



My Childhood Baggage

In almost exclusively having worked with socially phobic clients for 5 years, and from having studied under Master coaches and therapists, it's become evident to me that the vulnerability to developing social anxiety starts in early childhood.

The emotional pain that we experience as a result of the repetitive negative experiences in early childhood causes us to form certain negative limiting beliefs that make us vulnerable to developing social anxiety later on in life.

And in some cases -this happens quite often- the anxiety already starts in childhood and worsens at some point.

This article and the accompanying exercises are therefore focused on uncovering and eliminating the negative impact of the repetitive negative experiences we endured in childhood.

You might think that you had a wonderful childhood and that your childhood is not the problem. This is common. However, clients often tell me nothing bad happened during childhood, but they have often repressed it, or have assumed that the way they were treated was "normal".

These repetitive negative experiences don't have to be something really traumatic, they can be very subtle. And when I ask these clients some questions we always find out the repetitive negative experiences.

Whatever it was, during this period we have come to feel unsafe in the world, or we have come to believe that we're not OK in some way (and so it's not safe to be ourselves). Or both.

It's these early years that have set the stage for the rest of your life. Clearing up the things that were painful back then often results in big relief and improvement in overall self-esteem and sense of safety.

Restoring this self esteem and/or sense of safety sets the stage for the rest of the healing and transformation with in the Social Confidence System.

Lower Self-esteem

It is likely you are dealing with a lower self-esteem and/or a damaged sense of safety. This is not a character flaw, but simply a collection of negative core beliefs. In more than 95% of the cases, this stems from the repetitive negative experiences in childhood.

As a result of the repetitive negative experiences we experienced, we form negative limiting beliefs that erode our self-esteem, and/or our feeling of safety.

Common examples of these negative core beliefs are:

- I'm not good enough
- I'm not worthy
- I don't deserve to feel good
- I don't deserve to be happy and successful
- I am not OK
- There's something wrong with me
- I am unlovable
- I have to be perfect to be loved/accepted/safe
- The world is a dangerous place
- Something bad will happen
- I am bad
- I am guilty
- I am flawed
- Etc.

Having these beliefs creates certain patterns of behaviour. I have created a list with 30 behavioural patterns of someone dealing with low self-esteem. Have a look over the list and see if you can recognise some patterns you're dealing with too.

People with low self-esteem/low self-worth:

- Are unsure of who they are and what they stand for
- Don't believe in their abilities and skills
- Feel that they're not good enough
- Feel undeserving of the good things in life
- Are perfectionists
- Fear making mistakes and disappointing others
- Have an intense fear of failure so they won't try new things
- Fear change and are reluctant to make decisions out of the fear of making the wrong one
- Are overly sensitive to criticism or disapproval
- Are constantly seeking approval and acceptance from others
- Put other people's needs above their own needs
- Often don't like themselves
- Are very self-conscious and seldom express themselves
- Avoid many situations out of fear of judgment
- Often put themselves down
- When they accomplish something great or get a compliment they neglect it or say "it was just luck". When they "fail" or do something wrong they identify with it and claim it's just the way they are (they say "I'm a failure" rather than "I did not succeed at this immediately")
- Have addictive or compulsive behaviors (alcoholism, drug addictions, eating disorders etc.).
- Often won't take proper care of themselves
- Make mountains out of a molehill
- Are socially withdrawn
- Go into vicious negative thinking-loops and experience an overflow of negative emotions
- Have a constant sense of depression, inadequateness and uneasiness
- Have difficulty accepting compliments. They might feel ridiculed because they don't see themselves in that complimentary way
- Don't trust their own opinion. They constantly adjust it to suit others'.
- Intensely fear what others think of them and are really conscious of doing the socially accepted thing
- Have problems in dealing with anger. They cannot control it properly and are in denial of it impacting your life
- Wear a "social mask" because they are afraid people don't like and respect their "real self"
- Fear arguments, lie and exaggerate to avoid disagreements
- Are overly serious

All of the above patterns can be overcome. I suffered from many of them, and have been fortunate enough to move past them thanks to lots of tapping and inner work. You can do this too. Much of the inner work in the system is geared towards reaching a healthy level of self esteem and sense of safety so you feel safe in the world and safe to be you.

