

# Leaving Your Comfort Zone:

*Tapping guide to relaxing your  
resistance to change*

**By Janet Hilts**

**Performance Coach**

**[www.Clearing-Pathways.com](http://www.Clearing-Pathways.com)**

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## DISCLAIMER

This information is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is a sharing of techniques and information based on the knowledge and experience of [Janet Hilts](#) and her community. Janet encourages you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

Although tapping has produced remarkable clinical results, it has only been used in its current form since 1992, and is thus still in the experimental stage. Users of tapping or any other energy therapies discussed on this website must take complete responsibility for their use of it. Tapping has no side effects and it has been known to bring peace of mind, relaxation, a brighter outlook, better health, more energy and focus, added self-esteem, and to relieve stress, anxiety, chronic pain, and a multitude of other ailments and issues.

Janet Hilts is not a licensed health care professional. She is a professional performance coach and experienced EFT-based tapping practitioner who cares deeply about the welfare and health of her clients. Often, results are realized from tapping that have not been achieved through other methods or therapies.

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## ACKNOWLEDGEMENTS

I am enormously grateful to Gary Craig for developing EFT in the first place, and for his continued gifts to us all through his evolving teaching. He trained all the teachers from whom I've learned so much.

I am so thankful to Lindsay Kenny, EFT Master, for her instruction. Her teaching that we can shift our language as we shift our energy are some of the treasures behind the tapping process I use. I also appreciate Patricia Carrington, EFT Master, for her Choices Method which I've incorporated here. Thanks to Carol Look, EFT Master, for her teachings that influence my practice and writing.

And I salute all my clients and students for the privilege of working with and teaching them. Their trust has enabled me to refine all I have to offer you.

Last, but not least, I am grateful to you, the reader, for recognizing that you have the power within you to heal yourself. YOU make breakthroughs like tapping a reality. Please write me of your successes.

With my best wishes for your success and happiness,

*Janet*

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## INTRODUCTION (Read this first!)

Thank you for purchasing **LEAVING YOUR COMFORT ZONE: *The tapping guide to relaxing your resistance to change.***

Can you imagine being comfortable stepping outside of your comfort zone? I know it's possible – it's just a matter of eliminating your reluctance. Tap along with this script to reduce your reluctance to leave that zone.

Are you new to tapping? It's a simple, easy-to-learn technique. To get familiar with it, pause the audio and go to [www.clearing-pathways.com](http://www.clearing-pathways.com). Then click on Tapping- The Basics. There you'll find complete instructions and a diagram of the tapping points. Then come back here and tap along with this script.

## TIPS ON MASTERFUL TAPPING

This style of using tapping has been proven to speed up the process of clearing issues. At the same time, it's thoroughly effective and usually achieves lasting benefits. This may include ways to use tapping that are new to you. So take a few minutes to read about them so you can make the best use of this script.

Here are the components of Masterful Tapping:

- **Tapping points**: In addition to face and upper body points, you'll use the liver points, wrist points, and the top of the head. (See [Tapping Points](#), page 4.)
- **Use both hands** : Use all fingertips with both hands at the same time. There are meridian endpoints in all the fingers, so you're accessing your energy system through all those channels each time you tap on a point. This increases effectiveness of tapping. To access both wrists at the same time, just cross your wrists on the inside, and gently thump them together.
- **Assess intensity** : You need to know how intense your emotion is. Or the intensity of a belief you hold. It's critical to see your progress. With Masterful Tapping, you have to measure intensity to see which part of the script to use. (Read more on [Assessing Intensity](#), page 5.)
- **Setup** : You acknowledge that you're OK, even though you have a problem.
- **Problem** : You start tapping, focusing on the problem you intend to release.
- **Transition** : As you begin to release the issue, you'll change your language. What you say will match where you are in the letting-go process. (Read more in [Transition Phase](#), page 7.)
- **Choices** : When you're close to freedom from your problem, you'll start to introduce some new possibilities. (Read more in [Choices Phase](#), page 7.)

## TAPPING POINTS

Tap firmly, but gently -- about 5-7 taps on each point.

