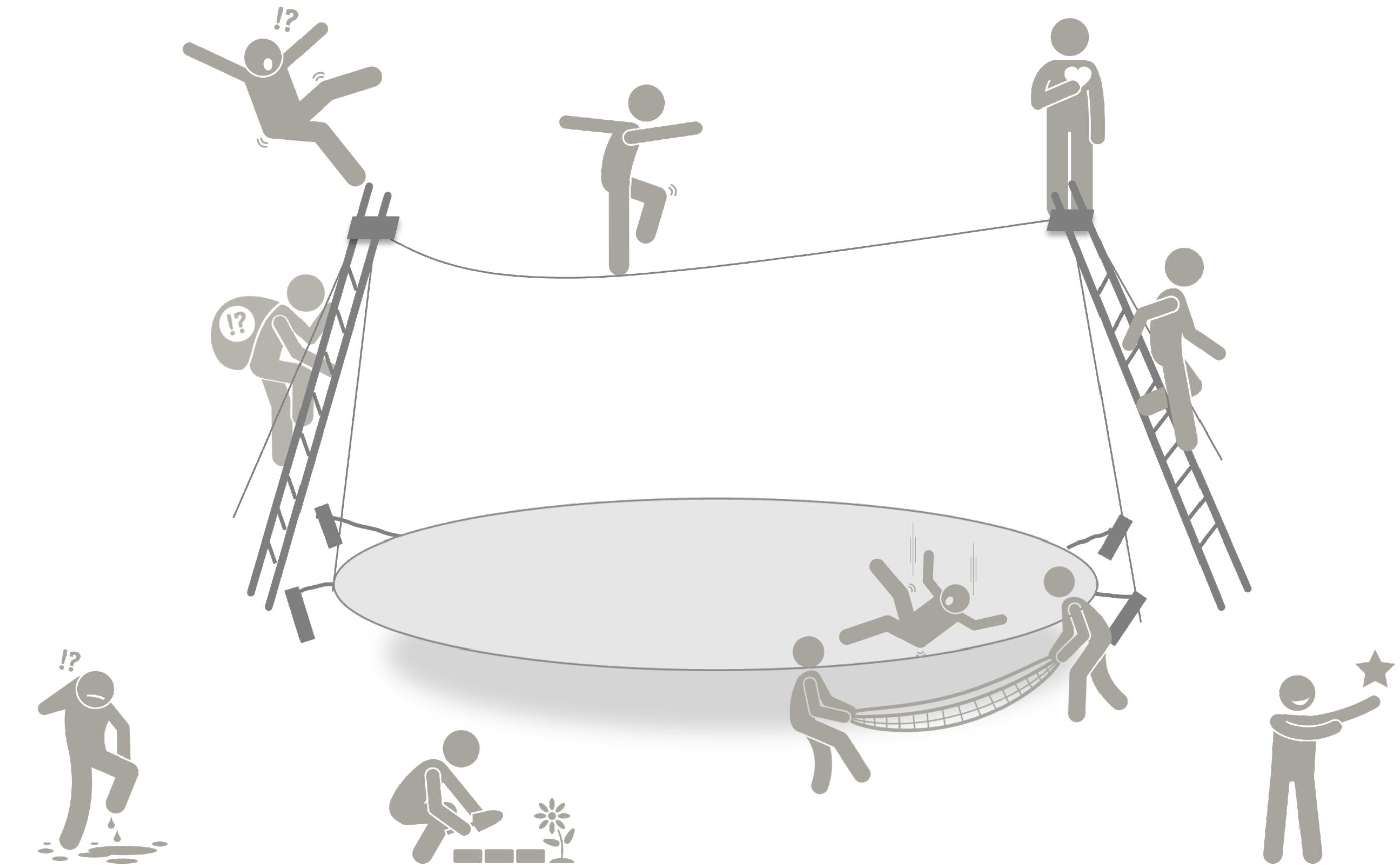


Balancing on the
tight rope[®]
of life

Welcome

The tightrope is a toolkit made of 9 symbolic sections that explore the following:

- What does 'falling' look like for you
- What helps you balance in life
- What from the past makes the ground under the tightrope muddy and unstable
- What has created strong foundations and growth in your life
- What thoughts, feels or pressures makes the tightrope higher and more wobbly
- Who is your safety net at times when you fall
- What do you value, that drives your choices
- What are your goals and what steps can you take to achieve them



This image shows all the different aspects of being on the tightrope of life

How to use this toolkit

Each section will have ideas and prompts for you to choose what is most relevant to you and your situation.

