

# Upgrade your Self Image with EFT

*by EFT Master, Judy Byrne*

What we experience determines who we think we are. We can make decisions about who we are and what value we have in a single instant - and then live with those decisions as if they are absolute truths. We can forget, if we were ever aware of it, how we came to believe them.

Sometimes, of course, it is not just one single incident. One event sets us up to have a belief and similar things happen to confirm it. When dissimilar things happen, we just don't notice. We are, as a species, template-matchers. We have to be. We are constantly exposed to more information than we could ever process. So have a built-in selection mechanism. Once we have set up a template in our heads we constantly look for evidence that fits it and mostly miss noticing what doesn't.

So, for example, at 37 you are convinced you cannot do math because of a decision you made at the age of six when you were having trouble following what a teacher was saying. Maybe you had been daydreaming and missed a crucial bit of the explanation. Maybe the teacher was explaining badly. Maybe your concentration was below par because you were worried that your parents were having so many rows. It might have been nothing to do with your natural aptitude for working with numbers. But something critical was said and you decided you had no mathematical ability.

The memories, that link in chains and add up to more than the sum of their parts, tend to be memories that give us the same negative message about ourselves. For instance, when you think about a negative event the negative belief that goes with it could be: "Nothing I do is ever good enough."

This belief will be stored in your system linked to, and confirmed by and magnified by, other memories that also have the same negative belief that: "Nothing I do is ever good enough."

We take on such messages from teachers, parents, siblings, peers and later, partners and ex-partners. EFT brilliantly helps disempower these memories and reframe the message we took from them. We may have small 't' traumas from which we make early decisions about ourselves and our safety and/or full-blown traumas that threatened our survival.

I will discuss this concept and how to resolve it in depth in my workshop: *Healing History with Energy Therapy*, the workshop that I will be presenting on October 12, 2009, as a post-conference event following the EFT International Masterclass in Manchester, in the UK.

I have also done a double DVD Masterclass on Working with Memories called **Beyond basics with EFT**. [Click here for more details](#).

We can tap on our self esteem symptoms to ease their hold on us without going back to their origins. The more we can clear this way the fewer specific memories we may eventually need to go back and deal with.

When we are tapping on symptoms such as those below, memories may pop into our awareness. When they do, note them down. They are asking you to deal with them. Add them to your personal peace procedure and do the movie technique on each of them.

But for now, have a look at the setup statements below. Read them silently. Try reading them out loud. Let yourself notice which statements resonate most with you.

#### SETUP STATEMENTS:

*Tap on the karate chop point* and say what you have chosen from the list below three times. Whichever one you start with you can go back later and do another.

“Even though I do not deserve to succeed ...”

“Even though I do not deserve to be loved ...”

“Even though I am afraid I will be found out...”.

“Even though I cannot attract what I want in my life however hard I try...”

“Even though I am not good enough...”

“Even though I cannot accept myself because (fill in the because for yourself)...”

“Even though I cannot forgive myself for (fill in for yourself)...”

“Even though I am not enough...”

“Even though I don’t deserve to get over this because (fill it in for yourself)...”

“Even though I cannot work with other people until (fill in for yourself)...”

Then *tap around the points*:

*Top of the head*: “I am not good enough.”

*Eye brow*: “I am not good enough to have what I want.”

*Side of the eye*: “People will find out I am not good enough.”

*Under the eye*: “I am not good enough to get what I want.”

*Top lip*: “I don’t deserve to anyway.”

*Chin*: “I am not good enough to be loved.”

*Collar bone:* “I am not good enough to forgive myself.”

*Under arm:* “I just cannot accept myself.”

*Top of the head:* “I am not good enough to accept myself.”

*Eyebrow:* “They will find out I am not good enough...”

*Side of the Eye:* “No they won’t...”

*Under eye:* “They aren’t perfect either.”

*Top lip:* “Only robots are perfect.”

*Chin:* “I am perfectly human.”

*Collar Bone:* “Human beings cannot be perfect.”

*Under arm:* “I am perfectly human.”

As you tap, besides noting any memories you find yourself thinking of, also notice any tail-enders that come up and make a note of them to work on later. For example, if you find yourself thinking: “but I don’t accept myself because of...” return to tap for each ‘because of.’

Now, pick another setup from the selection above and use it three times on the *karate chop point*.

Then tap around again as follows:

*Top of the head:* “I am not enough.”

*Eyebrow:* “Yes I am.”

*Side of the eye:* “I can never accept myself.”

*Under the eye:* “Yes I can.”

*Top lip:* “I can accept myself as a work in progress.”

*Chin:* “I don’t have to be perfect.”

*Collarbone:* “No one is perfect.”

*Under arm:* “Humans are never perfect.”

*Top of the head:* “I can never forgive myself for...”

*Eyebrow:* “I can forgive myself for... “

*Side of the eye:* “I am perfectly human.”

*Under the eye:* “I am imperfect because I am human”

*Top lip:* “I accept myself.”

*Chin:* “I accept myself as a work in progress.”

*Collarbone:* “My mistakes are my learning.”

*Under arm:* “I accept myself.”

Judy Byrne is in private practice and teaches EFT classes.

[www.JudyByrne.co.uk](http://www.JudyByrne.co.uk)

Please check her web site as well for her helpful and informative DVDs

You may wish to see Judy introduce EFT in her short video:

<http://www.youtube.com/watch?v=b15Zhu6fEdg&feature=related>