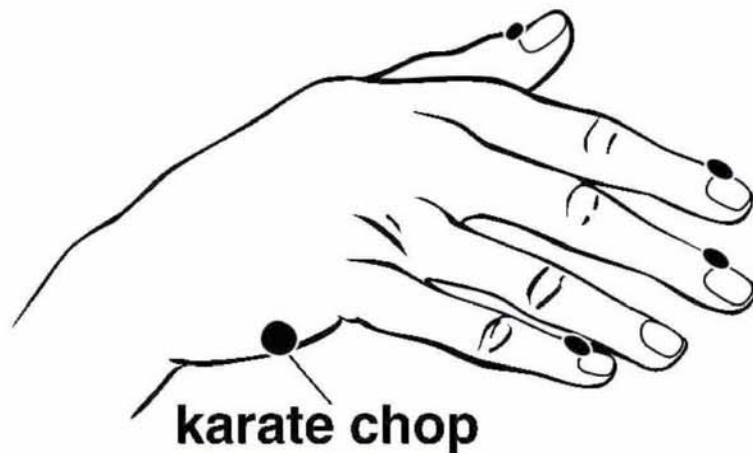
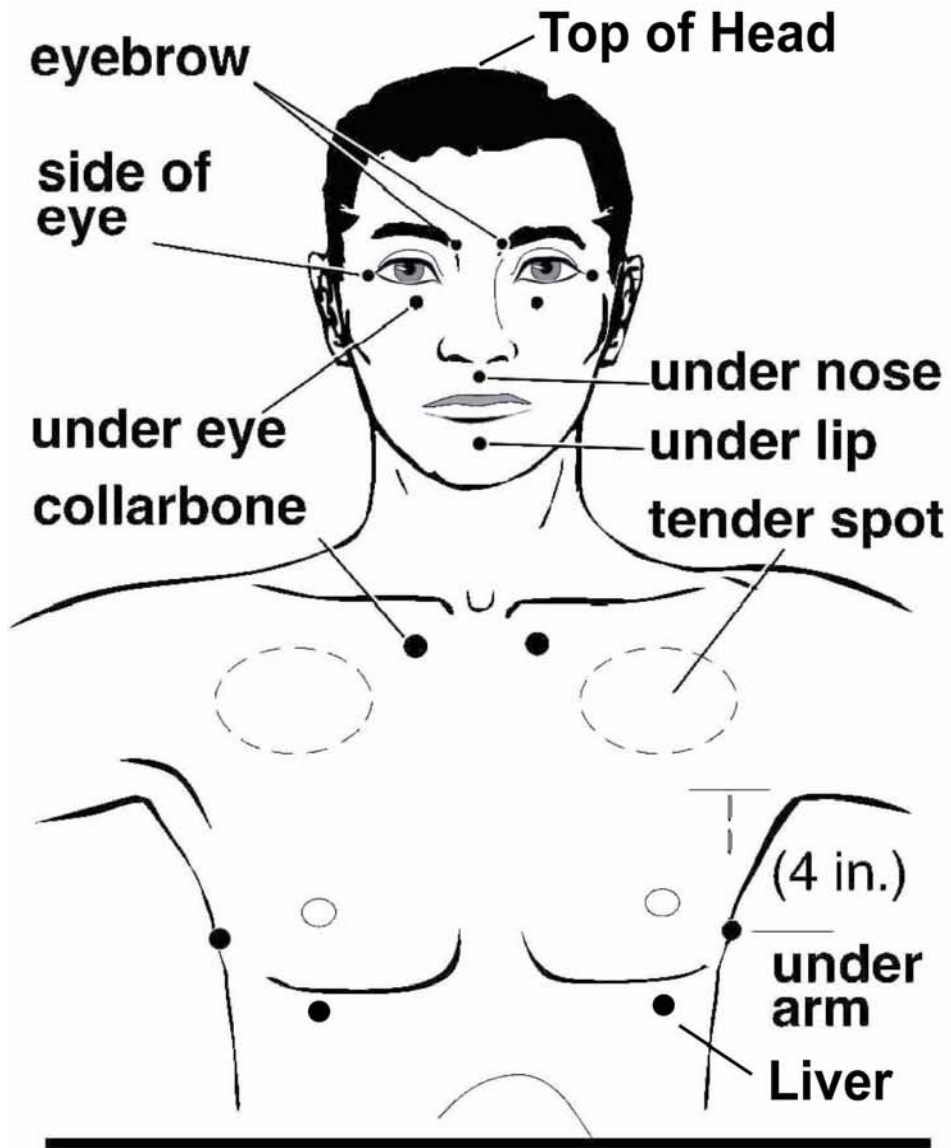
### **Setup points (choose either one):**