Then you will have some exploration questions. Supported by a tapping script (you can use the one available or do your own with whatever comes up for you).

The aim is to gain a deeper insight into why you feel overwhelmed, stressed and keep ‘falling off’.

The hope is that you will identify your strengths, supports and past successes. Those that will help keep you balanced. And motivated to focus on what is most important to you.

Please remember - always explore the positives. Be brave to dive into the past.

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

If in doubt, tap it out

Emotional Freedom Technique (EFT) was developed 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 on the points while talking through the problem, until the energy around that problem shifts towards release. Tapping can **calm anxiety and stress** and address a range of **physical and emotional health concerns**.

Tapping points

- 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.

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.

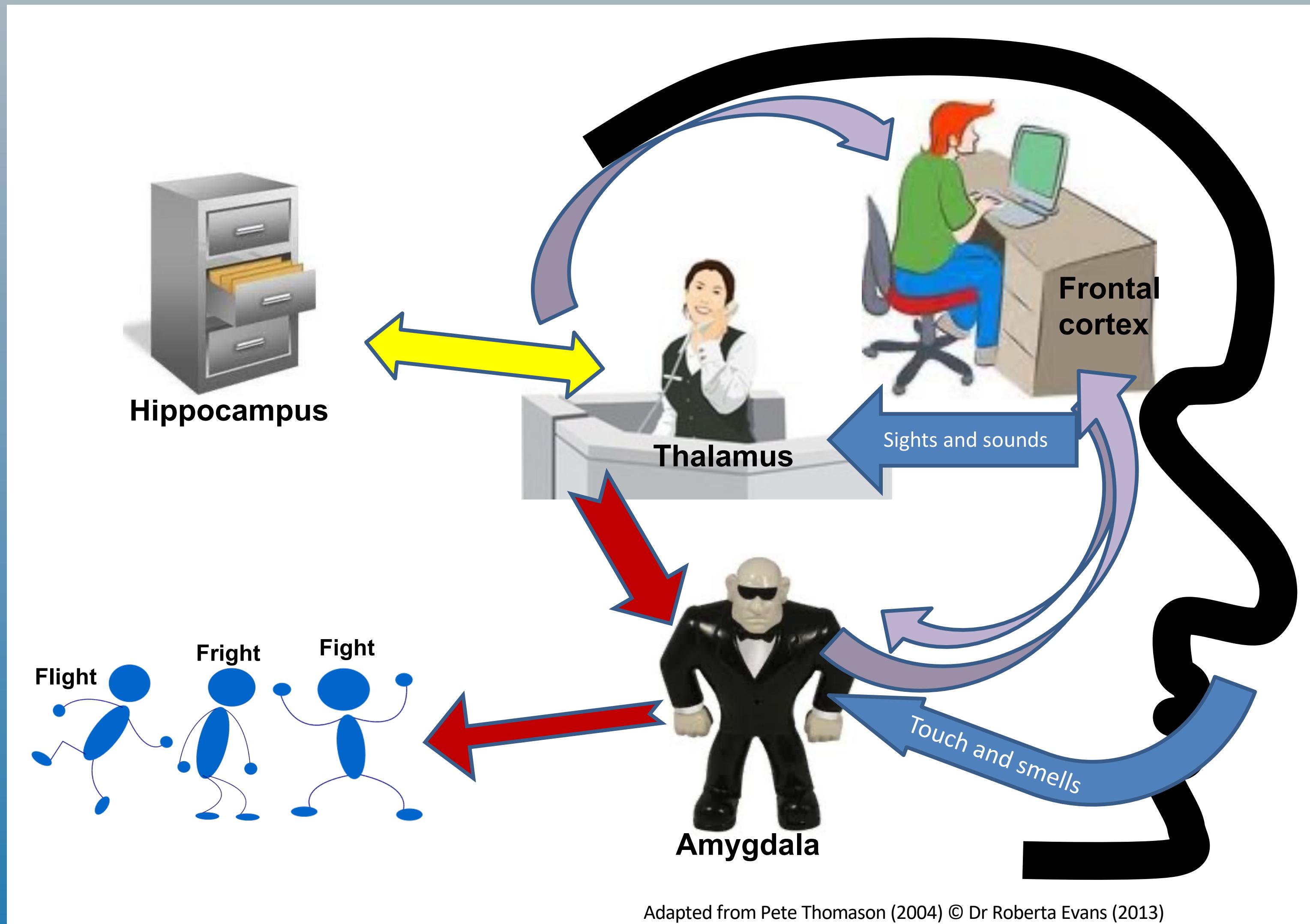
It's called the limbic system.

