

1. General resistance

This general resistance to change is there often for a wide variety of reasons. When you're dealing with this, you most likely on some level are afraid to change. You might believe you'll lose something when you change. You might believe that change will be painful. And that your life will be harder than it already is.

And those are all illusions. Even though you may not fully believe that yet, that's OK.

The following thought sequence may be helpful for you. I start out where you may be currently at with your thinking, and I help guide your thoughts to a more realistic, positive statement regarding change:

Change is painful

Change sucks

Change is hard

Well, that's how it's been in the past

That's what they tell me out there

Maybe this can be different

The information here sure seems different

I'm not told to force myself to do the things I fear

I can change from the inside of my house first

I may experience some emotional discomfort, but I can use the tapping

When something comes up and I tap I am making progress

Each time I tap I make some progress

Each time I tap I change

Change can be easy for me

Every time I change I gain a tiny bit more freedom

Every time I tap I heal some old wounds

Every time I tap I grow a bit stronger

All those tiny bits start adding up

I can change tiny bits at a time

Change can be safe for me

I don't have to do it all at once

And as I persist and I keep learning and I keep going

My success is inevitable

As I heal wounds and grow stronger my life becomes easier

I can do this

And it can be easy for me

This change is good for me

It makes my life easier

I want to change when it is positive change

This change is positive change

I love changing for the better