- **tender / sore spot** -Place your right hand over your heart. In the area where your fingertips land, rub gently until you find a place that's a little more sensitive than the surrounding area. This is the "sore" spot.
- **karate chop point** - outer edge of hand in fleshy part below the pinky finger

### **Tapping rounds points:** (listed in order you tap them)

- **Eye brow** -inner edge, just above nose
- **Side of eye** -on the bone, just outside eye
- **Under eye** -on bone directly below the pupil
- **Under nose** -center under nose, above lip
- **Chin** -center of chin, right in the crease
- **Collarbone** -under bone, about 2• to either side of midline
- **Under arm** – 4" below armpit
  - women: middle of bra band
  - men: even with the nipple
- **Liver** -at lower edge of ribs, just outside line down from the nipple
- **Wrist** -3 points on each wrist, below crease where wrist joins hand
- **Top of head** -crown of head

# Tapping Points



## ASSESS YOUR INTENSITY

Measuring your intensity level is very important in tapping. You need to know where you're starting from, and measure again along the way. Assessing lets you know when you're making progress and when you're done.

With Masterful TAPPING, your intensity level tells you when it's time to move to the Transition Phase and Choices Phase.

You'll use a scale of 0 to 10. Zero is no intensity of emotion or strength of belief whatsoever – there's no problem. 10 is the high end of intensity – for instance furious or enraged, overwhelmed with anxiety or sadness, or absolute certainty about a belief.

Simply go inside and ask yourself on a scale of zero to 10, what's my number? Just go with whatever shows up. You might see a number, hear a number, or just have a sense of it.

**If you have trouble finding your number**, just try this: Say, "I don't know what my number is, but if I had to guess, I'd say it was a \_\_\_\_\_," Then go with that number. It's usually very accurate.

**Write your number down.** Otherwise, you could easily forget where you started. Especially as your intensity is dropping. It's also encouraging to see the numbers changing in black and white. And it feels good to cross out the old number when you get a new, lower number!

**\*\*IMPORTANT NOTE: Use the same measuring stick all the way through your session.** Sometimes as your number drops, a related issue will show up. That's great – something else is ready to clear. Just jot that down, and go back to your original issue and finish up.

*Example: You're working on missing George. As your intensity drops you think of other people you'll miss.*

*When you assess the missing George intensity, you're surprised to find it's gone up! It hasn't really – you're now measuring something different from what you started with. You're measuring a bunch of people you'll miss, not just George. Go back inside and focus on just George. Check your intensity again and you'll probably find that it's dropped.*

## SET-UP

The setup is really a way to let of resistance before you tap. You're reassuring yourself that you love and accept yourself (or at least want to), even if you have a problem.

You simply rub your "sore spot" or tap your karate chop point while repeating a phrase 3 times. The basic phrase is:

- *Even though I have this problem, I love and accept myself.*

## TAPPING - PROBLEM PHASE

This is where you start tapping. You are repeating a short reminder phrase about your problem at every tapping point. The first round gets you focused on the problem you want to release.

The next round gives voice to the problem, addressing some details of it. The following round addresses your feelings about the problem.

## TAPPING - TRANSITION PHASE

When your intensity level has dropped to a **4, 5, or 6**, move to the Transition Phase. Your system has started to let go. But it's still hanging on to some of the problem.

With the Transition Phase, you give voice to the part that's hanging on AND the part that's letting go. Changing your words this way makes your tapping go faster. You're encouraging yourself, acknowledging that change.

You let both sides speak up – again decreasing resistance to letting go. And you let them argue a little with each other.

## TAPPING – CHOICES PHASE

When your intensity level drops to a **3 or less**, move to the Choices Phase. You acknowledge you've got a little bit of the problem left. And you introduce some new options.

The first round addresses the remaining problem. The second round focuses on the positive. And the third round alternates the negative and positive.

### **\*\*IMPORTANT NOTE:** *You may lose focus during the Choices Phase.*

Maybe you start thinking about what's for dinner. Or maybe a related issue grabs your attention. It's really common. Usually, it's because your emotional intensity level has dropped way down. That's always good news. Right? That means you're healing your issue. Sometimes a related issue is now larger than the one you started with. It's figuratively waving its hand, saying "My turn now. Look at me!" What to do: There are simple ways to get back in focus so that you can finish off your original issue. Don't settle for halfway — go for zero.