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.

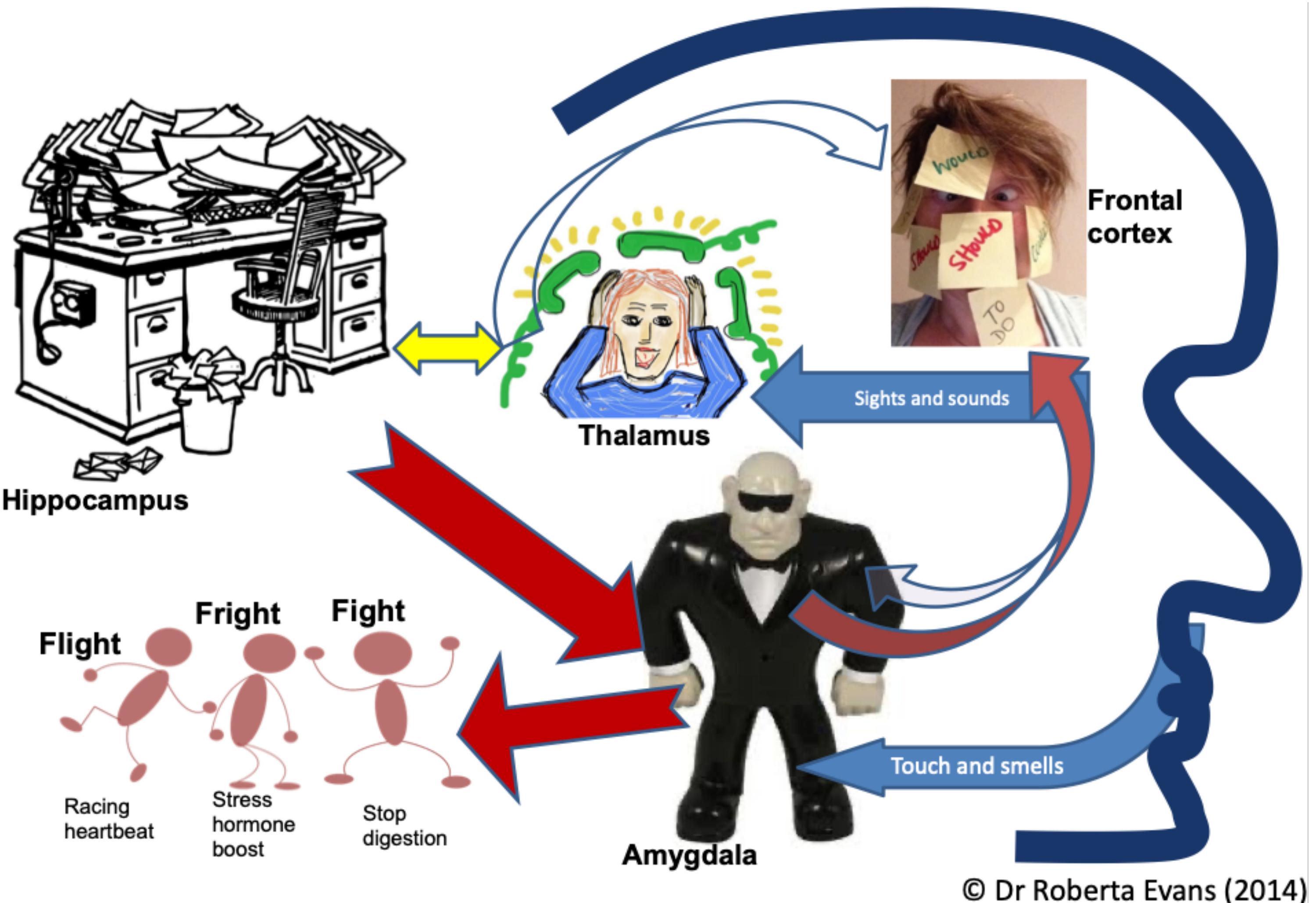
When stressed, triggered or overwhelmed then the amygdala takes action.