People with high self-esteem/high self-worth:

- Feel worthy of love and approval. They approve of themselves and are not desperate for other people's approval.
- Know what is important to them in life. They know their values.
- Know their strengths and weaknesses. They build their strengths and accept their weaknesses as a part of them (while still working on their weaknesses).
- Know what they will and will not accept. They created their own rules about this.
- Know themselves very well. Because of this they always value their own opinion of themselves more than the opinion others have of them.
- Completely accept themselves. They're OK with their imperfections.
- Feel confident in being able to solve any challenges that come their way.
- Are good with other people. They radiate acceptance of themselves and other people. Other people feel this and are drawn to it. They rationalise: "Since this person is so easy-going and seems so accepting of himself, they will most likely also be accepting of me".
- Know what they want in life.
- Are nice and friendly to people. They feel so good about themselves that they don't feel a need to put others down to lift themselves up. They tend to be very forgiving and want to bring people up to their level.
- Have an opinion and are not afraid of sharing it. They're OK with people thinking otherwise, but they are not going to change their opinion to please other people.
- Love life, have a sense of humor and are overall happy people.
- Know who they are, where they had to come from and where they're going. They go for what they want without apologising for it.
- Believe in their abilities to achieve what they want. They confidently go for it.
- Are willing to move out of their comfort zones to face the unknown and grow as a human being.

The beliefs causing the low self-esteem come from various places. The main place they come from are from the repetitive negative experiences from childhood and life's traumas.

The foundation of these beliefs come from childhood, which is what we focus on in this section. Life's traumas that caused a loss in self-esteem will be treated later in the system.

Let's get started by addressing the repetitive negative experiences from childhood.

Eliminate the Repetitive Negative Experiences from Childhood

From the moment you are born all these experiences start to happen to you which help you make sense of the world. Some are positive, some are negative. And it is the repetitive negative ones that we want to address here.

Because it's these negative things that happened to you repetitively that which caused you to feel negative emotions and had you form negative limiting beliefs.

These beliefs are basically formed when you did not receive enough love, acceptance and approval in your formative years. Or when you were abused in some way (verbally, emotionally, physically or sexually) or were in a stressful environment.

Since you spend the most time with your parents or caregivers when you grow up, it is in most scenarios your parents that caused the negative experiences which led to your lower self-esteem.

This is not to say your parents or caregivers were bad people. You may even remember you had a "happy childhood". However, for this exercise we will focus on what wasn't that great when growing up in order to eliminate the negative emotions and beliefs so that you can feel better today.

The negative limiting beliefs you have formed in early childhood that are responsible for your lower self-esteem, are almost always the result of repetitive, similar, negative experiences you had.

Now these experiences don't have to be big traumatic events at all. It doesn't have to be rape, abuse or torture. These repetitive experiences can have been as "innocent" as your dad never being there for you. Or your mom always complaining about you. Or your parents never acknowledging you. Or your parents always fighting.

A lot of little, similar, repetitive negative experiences can really erode a child's self-esteem.

If when you were young (age 0-12) you were often/constantly...

- criticised
- put-down
- shamed
- bullied
- humiliated
- betrayed
- abused
- ignored
- over-disciplined

... then that will very likely lead to forming these beliefs responsible for low self-esteem.

Or when you often/constantly felt...

- unloved
- unsupported
- abandoned
- unacknowledged
- unaccepted

... then this has led you to forming these negative limiting beliefs responsible for low self-esteem. Below are some examples of common negative limiting beliefs formed in childhood:

- I'm not good enough
- I'm not worthy
- I'm different
- I'm not important
- I'm invisible
- I'm worthless
- I don't deserve to feel good
- I don't deserve to be happy and successful
- I am not OK
- There's something wrong with me
- I have to be perfect to be loved/accepted/safe
- I am unlovable
- I am unacceptable
- I am bad
- I am guilty
- I am flawed
- Etc.

Let me give you 20 examples from former clients' repetitive, similar, negative experienced growing up that caused them to develop these beliefs responsible for their low self-esteem.

20 Examples of Low Self-Esteem Causes

A question I almost always end up asking my clients at some point is *“what was your relationship like with your parents as you were growing up?(especially age 0-12)”*

I ask this because the answer I get in most cases tells me the reason as to why they have low self-esteem, or a damaged sense of safety.

I go as far back because it's the initial experiences that formed your internal roadmap of the world. When you got into this world, you knew nothing. And since your parents are the people closest to you, the way they treated you has made a determining impact on your self-esteem.

Did your parents give you enough love, acceptance and approval? Were you abused in some way? Did you hear them fight all the time? Was dad always drunk? Did mom have an anger problem? Was it never good enough what you did? Was your brother the favourite?

The things that happened to you consistently as you grew up laid the foundation for the way you see and feel about yourself, about others, and about the world today.

