



### **Homework Assignment and Journaling Week #1**

Congratulations on taking this first step in healing your sex and intimacy problems. This system is designed to enlighten you about the root causes of your issues in the bedroom. One of the most important aspects to this work is that you relax and not worry so much about “getting it just right”. Just as you are going to attain trust in your ability to reconnect with your partner, you will also begin to trust that your mind will assist you and the right words and phrases will come to you.

As with everything in EFT® the more specific you are the better so if our suggestions don't quite “land” or hit their intended mark by all means change the words. Add and substitute those key words in your psyche that resonate with you as you proceed. One of the best ways to go through this list below is to just allow the first answer that pops into your mind to be the right one - the one you use as the jumping off point. As you do this and begin the tapping process other things/events/people/circumstances will be brought to the surface. This doesn't mean that EFT® isn't working only that it is clearing the surface layers of the issue and revealing those deeper connections to come up to your conscious awareness to be worked on next.

If you would like a more thorough explanation of EFT® please avail yourself of the free online manual at [www.emofree.com](http://www.emofree.com) Path 2 Passion is the individual work of Dr. Craig Weiner, DC and Alina Frank and varies somewhat from the original EFT® model. You are instructed at this point to seek the advice of your medical doctor and/or therapist before you begin this program. You are instructed here to tell your doctor and/or therapist if you are altering, beginning, or ending any therapy and/or medication. Proceed at your own risk.

**List of Fears**

Without too much processing and analysis, please read the following statements aloud and assign them an intensity rating from zero to ten (zero holds no intensity at all while ten is very intense when you think about the statement).

		Intensity Before Tapping	Intensity After Tapping
1	I feel scared regarding my feelings about wanting or not wanting sex.		
2	I am scared of finding some issue that is too big, too frightening or too dark for me to address.		
3	I am scared of causing a rift in my current relationship.		
4	I suddenly want more sex this will cause a problem in my relationship.		
5	My current relationship might have to change to be fulfilling.		
6	My fear/embarrassment of having to actually talk about it feels overwhelming.		
7	My partner might judge what I want and am asking for.		
8	I will feel embarrassed by what others will think, feel or say about my preferences.		
9	I am scared that I might not get what I want so I would rather not ask for it at all rather than feeling disappointed.		
10	I can't tell my partner because he or she might feel hurt or even offended.		

Now that you have given each statement a number of intensity begin your tapping this week focusing on the ones that feel most intense. Use the form below to change any of the statements above to reflect your personal fears and/or embarrassment. If certain connections come to mind about where these fears first began or how they have shown up in various parts of your life with other people then list those and tap through them. We recommend that you tap 5-10 minutes each day on both round 1 and 2 together in each sitting. Doing the homework that often assures that you will collapse the fear or embarrassment even if you don't get the words just right. As the founder of EFT® Gary Craig often says, the way to get it wrong is to not do it.

**My Personal Fears and/or Embarrassment**

		Intensity Before Tapping	Intensity After Tapping

**Round 1-**

Karate Chop Point:

Even though I am scared that I will uncover some problem that is too big for me, I fully accept myself. Even though there is a part of me that would rather remain in the dark about my sexual problems, that's OK, and I can accept where I am right now, in this moment. Even though I don't want to face my greatest fears in bed, I love myself anyway.

- TH: I'm scared of what I might discover
- TE: I might find something I don't really want to know
- EB: I'm afraid
- SE: I'm really scared
- UE: It might be too dark to be revealed.
- UN: There is a part of me that would have it remain buried.
- CP: It might feel too overwhelmed.
- CB: I'm scared of looking for the problem
- UA: I might actually find it.
- TH: What if I could simply allow it to reveal itself?
- TE: To bring awareness to it could actually lighten it.
- EB: If I allow myself the insights, I might actually be taking a step towards healing.
- SE: What other areas of my life could possibly expand as a result of this awareness?
- UN: There is a part of me that is ready to look at these issues to have them worked on.
- CP: I choose for this part of me to prevail now.
- CB: I am feeling hopeful about this process and choose to feel safe as I explore these issues.
- UA: I choose to feel compassionate, patient, and loving towards myself during this process.
- TH: I claim my birthright to be happy, peaceful, joyful and grateful about my commencing on this journey of full sexual expression.

**Round 2** –

(Note that we have skipped the Karate Chop here)

TH: I allow myself the chance to feel, see, and touch all those parts of me that may have been long dormant.

TE: I chose to feel safe as I uncover those blocks that have impeded my growth in this area of my life before.

EB: What if this were something I could learn easily, joyfully, and could actually bring my partner and I closer together?

SE: How would I feel if we were to love that deeply on a physical and spiritual level?

UE: What could I gain from mastering my sexual nature?

UN: Are there other limitations that I could transcend as a result of this healing?

Chin: I am ready to do some tapping around this issue and I am ready to an open and honest assessment of my sex life.

CB: What have I got to lose but what is hindering me?

UA: I feel grateful for being given this vehicle for pleasure

TH: And now I intend to assist my mind, body, psyche, and spirit so they may work in conjunction with one another to so that I can see, feel, touch, and know how magnificent I truly am.

We encourage you to take a moment and write down any valuable insights or conclusions that accompanied the rounds of tapping or that came immediately afterwards. Those rich nuggets of information will be a great resource for you in the weeks ahead. If you want you can even tap while reading them aloud – no set up, no systematic tapping sequence, just tap and release the feelings associated with what you wrote.

**My Insights/Observations/Conclusions**

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We look forward to guiding you further down the Path2Passion next week with ***The Monsters Under the Bed.***

Keep on tappin’,

Alina and Craig