



# Quit a Bad Habit - 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 specific habit would you like to quit?

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

3. Close your eyes and picture yourself indulging in this habit.

What positive emotions come up for you?

(Relief from stress/boredom/emptiness/loneliness/irritation/exhaustion, numbing out, happiness, freedom, connection, etc.)

What negative emotions come up for you?

(Anger, disappointment, guilt, shame, anxiety, sadness, self-loathing, despair, 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?

## **Quit a Bad Habit - Initial Exploration (cont.)**

More investigating:

### Part 1: NOW

When do you experience this habit?

How many times a day?

Where are you?

Who are you with?

What triggers it?

Do you have cravings?

How do they feel? (Emotions, body sensations.)

### Part 2: THE PAST

How long have you had this bad habit?

When did it start to become a problem?

Who or what is behind this habit?

Do you have any specific stories (good or bad) to tell about this habit? (Could be for your eyes only!)



## Quit a Bad Habit - Initial Exploration (cont.)

Visualize yourself as a young child, with your parents. Attitudes, beliefs, emotions, memories, events, family 'rules' around this bad habit.

How about as a teenager?

As a young adult?

### Part 3: THE FUTURE

When you imagine 'success' - not having this bad habit anymore - what objections does your mind scream?

Complete the following sentence:

If I quit \_\_\_\_\_, the consequences would be \_\_\_\_\_

In order to quit \_\_\_\_\_ I would have to \_\_\_\_\_

Quitting this habit would be nice but what I really want is \_\_\_\_\_

Quitting this habit reminds me of \_\_\_\_\_

The benefits of continuing this habit could be \_\_\_\_\_

I don't deserve to quit this habit because \_\_\_\_\_

It's not safe to quit this habit because \_\_\_\_\_

If I quit this habit \_\_\_\_\_ will be upset.

Even if I never quit this habit \_\_\_\_\_

What does success mean for you?

**It's time to get tapping!!!**