Below I give some common examples of repetitive, negative experiences from former clients where the relationship with their parents caused them to form some limiting negative beliefs that eroded their self-esteem. Read through them and see if you can relate, or think about what made you feel bad about yourself, or unsafe in the world as you were growing up.

Enrico's dad was never at home, and his mom often beat him for the smallest things. When his dad would come home he would be very strict, never showing any love or affection in some way. Enrico grew up believing he was unlovable, bad and worthless.

Amanda was a girl in a family with 3 daughters. Her two sisters were very pretty and while she wasn't bad looking herself, she was more of a tomboy and wasn't that interested in the beauty pageants her sisters went to. As a result she was less adored by her parents, was made fun of, and was treated as less special than her sisters. She grew up not feeling good enough.

Lee had a father that was always very dominant, critical of anything he did, and verbally abusive. He was always stern with Lee, and always talked to him in a derogatory way. Lee feared his father and grew up believing he's worthless and unlovable.

John's father was from the military, very strict. He beat John with his belt for the tiniest thing he did wrong. When there was a dispute and it was questionable who was the guilty one, John was always blamed for whatever was going on, and punished for it. John's mom always backed up his dad. John believed he was bad, worthless and guilty.

Matilda grew up being told over and over again that she didn't do things right, it was always emphasised what she did wrong, how she would never amount to anything, etc. She grew up believing she was not good enough and that she had to be perfect to be loved.

Jilly was from a family of 4. Her mom passed away and her dad favoured her sister. Her sister Aime got away with everything, and Jilly's behaviour was always disapproved of. She was jealous of Aime and felt less than her. She grew up feeling she's not loveable and not good enough.

Darren was tricked into doing sexual things under the header it was a game. This behaviour continued later on by himself. As a result he grew up believing he's guilty, bad, and that there's something wrong with him.

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Are you starting to see a pattern here in all these examples? It's these negative, repetitive things that they experienced in their relationship with their parents (verbal, emotional, physical, sexual abuse) that made them feel bad about themselves from which they formed those limiting beliefs.

Here are some more examples. This time it's more about what they did not receive (love, acknowledgement, acceptance, support) from their parents, rather than types of abuse that happened:

Mona grew up in a big family of 7. She felt there was a lot of distance between her and her mother, and her father was always out for work. She hardly knew him. She was hardly ever acknowledged or loved. She grew up believing she was worthless and unlovable.

Benjamin grew up in a family with a very successful father that always let him know how to do things better, never acknowledging him. He was disappointed in him. At least that's how Benjamin interpreted it. He grew up believing he's not good enough.

Sinclair's parents got divorced when he was 5. He didn't like his mom's new husband and his daughters were always treated better than Sinclair. His real dad didn't spend much time with him after he found a new partner, and when they did spend time together he was hardly ever praised or acknowledged. Sinclair grew up believing he's not good enough.

Jimmy grew up as the younger of two boys in a family with parents that were very critical and perfectionistic. He couldn't remember a single time he was praised for an achievement. He was compared to his older brother that outperformed him in all areas that were considered important to his parents. He was always referred to as "the brother of" by others, and his parents communicated in subtle ways he wasn't enough. As a result he felt lesser than his brother and grew up with a belief that he's not good enough, and only acceptable once he's perfect.

Eva grew up with a mom that was very judgmental of others and of Eva. She didn't get along that well with her dad, and her dad never really listened to her. He also didn't take her seriously, or spend any quality time with her. She felt she always disappointed her dad, and was never good enough for him. She grew up believing she was worthless and not important.

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In the above examples it's been the case that the love and acceptance was not there unconditionally for these children as they were growing up, or that they were abused in some way shape or form.

Let's look at the next two examples that caused clients to believe they're not safe; something that also causes your self-esteem to decrease:

Roderick grew up in a family where his dad was away all the time, and he was mostly taken care of by his mother. His mother protected him too much, putting her own beliefs that the world is a scary place upon him. She was overly protective of him and he hardly ever played

with people before he went to school. His mom was often being anxious around him and often worried out loud about how difficult and tough life is. He grew up believing he's not safe and different.

Tom's father was an alcoholic and was very unpredictable. Sometimes he was really nice – when he was sober-, but when he was drunk he was volatile, aggressive and uncontrollable. Tom would never know when his dad would come home again drunk, which was when he had to walk on eggshells to not upset him. He grew up believing he's not safe and not OK.