It is subconscious and automatic.



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

When the brain is overwhelmed, has too much trauma and stress then the Amygdala takes priority



The Amygdala triggers Flight, Fight, Freeze

- Such as escape through eating or drinking (flight)
- Avoiding tasks or feeling stuck (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.

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, doing gardening, working on a puzzle, having a nap - will all help.

It also needs a sense of purpose. 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!)

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:

Home	Work	Socialising	When alone
<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 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.

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've resorted to some pretty unhealthy behaviours in my life
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 just too much pressure and expectations
Top of the Head (TOH) - And I don't know how to face them, or don't want to sometimes

Above eyebrow (AB) - So thank you subconscious for giving me a break
Side of Eye (SE) - I'd rather criticise and judge myself than have others do it
Under Eye (UE) - What's the big deal anyway
Under Nose (UN) - Everyone has coping strategies like this
On the Chin (OC) - So it's a warning sign I'm not coping
Collarbone (CB) - Damn right I'm not coping, I can't do everything!
Under the Arm (UA) - Noone's perfect, even if I want to be
Top of the Head (TOH) - So this is my way of dealing with it, and no one can stop me

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

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 be asked to categorise 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.

	Home	Work	Socialising	When alone
	<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 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.

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 am 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

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

Above eyebrows (AB) - I acknowledge all my beautiful qualities
Side of Eye (SE) - I can be funny and clever and caring
Under Eye (UE) - I know how to be realistic and positive about a situation
Under Nose (UN) - I seek purpose in my life
On the Chin (OC) - I choose now to take time to reflect
Collarbone (CB) - I choose to have space to relax
Under the Arm - These help me stay balanced
Top of the Head (TOH) - I am claiming my power now



What has happened in the past that makes the Tightrope unstable?

Let's gently dig into the past to understand why we might fall off

!?



Left to fend
for self

Arguments

Teased

Cries for
help not
answered

Chaos

Bullied

Abandoned

Physically
hurt

Unfairly
blamed

Negative
role models

Sexually
hurt

Not safe to
be myself

Emotionally
hurt

Judged

Was often
anxious

No money
for basics

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	Education / Work	Friends / Socialising	My own
<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 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.

