



Website Resistance - Initial Exploration

1. What's your intention for this course? What would you like to get out of these 21 Days of Tapping?

2. What stage are you at with your website?

(In denial, thinking about it, preparing to take action, working on it now, revamping and updating.)

Now use the following questions to journal and to get really clear on your emotions, feelings, limiting beliefs and triggers around websites.

3. Close your eyes and picture your website (real or imaginary).

What emotions come up for you? (Fear, doubt, anger and resentment, boredom, anxiety, embarrassment, sadness, shame, guilt etc. etc.)

Where do you feel those emotions in your body?

Rate them on a scale of 1-10.

4. And what thoughts do you have?

Website Resistance - Initial Exploration (cont.)

5. Which of these specific aspects of websites trigger you? Rate them 1-10 and note down any thoughts, emotions, limiting beliefs, memories etc.

Technology

Website jargon

Domain name

Hosting

Home page

About page

Work with me/Services page

Blog

Testimonials

Terms and conditions/Privacy policy

Contact form

Other pages

Photos/videos

Colour palette

Copy/content

Other

Website Resistance - Initial Exploration (cont)

5. Which of these fears come up for you?

BEING VISIBLE - Complete the sentence:
It's not safe to be seen because....

PERFECTIONISM - Complete the sentence:
It has to be perfect or....

I'M NOT ENOUGH - Complete the sentence:
I'm not _____ enough to have a website.

NOT DESERVING - - Complete the sentence:
I don't deserve to have a website because....

BEING CRITICIZED - Complete the sentence:
If I have a website _____ will say/think....

LACK MENTALITY - Complete the sentence:
There isn't/I haven't enough _____ to create my website.

NO PATHWAY - Complete the sentence:
I don't know...

OTHER (You choose!)

It's time to get tapping!!!