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Now it is not always the relationships with the parents per se. Another important figure in a child's life (a sibling, teacher, close family member, close friend, etc) can do a lot of damage to a kid's self-esteem:

Marc grew up with a sister that was really mean to him. She would tease him, push him, slap him, bully him etc. It made him feel really bad about himself and he grew up believing he's worthless and unlovable.

Patrick grew up with an older brother than always beat him up when his parents were not around. His mom passed away at a very early age, and they were often just together. His older brother would sit on him, punch him, would not let him escape and made sure he was too scared to tell his dad. Patrick grew up believing he's not safe, and not OK.

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And it can also be the parents fighting, that makes a deep and lasting impact.

Rihanna's parents were always fighting. She could hear them in the other room. She was always afraid of a fight breaking out. And she was afraid of her mother's safety. She grew up believing she's not safe.

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As I'm hoping you're starting to see y now, there's a wide variety of things that can have happened during your childhood that can make you feel bad about yourself. There is a common thread as well:

Similar or related things happening consistently that made you feel bad (about yourself).

Ask yourself : What was it in my household that made me feel bad about myself? Was there something that made me feel scared? What was it?

In other situations it might not be your parents, or siblings, but your peers that cause you to develop a low self-esteem. When you feel you're different from your peers and not feel normal as you're growing up, other kids tend to pick up on that and often tease or taunt you for it and this wounds you at a core level.

Maybe you were from a different race, had a different hair colour, were taller/shorter than others, had freckles, moles, big nose, big ears, braces, glasses, a lisp, a stutter, shyness, extra weight, maybe you were non-native, had a different religion, etc.

Whatever it is, if there was something that made you different from the rest and you were in some way shape or form abused (verbally, physically, emotionally or sexually) or you were not accepted, loved or approved of like the others, then this caused you to develop a lower self-esteem, or it made you not feel safe being you.

For example:

Yen moved from his own country into the US when he was really young. He grew up as an Asian in an all-black neighbourhood and felt really different and out of place. He was bullied and beat up many times. He couldn't do anything about it, was really afraid, and kept it a secret from his parents. His parents also were victim to racism. He grew up believing he was different, worthless and not safe.

Ricardo grew up and developed a skin condition at some point. Because of that people really started to treat him differently. They would look at him in funny and sometimes disgusted ways, he was teased for it by some people and he heard people talk about him. He felt different and started to believe he was different, not OK and not good enough.

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Now sometimes it's not what is being said or done to you by your parents, nor your siblings, or that you has some challenges with your peers directly, but it's your circumstances that cause you to form these beliefs responsible for your low self-esteem.

For example:

Nicole grew up in a family where her parents were always fighting and screaming. She was very embarrassed and ashamed of her family. She grew up believing she was different, guilty (she took it on herself) and not good enough.

Claudia grew up as a black girl in an all-white neighbourhood and had to deal with racism for a long period of time. Also her family was victim of this. Aside from that it was hammered into her that she was had to work twice as hard because of her skin colour. She grew up believing she's inferior and undeserving.

Jenny grew up in a family that were devout Christians. Sex was a big taboo topic. When there would be something related to sex on TV, they would quickly change the channel. When there was a topic that resembled sex, they quickly changed the topic. Her parents were easily offended and quite uptight according to her own words. Certain topics were very sensitive to talk about, certain behaviours were disapproved of. She was taught that Jesus died on the cross for her sins. Jenny did have some thoughts that God (the God she learned about that is) wouldn't approve of. As a result, Jenny grew up believing she was different, guilty, and not OK.

Paul grew up in a family where his parents really felt inferior to his dad's brother and his family. His dad's brother was always putting down his father and comparing his kids to Paul's family. Paul therefore felt that they were less than his uncle and his family and he started to believe that he wasn't good enough.

Elisa grew up in a family that always had money issues. As a result there was a lot of fighting, and she never went on a holiday, had any toys, new clothes, money for lunch at school etc. She saw others having this around her, and she grew up believing she's different and not worthy.

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Now it can also be a teacher, a move to another country and not fitting in, having a disability of some kind, not having a lot of money compared to the other kids and families, English being your second language, being biracial, or whatever.

It is for some specific reason that you just don't feel as good as everyone else, or that you don't feel OK in some way.

Whatever it is, there is almost surely something that happened during your early childhood repetitively that made you feel that in some way you're not OK, not good enough, less than, different or not safe. And this is almost surely the thing responsible for your lower self-esteem, or not feeling safe.

Below you will do an exercise to uncover what it was, and then you'll be guided via tapping on video to release all of that childhood baggage.

The Exercise:

In this exercise we're going to eliminate all the painful experiences from your childhood.