Here's what you can do:

1. First, let go of any frustration or self-blame about losing focus. It's actually a good sign that you're really clearing something.
2. Stop and write down whatever is calling for your attention. Let the paper hold it for now, instead of your mind.
3. Intend to re-focus and include that in your setup statement: *Even though a small part of me still has some (problem) and it's so small that it's hard to focus, I'm choosing to stay right here with this remaining (problem). I want to let it ALL go.*
4. Include some focusing language in your tapping: *I'm staying focused on this remaining (problem). I'm focusing on healing this (problem) completely.*

## ON WITH YOUR TAPPING!

Now that you know how tapping works, you're ready to begin. Get ready to eliminate your inner blocks to leaving the familiar territory of your comfort zone!

Before you get started tapping, **get prepared**. Here's what you do:

1. Be sure to drink some water before you begin. Being dehydrated can stop tapping in its tracks.
2. Get a pad and pen ready to write down your intensity levels.
3. Keep that Tapping Points Diagram (page 5) beside you for reference.

## TAPPING SEQUENCES

OK – let's get down to business. First, start by assessing your emotional intensity by giving it a number between 1 and 10. So if 10 is feeling completely resistant to stepping out of your comfort zone (there's no way) and 0 is no problem whatsoever, what's your number? Write that number.

Ready to get started? We'll begin with the **problem phase**.

**Set up** (karate chop or sore spot):

- *Even though I'm afraid to leave my comfort zone because I'm not sure what's out there, I love and accept myself anyway.*
- *Even though I'm not sure I really want to change, because this comfort zone is so cozy & familiar, I'm doing my best to love and accept myself.*
- *Even though I have really mixed feelings about trying something new & stepping out my comfort zone, I'm still OK with myself, and I accept myself and all my feelings.*
- *Even though I'm resistant to leaving my comfort zone, I love and respect myself anyway.*

### **Tapping:**

<b>Rounds 1:</b>	<b>Basic reminder phrase all the way around.</b>
Eyebrow:	<i>This resistance to leaving my comfort zone</i>
Side of eye:	<i>This reluctance</i>
Under eye:	<i>These fears</i>
Under nose:	<i>This resistance</i>
Chin:	<i>This reluctance</i>
Collarbone:	<i>These worries</i>
Under arm:	<i>This resistance</i>
Liver:	<i>This reluctance</i>
Wrist:	<i>These fears</i>
Top of head:	<i>This resistance</i>

**Rounds 2 and 3: Giving voice to the issue; addressing your feelings**

- eyebrow:** *It makes me nervous to even think about it.*
- side of eye:** *I know THIS isn't working perfectly, but I'd rather stay with what's familiar.*
- under eye:** *I'm really nervous about leaving my comfort zone. I can feel the tension in my body.*
- under nose:** *I'll just wait. Things are OK the way they are. At least I know what to expect.*
- chin:** *I never did like change. I need to figure out some more things before I make this change.*
- collarbone:** *I do not want to step out of this comfort zone. This is what's familiar.*
- under arm:** *OK. Maybe it's not the best the way it is, but I can live with some dissatisfaction.*
- liver:** *I feel crummy about how things are – but I know how to deal with that.*
- wrist:** *I think I'll just hang onto this reluctance and stay put.*
- top of head:** *What if everything goes wrong?*
- 
- eyebrow:** *I don't like change.*
- side of eye:** *Remember last time I tried to change something? That was hard.*
- under eye:** *It's scary thinking about making these changes.*
- under nose:** *I'm not sure how other people will react.*
- chin:** *I'm not sure how I'll react.*
- collarbone:** *If I change one thing, a lot of other things are going to change.*
- under arm:** *I really like this comfort zone, even if it is uncomfortable.*
- liver:** *I don't want to make any changes – I'll just stay put.*
- wrist:** *I'll pretend like everything's OK and maybe it will just change itself.*
- top of head:** *Yeah - I'll stay put and life will magically change around me. It's too scary to think about leaving my comfort zone.*

Stop tapping now and take a deep breath, then blow it out. Now go inside for a minute and check on that emotional intensity number. Did it stay the same, go up, or go down? Make a note of it if you want to. If it went down, you're ready to move on to the transition phase of tapping sequences. If not, you may decide to back up the audio and repeat the sequences we just did.

OK – let's move out some more of that resistance. with these transition phase sequences.

