on the decision?



Tapping Script

If you find that your values clash in areas of your life or have not been prioritised then this tapping script has been created to acknowledge your competing demands and how values drive our behaviour and you can choose a high-value life

As you read the script (out loud or silently) tap on the named points with your fingers.

While the points are named, you can just tap anywhere as you get familiar with the points.

If any of the words do not fit you and your situation feel free to change them. You can add more if you want to.

If tapping and reading doesn't work for you then you can record yourself reading the script and replay while tapping.

Values

Karate Chop point

Even though my values may clash with responsibilities in my life, I can accept and value myself

Even though my values can be different to what others value, I can accept and value myself

Even though my values may drive my actions, even unhealthy ones, I can accept and value myself

Tapping around the points

Above eyebrows (AB) - When I follow my values I am more at ease

Side of Eye (SE) - If I don't prioritise them I can lose my balance

Under eye (UE) - My responsibilities can clash with my values

Under nose (UN) - Yet, I am trying to do my best

On the Chin (OC) - With the time and resources I have

Collarbone (CB) - To balance my responsibilities and values

Under the Arm (UA) - I can prioritise what's important

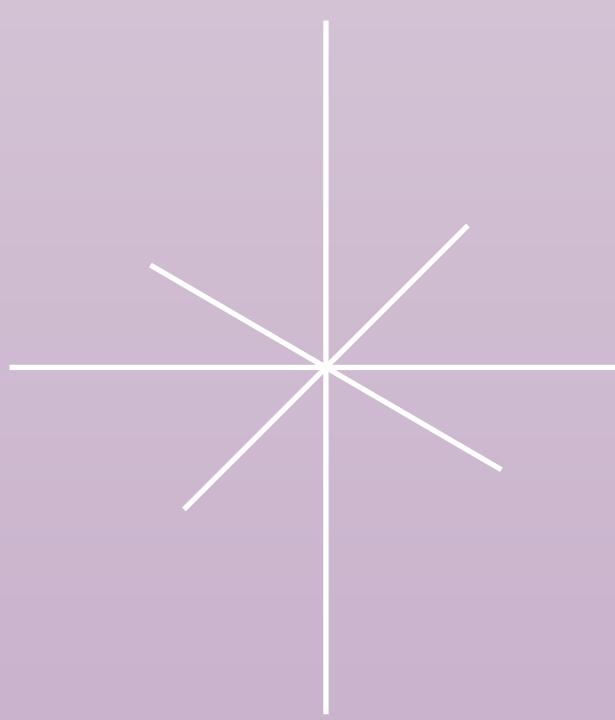
Top of the Head (TOH) - For me and for others