I'll first ask some questions so you can uncover what the repetitive negative events, phrases, traumas or abuses you endured during your formative years (up until age 12).

You will create a list of all the phrases, negative messages, abuses or traumas you've experienced *repetitively* as a child. This list represents your childhood baggage and all the "items" on the list altogether represent how you felt during your formative years, up until the age of 12.

After you have created your list I'm also going to ask you to come up with a few (maximum of 3) limiting identity beliefs you have picked up during this time.

You will then give a name to your childhood baggage (you can even just call it that; my childhood baggage) and rate how intense all those "items" combined have impacted you when you were a kid if you were to put them all together on a big pile.

So I'm going to ask you how you felt back then with the feelings of all the experiences combined -often this is a 10 out of 10 in emotional intensity-.

Once you have done so, you'll briefly tune in to the pain of the past, and then you'll tap along with a video and release it all.

NOTE: Sometimes people have no feelings about their childhood anymore when they think back to it. If this is you, no worries. Just GUESS how intense it was for you *back then* on a scale of 0-10.

You're measuring how painful it was for you when you were a child, all those negative experiences combined. Imagine how painful it was for you back then. Usually, this is a high number. Most frequently, a 10 out of 10.

Once you have your guessed number, do the exercise in the way instructed. It's the same for you as it is for everyone. Be committed to the exercise. Do it with conviction. Try your best to be as involved and engaged as possible. You will still get the benefit.

Often it happens that you'll start tuning into the negative emotions from back then as you start tapping along with the video.

If you stay "numb", still complete the whole exercise with conviction. During the video I ask you a few times what your changed number is. If it is still as emotionally intense, more intense, or less intense. When I ask you this, simply guess your emotional intensity. Simply keep guessing how intense you would've felt back then when you were a child every time I ask for your emotional intensity number after we tapped a few rounds.

Action Steps:

1. Think about your life up until the age of 12.

What made you feel bad growing up?

Were you often...

Criticised
Put down
Shamed
Bullied
Humiliated
Betrayed
Abused
Ignored
Over-disciplined

Or were you often, or for a long period...

Unloved
Unsupported
Abandoned
Unacknowledged
Unaccepted

Think about your early childhood, and look for what made you feel bad a lot. Read back over some of the examples I have given before again if you have to. Then Write down the **phrases/negative messages** and **abuses or traumas** that you experienced *repetitively* as a child.

NOTE: No need to get into detail on them -in fact, it's better that you don't- we're just writing this down to get a sense of how it was for you back then..

Example:

*My steph dad and mom were always fighting
I hated my steph dad and my mom couldn't give me any love
I was constantly yelled at and couldn't do anything right
I felt unsafe at home
I was seen as a problem child
I changed schools five times
I had no friends when I went to X school
When mom was angry she used to say "I hate you, terrible kid", "I wish you were never born" and "you drive me crazy". My steph dad always blamed me for everything "Why do you do that to your mom?", "If something happens to her it's your fault" etc.*

What you're trying to do is to just give a little summary of how it was growing up for you up until the age of 12 (writing down only the negatives). You're doing this by writing down the **negative messages/phrases** you heard *repetitively* and the **abuses or traumas** you experienced *repetitively* as a child.

NOTE: These repetitive phrases/negative messages, abuses or traumas don't have to be horrible traumatic things such as rape or severe child abuse (take caution with yourself if this is the case and if you don't feel safe enough to do work through this, work with either me or another practitioner to solve this).

It can be as "simple" as non-verbal messages.

Like an exasperated sigh (which signals 'gosh, can't you do anything right?!'), an eye roll, or just being ignored.

Sometimes experiencing these small subtle things repetitively can be almost as powerful to a young impressionable child as horrible physical abuse. It sends a signal, strong message that you're not OK. And that's the bottom line limiting negative belief we all seem to pick up.

Writing these things down gives you an overall sense of how you felt at the time. That's what we're after so you can't do this wrong!

NOTE: Sometimes you've heard a lot of negative phrases and messages and you have not experienced traumas or abuses. Or maybe the other way around. If you only have phrases and negative messages or only abuses or traumas then only write that down. Either way you will get a sense of how that has caused you to feel when you were a child so it will work exactly the same and will be as effective.

2. Now that you've made this list with phrases/negative messages and/or abuses or traumas, look at your list and then ask yourself:

“What was the message/limiting belief(s) that I was getting from all of that?”

Or “What caused my childhood to believe about myself?”

By asking yourself that question you're trying to figure out how all those negative messages/phrases and/or abuses/traumas made you feel about yourself and/or what it made you believe about yourself. You are looking for the limiting negative beliefs you formed back then.