### **Transition phase**

**Set up** (karate chop or sore spot):

- *Even though a part of me is holding onto some resistance to leaving my comfort zone, another part has let go. I'm ready to let that part continue. And I love and accept both parts of me.*
- *Even though I'm still hanging onto some limiting beliefs and fears about stepping out of this old comfort zone, I'm starting to shift my thoughts and feelings and that feels good. I accept the cautious part that's hanging on AND the adventurous part that's letting go.*
- *Even though there's a part of me that's still resistant to leaving my comfort zone, there's another wise and courageous part of me releasing that resistance. I love both parts – the holding on part and the releasing part.*

### **Tapping**

<b>Round 1:</b>	<b>Same general phrase all the way around.</b>
Eyebrow:	<i>This remaining resistance</i>
Side of eye:	<i>What's left of the fears</i>
Under eye:	<i>The rest of the limiting beliefs</i>
Under nose:	<i>The remaining reluctance</i>
Chin:	<i>The rest of the fears about leaving my comfort zone</i>
Collarbone:	<i>What's left of the resistance</i>
Under arm:	<i>Remaining resistance</i>
Liver:	<i>Remaining reluctance</i>
Wrist:	<i>The leftover resistance</i>
Top of head:	<i>The rest of the worries</i>

### **Rounds 2 and 3:**

Eyebrow:	<i>I think I'm ready to try a little change.</i>
Side of eye:	<i>What if I just let go of this resistance?</i>
Under eye:	<i>I'm tired of how things are. I want to step into something new.</i>
Under nose:	<i>No I don't. It's too uncomfortable. I'm not ready.</i>
Chin:	<i>Yes I am. I want to let go of these fears.</i>
Collarbone:	<i>No – I don't need to get carried away. I'm not willing to step out.</i>
Under arm:	<i>Yes I am! I want to release more of this resistance.</i>
Liver:	<i>I want to consider the possibility of moving ahead even if I'm not comfortable.</i>
Wrist:	<i>Oh, I'm not so sure... Maybe it won't work out.</i>
Top of head:	<i>Well, I want to give myself a chance.</i>
Eyebrow:	<i>I give myself permission to release these fears.</i>
Side of eye:	<i>I allow myself to take small steps outside my comfort zone.</i>
Under eye:	<i>I'm ready to trust that good things will come from this.</i>
Under nose:	<i>I want to let go of the rest of this resistance.</i>
Chin:	<i>I can feel myself relaxing and releasing the tension in my body.</i>
Collarbone:	<i>I'm opening up to new possibilities as I release these old fears.</i>
Under arm:	<i>I'm relaxing and releasing any criticism of myself about this.</i>
Liver:	<i>I'm relaxing and letting go of any self-blame.</i>
Wrist:	<i>I'm started to feel excited about new possibilities.</i>
Top of head:	<i>I'm allowing myself to release all resistance to leaving my old comfort zone.</i>

Stop tapping now and take a deep breath, then blow it out. Now go inside again and check on your emotional intensity. Did your number stay the same, go up, or go down? Make a note of it if you want to. If it went down, you're ready to move on to the choices phase of tapping sequences. If not, you may decide to back up the audio and repeat the sequences we just did. If you're thirsty, pause the audio and have some water now.

OK. We're moving into the **Choices Phase**.

**Set up** (karate chop or sore spot):

- *Even though a tiny part of me is holding onto a little resistance, a huge part of me has chosen to release it. I choose to let that part win. But I still love and respect both parts of me.*
- *Even though I still have a few little fears about this, I'm choosing to let go of all of them now. I'm choosing freedom from fear.*
- *Even though a small part of me is hesitating to leave my old comfort zone, a large and powerful part of me is choosing to move forward. I'm choosing to let that part prevail. And I STILL love all parts of me.*

**Tapping**

<b>Round 1:</b>	<b>What's left of the negative</b>
Eyebrow:	<i>This last bit of reluctance</i>
Side of eye:	<i>This hard-to-focus-on resistance</i>
Under eye:	<i>This tiny bit of hesitation</i>
Under nose:	<i>These disappearing fears</i>
Chin:	<i>This fading resistance</i>
Collarbone:	<i>The last of these worries</i>
Under arm:	<i>This final resistance</i>
Liver:	<i>This disappearing hesitation</i>
Wrist:	<i>These last crumbs of resistance</i>
Top of head:	<i>Any possible remaining resistance</i>