Deep breath

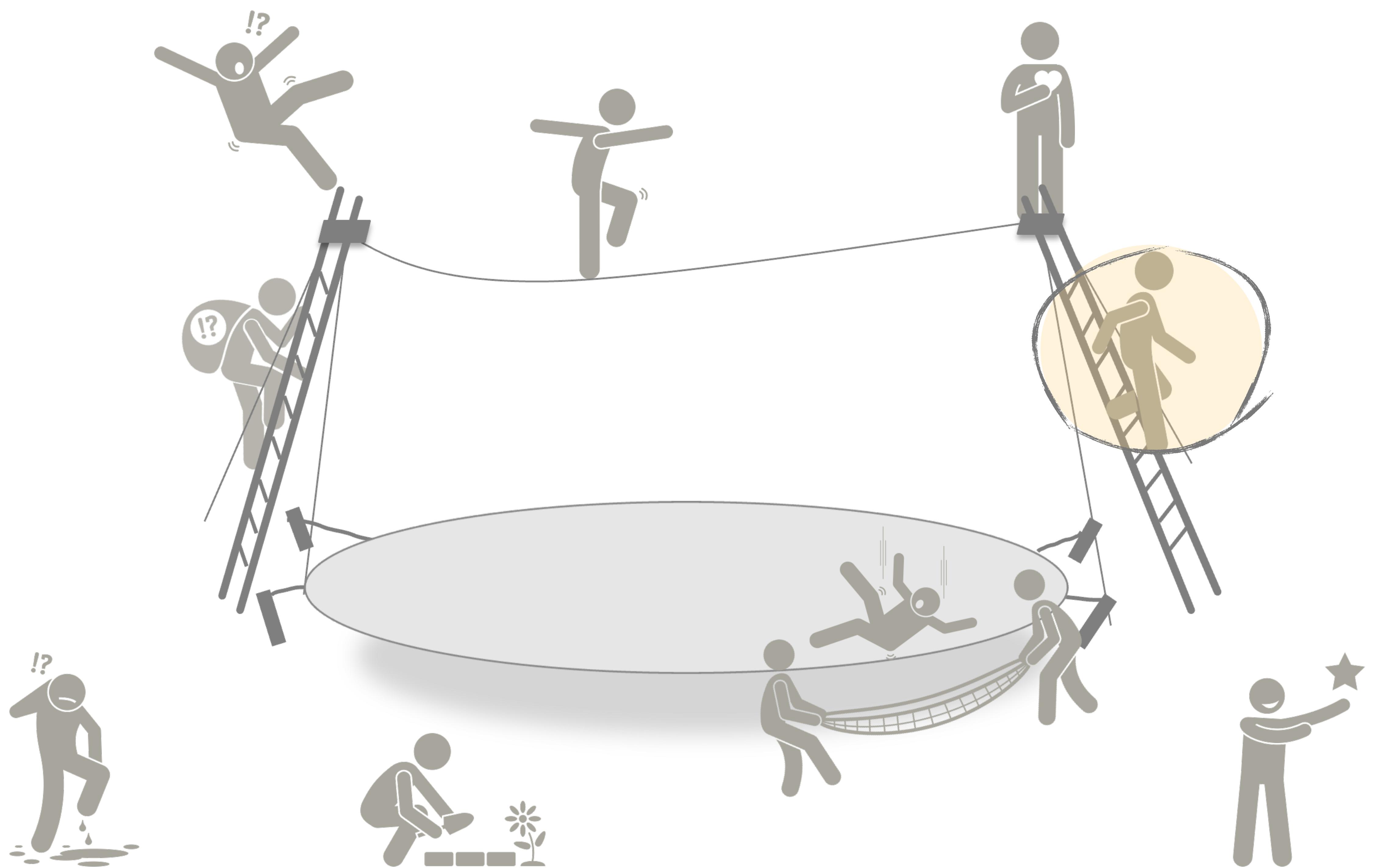
Tapping Script

Continued...

- 
- (AB) - I wonder if I inherited my values?
 - (SE) - The values of my parents or authority figures
 - (UE) - Maybe I have my own and theirs, everyone is unique
 - (UN) - What I value may not be the same as others
 - (OC) - I can choose to keep or release others values
 - (CB) - I can also respect their value-driven choices
 - (UA) - It's ok to have new values that support my changing identity
 - (TOH) - I can apply different values at different times in my life

- 
- (AB) - I choose to live a value-led life
 - (SE) - To prioritise my decisions to what is important
 - (UE) - To find ways to bring my values into activities that don't align
 - (UN) - I am open to the possibility that I can ...
 - (OC) - Be creative and secure
 - (CB) - Give to others and have fun
 - (UA) - Show authority and kindness
 - (TOH) - Value myself and others

Deep breath



**Review the prompts on
the next page to consider
what steps you could
take to support more
balance in your life and
get down to a wider and
more stable path.**

What next?



When and where would you like to try these steps to help you balance?

Review the prompts and then start identifying places and times that you could do more to support balance

Family / Home	Work / Career	Friends / Socialising	Myself
<i>Example: Use time management</i>	<i>Example: Journal uncertainties</i>	<i>Example: Drink less</i>	<i>Example: Get active</i>

Tapping Script

If you're struggling to see how you can make the time to take these steps then this script acknowledges how difficult it can be to prioritise self-care and helps you make a promise to take one step at a time

As you read the script (out loud or silently) tap on the named points with your fingers.

While the points are named, you can just tap anywhere as you get familiar with the points.

If any of the words do not fit you and your situation feel free to change them. You can add more if you want to.

If tapping and reading doesn't work for you then you can record yourself reading the script and replay while tapping.

Next steps

Karate Chop point

Even though I feel overwhelmed at what I need to change in my life,
I am here doing this now

Even though I have tired and failed at so many things before,
I am open to trying this out

Even though there is so much I would like to do differently,
I can accept where I am now

Tapping around the points

Above eyebrows (AB) - Wouldn't it be nice to do things differently

Side of Eye (SE) - Just say 'no' and prioritise me!

Under eye (UE) - When would I get the time to do any self-care?

Under nose (UN) - It would be so nice to have space to reflect

On the Chin (OC) - Get rid of all the noise and calm my mind

Collarbone (CB) - I have tried some of these before

Under the Arm (UA) - They just added more stress to my busy life

Top of the Head (TOH) - Trying to do everything is stressful

Deep breath

Tapping Script

Continued ...

(AB) - I honour my process
(SE) - Even if something has failed
(UE) - Doesn't mean it wasn't worth a try
(UN) - I can recognise steps I would like to try
(OC) - That I know work for me
(CB) - These are important to keep me balanced
(UA) - When I am balanced things go easier
(TOH) - Time starts to open up to me

(AB) - I am open to choosing at least one step
(SE) - And to take things one step at a time
(UE) - I can choose a step that aligns with my values
(UN) - One that provides positive experience
(OC) - Or perhaps connects to my safety net
(CB) - I can choose my own steps for balance
(UA) - I am stepping into my power now
(TOH) - Letting my true nature shine

Deep breath

Congratulations!

You have just worked through some powerful reflections about your goals and safety net of support. Your past experiences that either provided stability or made things wobbly. The current worries and pressures that make life more difficult (higher ladder). What ‘falling off’ looks like and the strengths you have to help you balance. A finally, the values that support your actions and the steps you can take to get to more stable ground.

I hope that the tightrope method has been helpful. That you have found areas to focus on for your own self-care and healing.

If you know what you want to achieve but feel stuck about how to make it happen. Or you would like to go deeper in releasing the triggers to falling off. Then my 1:1 coaching program would be a great next step.

Please go here for more information about me and my program: www.robertaevanscoaching.com/home/freedom



Thank you

The
tight rope[®]
method

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