Have a look at the examples of limiting negative beliefs below:

- I'm not good enough
- I'm not worthy
- I'm different
- I'm not important
- I'm invisible
- I'm worthless
- I don't deserve to feel good
- I don't deserve to be happy and successful
- I am not OK
- There's something wrong with me
- I am unlovable
- I am unacceptable
- I am bad
- I am guilty
- I am flawed
- I'm not safe

Once you have uncovered your core negative belief (or a two or three of them), add it to your list. Your list will then look something like this:

My steph dad and mom were always fighting

I hated my steph dad and my mom couldn't give me any love

I was constantly yelled at and couldn't do anything right

I felt unsafe at home

I was seen as a problem child

I changed schools five times

I had no friends when I went to X school

When mom was angry she used to say “I hate you, terrible kid“, “I wish you were never born” and “you drive me crazy”. My steph dad always blamed me for everything “Why do you do that to your mom?”, “If something happens to her it's your fault” etc.

I picked up the negative messages/beliefs that “there's something wrong with me”, that “I'm not OK” and that “I'm not good enough”.

3. Write down a general phrase or statement that symbolises the painful experiences from your childhood. No need to be specific, just give it a general name that represents what happened.

Examples:

- My Childhood Neglect
- Alcoholic Dad Beatings
- My Childhood Traumas
- Brothers Bullying
- Controlling Dad Abuse
- My Racial Childhood
- Etc.

This should be pretty easy, but if you're struggling you can also just call it "My Childhood Baggage". It works just as well when you call it that.

NOTE: If there's not really a common theme, but just a lot of negative messages, simply call it "Limiting Negative Messages". Your list will look something like this:

My steph dad and mom were always fighting
I hated my steph dad and my mom couldn't give me any love
I was constantly yelled at and couldn't do anything right
I felt unsafe at home
I was seen as a problem child
I changed schools five times
I had no friends when I went to X school
When mom was angry she used to say "I hate you, terrible kid", "I wish you were never born" and "you drive me crazy". My steph dad always blamed me for everything "Why do you do that to your mom?", "If something happens to her it's your fault" etc.
I picked up the negative messages/beliefs that "there's something wrong with me", that "I'm not OK" and that "I'm not good enough".

Name of the Bundle: "**My Outsider Childhood**"

4. Now that you have named your childhood bundle, give a 0-10 (10 being the highest intensity, 0 being “doesn’t bother me at all) rating on how painful, hurtful and traumatic this was for you as a kid.

This is not how you feel about it now -though you can still feel very intense thinking about it now-, but we’re giving it an intensity as to how you felt at the time. If you don’t know, just make a guess, they’re almost always right on target. For most people this is a 10 out of 10 intensity.

So then you end up with a written list of phrases/negative messages, abuses or traumas that you’ve experienced repetitively as a child, the limiting belief(s) you learned from it (I’m not OK etc.) a collective name for that childhood bundle and an intensity rating on how you felt during that period.

It will look something like this:

My steph dad and mom were always fighting
I hated my steph dad and my mom couldn’t give me any love
I was constantly yelled at and couldn’t do anything right
I felt unsafe at home
I was seen as a problem child
I changed schools five times
I had no friends when I went to X school
When mom was angry she used to say “I hate you, terrible kid“, “I wish you were never born” and “you drive me crazy”. My steph dad always blamed me for everything “Why do you do that to your mom?”, “If something happens to her it’s your fault” etc.
I picked up the negative messages/beliefs that “there’s something wrong with me”, that “I’m not OK” and that “I’m not good enough”.

Name of the Bundle: “**My Outsider Childhood**”

Intensity: 10 out of 10.

Note: It’s important to write everything down on paper!

This is all the writing you have to do in this article. Once you have completed this, read through the examples below of what to expect when you will be going over the accompanying video “Bundling Baggage Video”.

I have created an example script below so you know what to expect when you’ll be going over the video where I’ll be gently going to guide you in eliminating your childhood bundle. I suggest you read this over so that you have a good idea what to say, how to do it and what to think about.

And you will also find the answer to some common questions and you’ll figure out that it’s close to impossible to make any mistakes.

NOTE: Don’t be frightened about the length of the exercise or that you have to understand or memorise anything. It’s not the case at all. The video will explain it all very clearly.

Video Steps:

STEP #I. In the video we are first going to start by tapping while verbalising possible subconscious resistance to releasing your “childhood baggage”.

Even though I don't want to let go of my “childhood baggage”...

