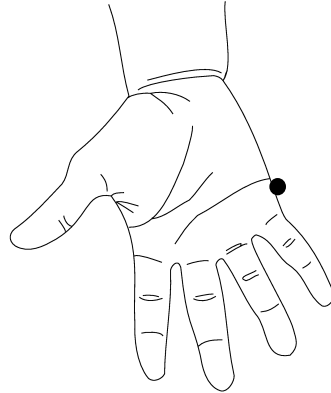


5 Minute Phobia Cure

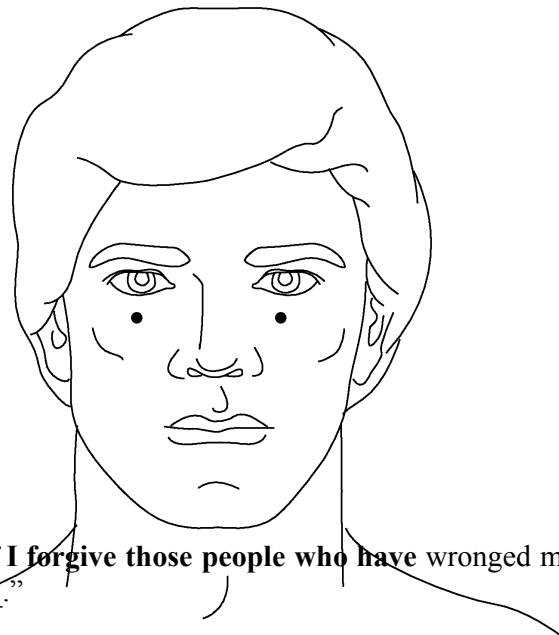
5 Step 1

Tap while saying
“I love myself even
if I _____.”
Repeat this 3 times.



Step 2

- a. Rate the problem on a scale from 0-10 (10 being the worst possible feeling).
- b. While thinking about the problem, tap under the eyes until the number goes down to 0.
- c. If you can't get the number to go down, go back to step 1, and start over.



Variations:

1. “I totally and completely love myself.”
2. “I totally and completely love myself even **if I forgive those people who have wronged me.**”
3. “I totally and completely forgive _____.”
 - Father,
 - Mother,
 - Dr. that delivered me,
 - Anyone that you have perceived to have wronged you ~~in~~ any way

Fill in the blanks with all of your perceived faults and failings!!!!

Treat the positive and negative statement (can / cannot, am / am not)

4. “God loves me.”
5. “I totally and completely love myself even if: _____.”
6. “I totally and completely forgive myself even if: _____.”
7. “God loves me even if: _____.”
8. “I am lovable even if: _____.”
9. “It’s safe for others to love me even if: _____.”

5 Minute Phobia Cure

**I totally and completely love myself even if:
I totally and completely forgive myself even if:
It's safe for others to love me even if:**

**I am lovable even if:
God loves me even if:**

I am perfect, infallible, flawless.

I feel I am deserving.

I hold grudges

I am 100% healthy and pain free.

I have a perfect body.

I am perfect .

I am overweight.

I am a huge success in life.

I succeed at _____ .

I worry.

I feel secure.

I have a perfect memory.

I make lots of money.

I am rich.

I unobtrusively enter the hatred (anger, resentment, negative) energy field with love.

I enter the hatred (anger, resentment, negative) energy field without love.

I am negative in thought, deed or action.

I don't value my skills, values or morals.

I am a light or beacon for others to follow.

I fear my future destination.

I do not know my future destination.

I feel I am deserving.

I feel that I have to sell myself to others.

I don't feel that I have to sell myself to others.

The uncertainty of my future and the future of my family creates anxiety.

I fill my mind with love, gratitude and forgiveness.

I don't fill my mind with love, gratitude and forgiveness.

I live from my higher self rather than my ego.

I live from my ego rather than my higher self.

Others do not follow when I lead.

I am negative in thought, deed or action.

Others are negative in thought, deed or action.

Others don't value my time.

Others are generous and grateful.

Others are not generous and grateful.

Others do not follow when I lead.

I am imperfect, fallible, flawed.

I feel that I am not deserving.

I don't hold grudges

I am not 100% healthy and pain free.

I do not have a perfect body.

I have faults.

I am skinny.

I am a total failure at life.

I fail at _____ .

I do not worry.

I feel insecure.

I am forgetful.

I do not make lots of money.

I am poor.

I have faith in my future destination.

I know my future destination.

I am positive in thought, deed or action.

I do value my skills, values or morals.

I have faith in my future destination.

I know my future destination.

I feel that I am not deserving.

5 Minute Phobia Cure

These will also help. Just tap them in and clear them with the eye points. You can use these with others by replacing I, my and me with us, our and we.

I see my purpose so clearly that I get my outer self out of my way.

I am the Vision, God is the Power, and we are the Team.

My purpose is so clear that no doubts can enter my mind.

I love what I do, I do what I love.

I am a master of persistence. I do not quit.

I am focused, and I stay on top priorities.

I live and radiate high intensive energy.

I love to tell others what I do.

I attract money with ease.

I love to share.

I love to give.

God provides me with abundance.

My faith and forgiveness grows daily.

The more people I serve, the more abundantly I live.

I act in faith always.

The power that made the body, heals the body, and I know it.

I love my family, and they love me.

I do wonderful work in a wonderful way, I give wonderful service for wonderful pay.

The genius in me is now released. I now fulfill my destiny.

I am a wonderful, loving, caring _____.

My time is valuable and I am worthy of greater things.

I am a great leader, and I honor those who want to listen, cooperate and/or follow.

I am a great leader, and I honor those who choose not to listen cooperate and/or follow.

I release all adverse thoughts, and open myself to the genius within me; let me see clearly the perfect plan.

Perfect love casts out fear. He that has fear is not made in perfect love. I love everyone and everyone loves me. My apparent enemy becomes my friend, a golden link in my chain of good.

Fear is inverted faith, and I choose faith and the Higher Vibration rather than fear and anger.

I enjoy the power of my Spirit, and choose to grow. I dispel all mental lethargy now.

Rhythm, harmony and balance are now established in my mind, body and affairs.

I am a wonderful father and husband (mother and wife, etc...).

Any affirmation will work. Start small and get BIG!!!

i.e.- I am smart, I am one of the smartest people that I know, I am one of the smartest people living, I am one of the smartest people in the history of man, I am one of the smartest people in the universe, all of my thoughts, deeds and actions are true genius.

Additionally, read **Feelings Buried Alive Never Die**, and use the script(p. 93) to treat the emotions you are most frequently dealing with. Use your affirmation points (on your hands) while you say the script.