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

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

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

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



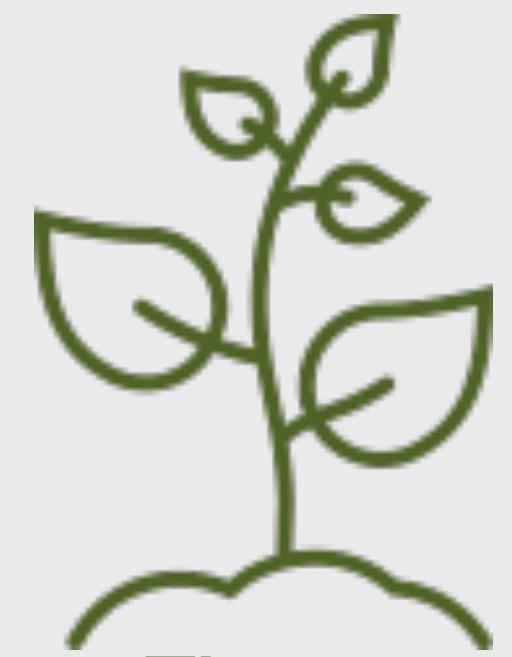
Praise received



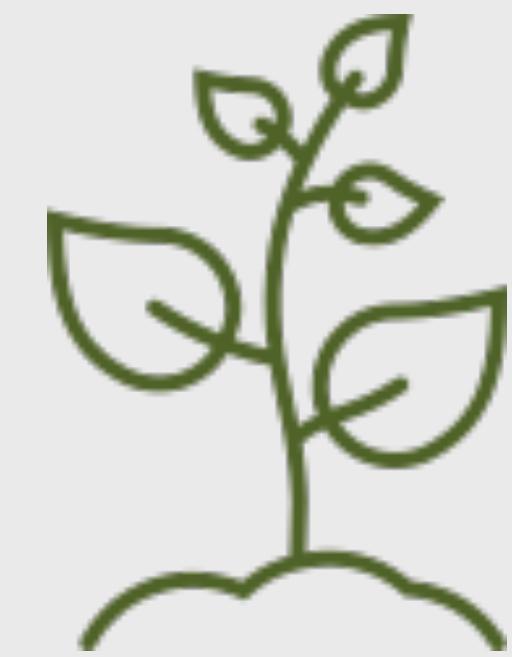
Believed in
myself



Something proud of
Found solutions



Times accepted



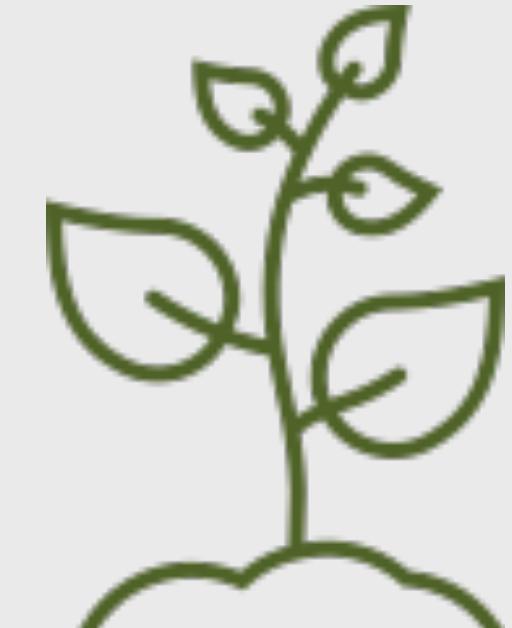
Time to learn
and grow



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	Education / Work	Friends / Socialising	Alone
<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.