STEP #II. Then I will instruct you to tap on your karate chop point (KC) and repeat a set-up phrase out loud (Even though, after all these years, I'm still affected by my “childhood baggage”, I want to love and accept who I am now)

STEP #III. Then we tap one full round saying your bundle name “childhood baggage” on every tapping point.

Example:

EB My Outsider Childhood

SE My Outsider Childhood

UE My Outsider Childhood

UN Etc

STEP #IV. Then we do 3 full rounds (one round is all the tapping points once) where I am silent and you will be saying (in no particular order) your phrases/negative messages, abuses or traumas and limiting identity beliefs you wrote down, interspersing them with things that come to mind.

Don't worry about doing this wrong, or having to do it perfectly to get results. It's pretty much impossible. You can just say whatever is on your list and whatever else comes to mind. It is combining the things that you have written down with just venting your feelings and thoughts about how you felt back then and what you experienced.

We go for 3 full rounds, which is 30 tapping points. If you have already said everything you wanted to say and there is still more tapping to do, simply repeat things you've already mentioned before and continue to say something at each of the tapping points for 3 complete rounds.

All these phrases/negative messages, abuses or trauma and limiting identity beliefs are all together causing a general feeling which is what we are “tapping away”.

Also, you don't have to say every single thing that ever happened to you. 3 rounds of phrases and venting is more than enough for your subconscious to pick up what it is that we're working on.

Your subconscious knows what you are working on and automatically you'll be healing your childhood baggage (and all the negative emotions, limiting beliefs and everything else that it entails that you haven't even thought about!).

Example (the "vents" are in pink):

EB My steph dad and mom were always fighting

SE And I was so upset when they fought

UE I hated my steph dad and my mom couldn't give me any love

UN I felt all alone

CH My mom would say "I hate you, terrible kid"

CB And when she did I felt so hurt inside

UA "I hate you, terrible kid"

LP It makes me sad when I think about it

WR It made me feel like "I'm not OK"

TH like "There's something wrong with me"

EB Why else would she say that?

SE She also said "I wish you were never born" and "you drive me crazy"

UE I was constantly yelled at and couldn't do anything right

UN I felt unsafe at home

CH I was seen as a problem child

CB I felt I wasn't good enough

UA I felt I wasn't good enough

LP And that's not fair!

WR It still pisses me off!

TH I changed schools five times

EB No wonder I had a tough time

SE It was so difficult for me

UE I had no friends when I went to X school

UN I believed there was something wrong with me

CH I felt like I didn't belong

CB I felt like an outsider

UA I really picked up that "I'm not OK"

LP "I'm not OK"

WR "I'm not OK"

TH "I'm not good enough"

NOTE: As long as you are mentioning the things about your childhood (the phrases/negative messages, abuses and/or traumas and the limiting identity beliefs) and you vent your feelings then you're doing it right.

Saying these things causes you to tune into the overall feeling that you had when you were a child. By doing this you are tapping away the overall intensity (and with it the negative emotions and limiting beliefs).

STEP #V. Then I will instruct you to tap on your karate chop point (KC) again and repeat a set-up phrase out loud (Even though I'm still affected by my "Childhood baggage", a part of me really wants to let this go...)

STEP #VI. Then we tap one full round saying your bundle name "Childhood baggage" (or the other name that you might have given to your bundle) with "remaining" in front of it.

You will say "Remaining childhood baggage" on every tapping point:

EB Remaining My Outsider Childhood
SE Remaining My Outsider Childhood
UE Remaining My Outsider Childhood
UN Etc

STEP #VII. Then we do another round where we say sentences about our "Childhood baggage" and intersperse this with saying phrases with our desire to get over it.

Example:

EB all of this remaining My Outsider Childhood
SE I really want to let it go
UE My remaining fears and limiting beliefs from My Outsider Childhood
UN I want to get over it
CH all the pain and negativity from My Outsider Childhood
CB I want to put it behind me now
UA this remaining Outsider Childhood
LP I'm ready to let it go now
WR no, I'm not!
TH yes, I am! I really want to let it go!

STEP #VIII. Here I'm going to ask you to get in touch with the actual emotions you were feeling back then such as shame, embarrassment, frustration, fear, anxiety, anger, depression etc...

And then I will start tapping on the Karate Chop (KC) point and say certain phrases you will repeat. At times I leave room open for you (I will be silent) to say out loud the negative emotions that you were experiencing back then (and possibly still are experiencing now).

