

Homework Assignment and Journaling Week #6

We all know that stress is the #1 contributing factor in most illness and disease. It's also a big reason for clients as to why they aren't having sex. Seems ironic since sex in and of itself is a great stress reducer. Here is the list once again of the top 10 stressors:

- Death of spouse
- Divorce
- Marital separation
- Jail term
- Death of a close family member
- Personal injury or illness
- Marriage
- Fired at work
- Marital reconciliation
- Retirement

Perhaps these aren't your current stressors. If they aren't, then examine where most of your stress is coming from- work, money problems, your children, etc.

Pick the one is that is a constant source of stress in your life. Create Basic EFT tapping statements in order to make this as specific to your situation as possible. Remember it's better to be specific; if your work is driving you crazy, target your tapping to be about a particular person or situation at work i.e. your boss who yelled at you the other day, the raise you didn't get, or your inability to get recognition in your team.

Tapping

Below are a series of very general tapping examples to get your mind stimulated. This is meant to stir memories or ideas, and is not an ideal tapping script to clear emotions.

Remember to make it terrific for you, be specific to your particular memory. You don't need to tap on things that don't carry resonance or an emotional charge for you.

Side of Hand: Even though I feel stressed out, anxious and overwhelmed, and even though sex is the last thing on my mind, I am open to accepting myself.

Even though all my mind keeps thinking about is the stress of keeping our jobs, paying the bills, and figuring out how we are going to ever sell our house in this terrible market, I accept I feel this way.

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Even though I am at my wits end on how to reign in the kids who are being a royal pain, and my mother is having health issues again, and now the furnace is having challenges, and I have no desire to get naked, to touch anyone, or to have sex, I accept I feel this way and am open to letting the stress go.

looks like it needs to be replaced and I have no desire to get naked and have sex and despite all that, I deeply and profoundly love and accept myself.

TH: All of this anxiety.

TH: This overwhelming stress

BE: I'm overwhelmed

SE: This stress is really affecting me

UE: The stress that has taken over my mind

UN: This heavy burden of pressure

UM: This pressure I feel _____ in my body

CB: This stress that's affecting my hormone levels

UA: It affects my ability to enjoy my life

TH: I can't even think about having sex

TH: Could I possibly let go of one stressor in my life with tapping?

BE: Would this make me more resourceful and enable me to cope better?

SE: Would I then be more open to connecting with my partner?

UE: Can I break this vicious cycle that has led to my low desire and low libido?

UN: It certainly seems better than the alternative.

UM: I can balance my hormone levels by addressing the underlying stress in my life

CB: I commit myself to working on one main stress producing area of my life.

UA: Tapping on it daily until I see a difference in my mind, body and spirit

TH: And I choose to have this happen easily and effortlessly.

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

Enjoy Playing and Exploring!

Dawn