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

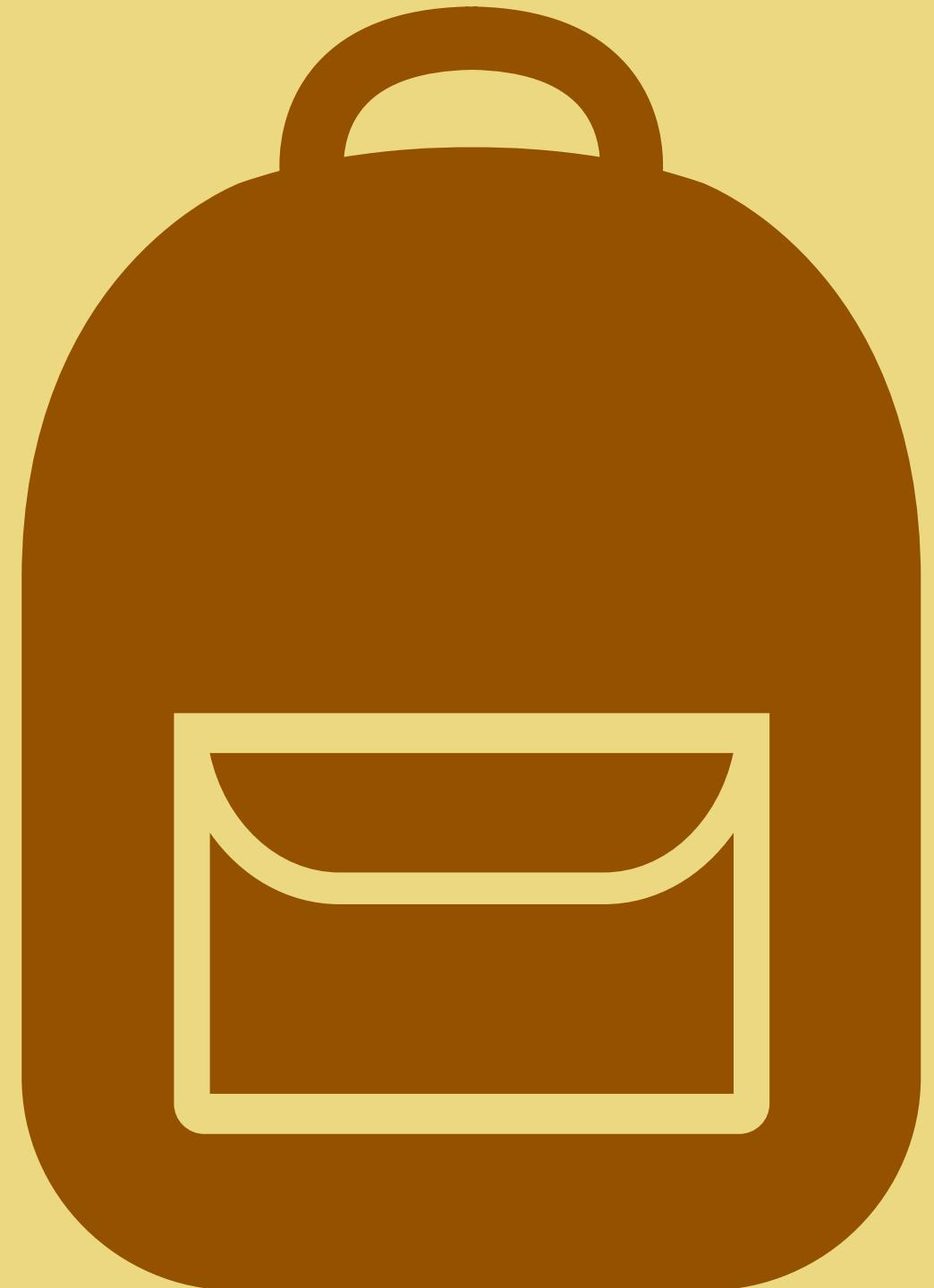
Above eyebrow (AB) - I am open to seeing the positive experiences in my past
Side eye (SE) - Even if that can sometimes feel like grasping at straws
Under eye (UE) - From a pile of muddy crap in my past
Under nose (UN) - I also know that mud and straw make bricks
On the Chin (OC) - So its worthwhile finding every straw to build a foundation
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 sustenance

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

Above eyebrows (AB) - I appreciate my journey

Side of Eye (SE) - Times with my friends
Under Eye (UE) - Times with my family
Under Nose (UN) - I have overcome difficulties
On the Chin (OC) - I choose to focus on what I have learnt
Collarbone (CB) - To see the moments of love in my life
Under the Arm - To bring that love into my heart
Top of the Head (TOH) - and let it flow and grow

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	Education / Work	Friends / Socialising	My own
<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' - and therefore the higher the Tightrope, the more wobbly and scary it is when you're trying to balance at the top

That's why it's important to work on letting go of baggage - managing emotions, getting help when feeling overwhelmed, looking at things differently, re-prioritising 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 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 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.

Karate Chop point

Even though I so much to do and no time to do it, I give myself time to for this
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

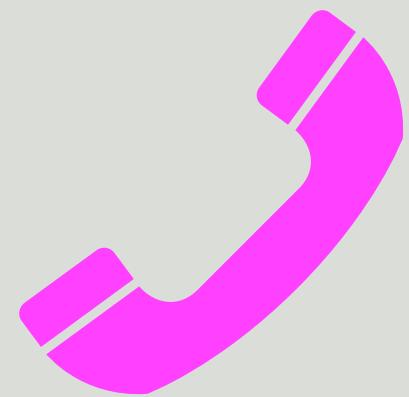
Tapping around the points

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

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

Above eyebrows (AB) - I can also choose to let go
Side of Eye (SE) - A part of me wants to fight on by myself
Under Eye (UE) - A part of me wants healing and to get help
Under Nose (UN) - I honour all my feelings and needs
On the Chin (OC) - I can find ways to deal with this that works for me
Collarbone (CB) - I can learn new ways to deal with the pressure
Under the Arm - Knowing that through letting go, I can balance
Top of the Head (TOH) - I claim my right to feel and to heal

Who or what is your
safety net when you fall?