Example:

Even though I'm still holding onto this fear, shame and embarrassment from my "Outsider Childhood", there's a part of me that wants to let that go and I accept and respect myself completely

Even though I still have anger and frustration due to “My Outsider Childhood“, there’s a part of me that wants to let that go and I accept and love myself unconditionally

Even though I still have all these negative emotions from my “Outsider Childhood“, there’s a part of me that wants to let that go and I deeply and completely accept all of me now.

STEP #IX. Then we will do one round of tapping saying "remaining X emotion" at each point.

Example:

*EB remaining fear
SE remaining anger
UE remaining frustration
UN remaining shame
CH remaining embarrassment
CB remaining fear
UA remaining anger
LP remaining frustration
WR remaining shame
TH remaining embarrassment*

We follow this with another round of saying the same but now with our desire to get over it.

Example:

*EB remaining anger and frustration
SE I want to let it go now
UE remaining fear
UN I want to release it
CH remaining shame and embarrassment
CB I want to completely annihilate it
UA I want to put all of those negative emotions behind me now
LP I want to let it go completely now
WR All of the negative emotions from my “Outsider Childhood“
TH I give myself permission to let it go now*

STEP #X. Then I will instruct you to tap on your karate chop point (KC) again and repeat the following phrase out loud:

Even though there’s a small part of me holding on to my “Outsider Childhood“, there’s a much more powerful part of me that is ready to let it go. I CHOOSE to let that part of me win. I now choose to eliminate all of my “Outsider Childhood“.

Next we do one full round where we at each tapping point say "remaining "childhood baggage" (or the name that you might have given to your bundle).

EB Remaining My Outsider Childhood
SE Remaining My Outsider Childhood
UE Remaining My Outsider Childhood
UN Etc

After that we do a second round where we say a phrase at each tapping point where we choose to let go/eliminate/overcome our "childhood baggage" and the emotions and limiting beliefs attached to it.

Example:

EB I choose to let go these negative emotions
SE I choose to eliminate all of my "Outsider Childhood"
UE I choose to forgive others and I choose to forgive myself
UN I choose to let this go
CH I choose to put all of this shame and embarrassment behind me now
CB I choose to annihilate all of this "Outsider Childhood"
UA I choose to get over this anger, fear and frustration
LP I choose to eliminate this "Outsider Childhood" and all the limiting beliefs I got from it at the cellular and molecular levels of my body
WR I give myself permission to let it all go now
TH I choose to begin my new, refreshed identity right now

And after that we do a third round where we alternate between the remaining negative and the positive that we now choose.

Example:

EB Any remaining "Outsider Childhood"
SE I choose to eliminate it now
UE Any remaining anger, fear and frustration
UN Any remaining shame and embarrassment
CH I choose to bury it in a deep, dark hole
CB I choose to annihilate all of this pain from my "Outsider Childhood"
UA Any remaining negative emotions
LP I choose to eliminate all of that at the cellular and molecular levels
WR Any shred of "Outsider Childhood" fears and limiting beliefs
TH I choose to eliminate it forever, right now. I choose peace

BONUS: Here we'll do a bonus round of tapping saying only positive things about ourselves

Example:

EB I am a nice person
SE I am worthy
UE I am more than enough
UN And I love knowing that
CH I am equal to everyone
CB Of course I am

UA I'm a good listener
LP I have a good sense of humor
WR I am intelligent and articulate
TH I'm a survivor

And we end with me being silent while tapping over all the points and you fill in all sorts of positive things about yourself.

NOTE: The goal of the exercise is to get your childhood baggage's emotional intensity to a 0 out of 10 in emotional intensity.

Your childhood bundle is at a 0 out of 10 when you have no emotional intensity anymore when you think of your childhood baggage, and it remains a 0 out of 10 even when you do your utmost best to try to get yourself upset about it.

The negative limiting belief/s that you learned during your childhood might still feel true. That's OK. It's about the emotions from back then that have been neutralised.

Often, the core negative limiting beliefs learned in early childhood have caused you to attract more experiences in life that validate that belief.

So if you for example learned "I'm not good enough" in early childhood, then likely throughout life you have gathered more evidence of you "not being good enough".

Perhaps you've gotten rejected by your crush. Perhaps you failed an important exam. Perhaps you've had several more experiences that proved to you that indeed you are not good enough.

Therefore, while eliminating the emotional intensity of your childhood baggage will weaken these core beliefs (and sometimes fully eliminate them), sometimes you will need to use EFT tapping on these other experiences after your childhood that serve as "evidence" for why you're not good enough before the belief completely dissolves and no longer feels true at all.