



Homework Assignment and Journaling Class #2

Some memories are too traumatic to deal with on your own without the professional assistance of a therapist. **This is when the help of a professional is highly recommended especially if you were a victim of sexual trauma and abuse.** Proceed at your own risk. You might suddenly recall some previously forgotten memory and surprise you. If you feel an overwhelmingly intense reaction from doing these exercises please begin to tap over and over again on the tapping points until they subside. No words are necessary at that point – merely tapping will bring the intensity down. Again, this is when professional guidance is required.

Answer the following questions and rate the intensity level of the way you feel about your answers:

List a memory that created a feeling of embarrassment that had to do with your body or sexuality, maybe a time that your were caught in a compromising position.

List a time that some boundary was crossed even if it was just someone's energy that felt wrong to you.

List your first sexual experiences. Who were they with? Was it what you expected? What feelings do you have about it? Regrets? Anger? Sadness? Fear? Embarrassment? Shame? Guilt?

List the times you felt coerced sexually. How do you feel about those times?

Did you ever experience any negative repercussions for sex? Pregnancy? Abortion? Sexually transmitted diseases?

List any infidelity either on your part or by your sexual partner. How do you feel about it now?

Look over your answers and work from the most intense to the least. Again paying heed to our warning that some of these memories should be addressed with a professional, proceed with your tapping. As you launch on your homework this week you will attain insight in your individual struggles. If you are working through a memory and suddenly another comes to the fore then jot it down to work on next. Ideally you will spend 5-10 minutes a day tapping allowing the phrases below to be your launching off point for other subsequent rounds of tapping especially on what came to the surface afterwards.

It is very important to say the phrases aloud and not just think the phrases in your head. Remember, if you want to really change your life, if you really want to heal yourself, you will want to commit to doing these everyday.

Tapping Script-

Karate Chop Point: Even though I have this embarrassing memory that I try to forget, and think that I have done all the work around it that needs to be done but its not really done...I can fully accept myself. Even though it feels like re-hashing this memory will bring back more embarrassment and I don't really want to deal with it one more time, I can accept myself and my resistance anyway. Even though I have never really let go of this embarrassing story, I can hold the possibility that I will be able to let this go and accept myself fully in the future.

TH: When I think about this moment, I feel embarrassed.

TE: I wish it never happened.

EB: I should have known better than to put myself in that position.

SE: I feel so stupid.

UE: Re-telling the story makes me feel ashamed of myself.

UN: I try to never reveal this part of my self.

CP: I thought I healed this old story in therapy already.

CB: But it's still there.

UA: Maybe I can offer myself a bit of kindness about this

TH: I know that these kind of things happen to kids

TE: I know that I am certainly not the only person in the world that this has happened to.

EB: Holding onto this embarrassment does not create any healing for me.

SE: I now have greater wisdom and understanding than I did back then.

UN: I can hold greater compassion for myself and any others that have gone through a similar situation.

CP: I even hold the possibility that there could be some humorous aspect to this story that I have been unwilling to let myself feel before.

CB: This story was only one moment in thousands of moment of my life.

UA: I am ready and willing to forgive myself and anyone else involved with this story.

TH: I hold the possibility that it's time to let any remaining angst about this memory dissolve.