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

My religion / faith

Place of support, where I feel I belong

Space to reflect

Safe space to let go

People who expect good of me

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 use to stay balanced)

Family / Home	Education / Work	Friends / Socialising	Alone
<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 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 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.

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

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

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



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, or 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?

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 apparently competing values into the same space. For example, if you are prioritising security by having a job you can also prioritise having fun during down times and prioritise some peace / calm by journalling or reading a book 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 Netflix 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?

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



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 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.

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 loose my balance
Under eye (UE) - At times 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

Above eyebrow (AB) - What I value may not be the same as others
Side eye (SE) - I can respect their value-driven choices
Under Eye (UE) - I wonder if I inherited my values?
Under Nose (UN) - The values of my parents or authority figures
On the Chin (OC) - Maybe I have a bit of both, everyone is unique
Collarbone (CB) - I can choose to keep or release others values
Under the Arm - It's ok to have new values that support my changing identity
Top of the Head (TOH) - I can apply different values at different times in my life

Above eyebrow (AB) - I choose to live a high-value life
Side of Eye (SE) - To prioritise my decisions to what is important
Under Eye (UE) - To find ways to bring my values into activities that may not align
Under Nose (UN) - I am open to the possibility that I can ...
On the Chin (OC) - Be creative and secure
Collarbone (CB) - Give to others and have fun
Under the Arm (UA) - Show authority and kindness
Top of the Head (TOH) - Value myself and others

**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	Education / Work	Friends / Socialising	Alone
<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 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.

