APPROVAL, APPROVAL, APPROVAL, APPROVAL, APPROVAL

1. Start with any aspect of your (violin) playing and send it love and approval using the EFT Tapping Set-up phrase.
   Eg. Even though my trills are slow and uneven, I choose to love and accept myself… and my trills!
   Do a complete tapping round on what thoughts and feelings, even memories, come up for you.
2. Treat every aspect as if it were a small child just learning how to walk. Acknowledge that it is doing fine, encourage it to pick itself up and keep going, persist in mastering this new skill.
3. Remind yourself that even the great players (think of who you admire and emulate) weren't able to do this right from the beginning.
4. Every skill has to be nurtured and loved.
5. Work through every aspect of your playing, even if it takes days or weeks. Get into the habit of finding the love in every aspect of your playing.

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