<b>Round 2:</b>	<b>What you're choosing</b>
Eyebrow:	<i>I'm choosing to release it all.</i>
Side of eye:	<i>I'm choosing freedom from fear.</i>
Under eye:	<i>I'm choosing to absolutely eliminate resistance.</i>
Under nose:	<i>I'm choosing adventure.</i>
Chin:	<i>I'm choosing to sweep away any last worries.</i>
Collarbone:	<i>I'm choosing to trust myself to move forward.</i>
Under arm:	<i>I'm choosing a whole new outlook.</i>
Liver:	<i>I'm choosing to embrace these new changes.</i>
Wrist:	<i>I'm choosing courageous action.</i>
Top of head:	<i>I'm excited about what lies ahead.</i>

**Round 3: Alternating the negative and positive**

Eyebrow: *Any possible remaining resistance -*  
Side of eye: *I'm leaving you in the past.*  
Under eye: *Any last little worries -*  
Under nose: *I'm choosing confidence.*  
Chin: *Any tiny bits of reluctance -*  
Collarbone: *You're history!*  
Under arm: *Any possible leftover fears -*  
Liver: *I'm leaving you behind.*  
Wrist: *Any final traces of resistance -*  
Top of head: *I'm choosing to move forward.*

**Last Round: Empowering round – all positive**

Eyebrow: *Something great is about to happen.*  
Side of eye: *I'm looking forward to what's next.*  
Under eye: *I'm expanding my zone and I love it!*  
Under nose: *I trust my inner resources.*  
Chin: *I'm open to new possibilities.*  
Collarbone: *I'm rewriting my own history.*  
Under arm: *I'm excited about the new opportunities ahead.*  
Liver: *I'm willing to try new things.*  
Wrist: *I'm ready to take imperfect action. Let's go!*  
Top of head: *I'm grateful for all the new things coming my way.*

\*\*\*\*\*

Come back and tap along any time you find yourself reluctant to approach change. Thanks for tapping along with me. I hope you'll contact me [www.clearing-pathways.com](http://www.clearing-pathways.com) and let me know how this script worked for you.

If you're interested in working together with me on other concerns that hold you back, email me at [janet@clearing-pathways.com](mailto:janet@clearing-pathways.com) and we'll discuss affordable ways to help get you moving!

Whatever you do, keep tapping!

## ABOUT THE AUTHOR: Janet Hilts

Helping people with tapping is what I love! Watching people's lives transform is such a privilege and honor. I'm constantly astounded at what we accomplish together.

And we actually have FUN doing it. I love to laugh with my clients. Maybe what brought us together is serious or painful – I'm not denying that. But with tapping, the healing doesn't have to be painful. Humor is a big part of my practice. It's so great to gently help people enjoy the process. No need to suffer — we've all suffered enough.

I'm positive that the essence of who you are — your naturally healthy, happy self — is alive and well. It might be buried under some protective layers, but it's there. All we have to do is to uncover it. We each have the ability to do this. It doesn't take magic or membership in some special group. All we need to do is to activate the self-healing process — and tapping can do that.

I've used tapping to seriously transform my own life to be the happiest and healthiest I've ever been. I'm practical and want the fastest, most effective, painless method to achieve what I want — for myself and others. Using tapping is the best way I've found.

That's why I keep learning all I can about tapping: studying, improving my techniques, and sharing these with my clients. And I've developed my own unique style — using my life experience, intuition and other skills to bring my best to people I work with.

### Credentials:

- Level 3 EFT Practitioner; training under two EFT Masters
- Completion of Advanced Certificate Course in EFT (EFT-ADV)
- Masters of Public Health in health education
- B.A. in cross-cultural communication

## SERVICES OFFERED

I offer individual tapping sessions over the phone. I also teach classes and workshops, and lead tapping groups. And I coach people individually on how to best use tapping themselves on their issues. In addition, I write about tapping. You'll find my articles at [http://ezinearticles.com/?expert=Janet Hilts](http://ezinearticles.com/?expert=Janet_Hilts).

## FURTHER RESOURCES FROM CLEARING PATHWAYS

My newsletter *Relief on Tap* is available to you at [www.Clearing-Pathways.com](http://www.Clearing-Pathways.com). Sign up there for your free audio to relieve everyday stress -- *Stress Relief on Tap*.

## AFTERWORD

Congratulations on investing in your own happiness! I sincerely hope that you've cleared some blocks to moving into new territory to really help yourself become who you are truly intended to be.

To your continued tapping success,  
*Janet*

Janet Hilts MPH, EFT-ADV  
Clearing Pathways.  
[www.Clearing-Pathways.com](http://www.Clearing-Pathways.com)