Karate Chop point

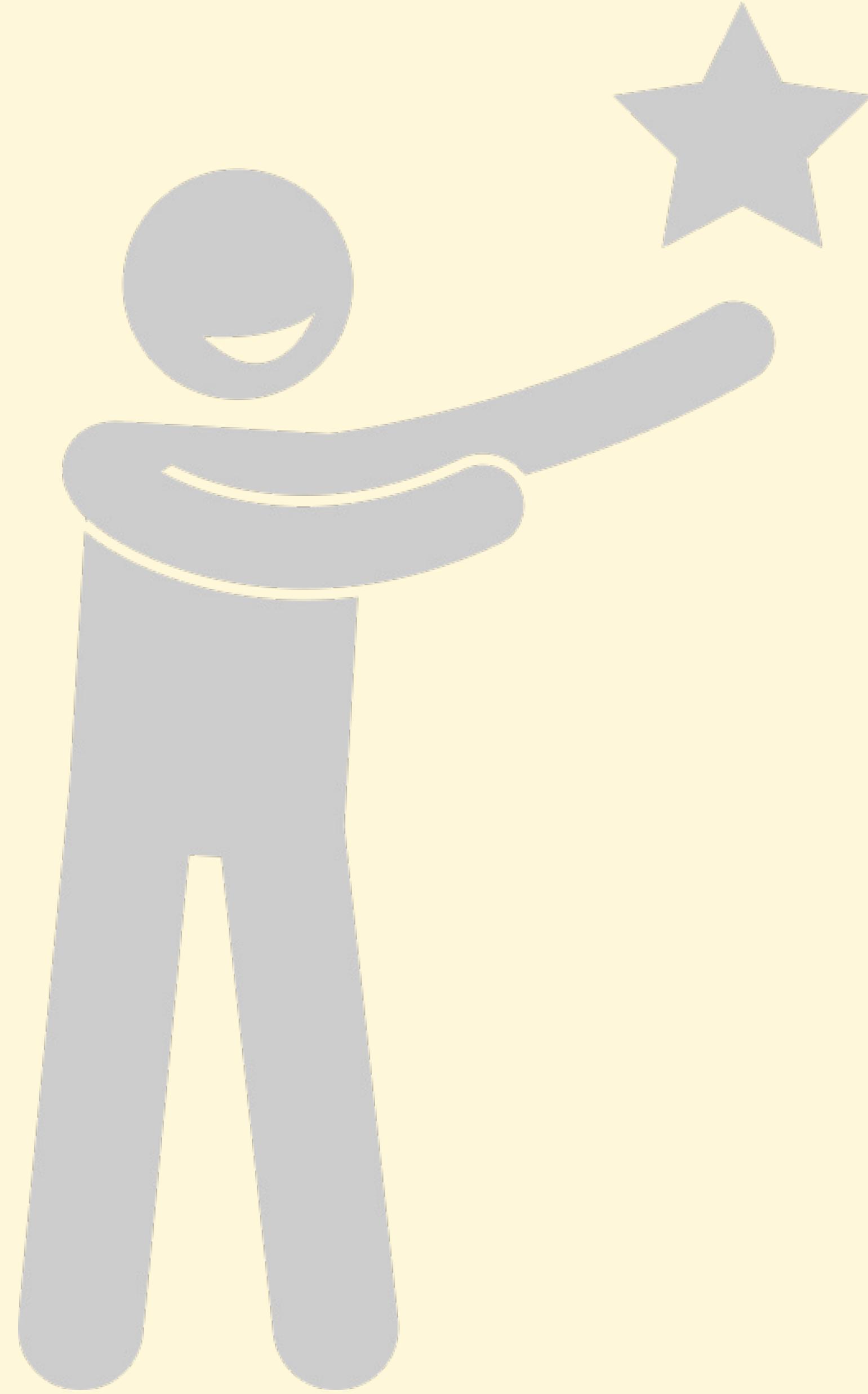
Even though I feel overwhelmed at what I need to change in my life, I am here doing this now
Even though I have tried and failed at so many things before, I am open to trying this out
Even though there is so much I would like to do differently, I can accept where I am now

Tapping around the points

Above eyebrows (AB) - Wouldn't be so 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 all this is stressful

Above eyebrows (AB) - I honour my process
Side of Eye (SE) - Even if something has failed
Under eye (UE) - Doesn't mean it wasn't worth a try
Under nose (UN) - I can recognise steps I would like to try
On the Chin (OC) - That I know work for me
Collarbone (CB) - These are important to keep me balanced
Under the Arm (UA) - When I am balanced things go easier
Top of the Head (TOH) - Time starts to open up to me

Above eyebrows (AB) - I am open to choosing at least one step
Side of Eye (SE) - And to take things one step at a time
Under eye (UE) - I can choose a step that aligns with my values
Under nose (UN) - One that provides positive experience
On the Chin (OC) - Or perhaps connects to my safety net
Collarbone (CB) - I can choose my own steps for balance
Under the Arm (UA) - I am stepping into my power now
Top of the Head (TOH) - Letting my true nature shine



What are
your ultimate
goals?



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

There are no prompts in this section because everyone holds different aspirations for themselves.

You can use the steps in the previous section to think about what might help you achieve your goals.

You may find that some of the steps are actually goals that you would like to work toward. So include them here.

To make a goal achievable, be sure to add a timeframe for when this will be achieved, otherwise it's just a dream.

Family / Home	Education / Work	Friends / Socialising	Alone
<i>Example: Declutter lounge - by the end of next month</i>	<i>Example: Finish course - by the end of the year</i>	<i>Example: Plan more fun activities - each week book something out</i>	<i>Example: Learn to meditate daily - start by downloading app by Sunday</i>

Congratulations!

You have just worked through some powerful reflections about your ‘falling off’ behaviour, your skills and qualities that help you stay balanced, your past harm and positive experiences that create the foundation of life, the current worries still making things wobbly and your safety net. And, finally, your goals and the steps you can take to help you balance and get to more stable ground.

I hope that the tightrope analogy and prompts have been helpful, along with the reflective exercises and scripts. Hopefully 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



A space for more notes