

Homework Assignment and Journaling Week #4

This week you will be asking questions about your physical sexual responses and observations.

Tapping while asking the questions below will give you insights that will then lead you to the contributing emotional factors of your physical problems. This is however not a substitute for medical advice. I suggest that you work in conjunction with your doctor when working on these problems.

You can use these tapping prompts to help find what may be underlying. Take note of any memories, beliefs, situations, emotions, or whatever pops in your mind as you are tapping, even if it seems unrelated. Then use Basic EFT tapping to neutralize these emotional pieces.

Note: Sometimes you will be saying two or three statements in one area. Take your time between statements and gently allow your mind to process.

Tapping for Clarity

Side of Hand: Even though I am having some physical symptoms that correspond to some hormonal changes going on in my body whether it be the time of the month, the stage of my life, or a physical condition or disease that I am suffering from...and I am not sure what the emotional issues are I deeply accept myself.

Even though I have no clarity as to why my body is feeling the way it does but I see some sexual dysfunction as a result, I am open to forgiving and accepting myself.

Even though I may be experiencing a (insert what's appropriate for you) lack of libido, erectile dysfunction, vaginal dryness, premature ejaculation, anorgasmia, or some other physical symptom related to my hormones and my unhappiness with my current sexual life, I choose to allow my mind to assist me in the exploration of the emotional causes.

TH: Something is wrong and it's probably hormonal.

BE: It's affecting my sex life.

SE: I feel it in my body.

UE: It's spilling over in to the other areas of my life.

UE: And I don't know what the root cause of it is.

UN: My hormones are out of whack.

UN: And it's showing up as a physical condition in my body

CB: I'm frustrated because I don't know the answer

CB: I feel completely dissatisfied with my sex life

UM: But I definitely see the results

UA: I am going to put on my EFT world view glasses

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TH: If there was an emotional reason for these fluctuating hormone Levels, what would it be?

BE: If there was some situation 6 months to a year before having this problem that triggered this chain of events in my body, what would it be?

SE: What is causing this physical condition?

UE: I'm open to finding out

UN: I'm also open to letting it go without knowing

UM: I can let it go without reliving it

CB: I am open to releasing this or finding out more

UA: I'm ready to release it from my body

Be gentle with yourself, your discoveries, and whatever shows up for you. Please reach out over text message or voxer if you have any questions or concerns.

Enjoy Playing and Exploring!

Dawn