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**The Four Step System for
Joyful Living_Relationships**

**DECODING
THE SECRETS OF
JOYFUL LIVING**

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*"I trust that we do not come
across by accident, today we
connect for a reason. "*



APPLYING THE FOUR STEP SYSTEM FOR JOYFUL LIVING - RELATIONSHIPS

Tap and meet the needs of the little winning kid inside of us

When we talk about relationships, we always think about the relationship between spouses, partners, family members, and people in the workplace or society. We don't realize that any relationship issue actually starts from the relationship with ourselves.

This happens with almost everybody who has relationship issues; especially for those people who have heart wounds in early life and always feel they don't fit, or they are not worthy and have low self-esteem.

How do you feel about your relationship right now? What's your self-talk and feelings on the topic of the relationship? If you have any relationship issues, are there any patterns?

EFT can help find out our unmet needs deep down which followed us from our childhood time. Tap away the emotions and the limiting beliefs, release those inner blockages, and assist the inner child in growing up without being needy anymore.

Step One: Check and Discover

Find Out The Patterns And Reveal The Early Events Behind Your Relationship Issues

Start with the most pressing relationship issue: what is bothering you the most in your relationship issue? With whom do you have relationship issues with? Spouse, partner, other family members, or people in the workplace and society? Or even with yourself, self-connection?

Setup Statement

Pick one specified relation issue that is bothering you. Check the emotions or self-talks about this issue and craft your *Setup Statement*.

Tap on Karate Chop point, say the setup statement 1-3 times.

Even though I have issue with _____, I feel so _____ when I _____, (fill the blanks to fit your situation) I deeply and completely accept myself.

Emotion Intensity Check

Check the emotion intensity about this relationship issue on a 0-10 scale.

Negative Rounds of Tapping

- Tap on the rest of the eight meridian points on the body.
- Tap on this relationship issue. Admit, accept, and speak out all feelings and self-talks behind this relationship. Tap and get the clarity about what's going on in your life.
- Tap until when you feel much calmer, and less pressed about this issue, and when the emotion intensity goes down below 3 on the scale.
- If the intensity score doesn't go down on the scale, check and see if you have any other inner voices are not addressed yet. Tap and speak them all out.
- Check and find out if there is any pattern or trigger behind this pressing issues. When and under what occasions, you

always feel bothered, irritated, or feel the similar emotions and have same self-talks in mind about your relationship issue.

- Tap until some early events, especially childhood events coming up in mind.

Step Two: Unblock Buried Inner Energy Knots

Release the Suppressed Negative Emotions and Untie the Old Knots from Early Events

Repeat the same tapping procedure from Step One's *Setup Statement, Emotion Intensity Check, and Negative Rounds of Tapping*.

Setup Statement

- Pick one of the old events and craft a setup statement.
- Tap on the Karate Chop point and say the setup statement:

Even though I have issue with _____, I feel so _____ when I _____, (fill the blanks to fit your situation) I deeply and completely accept myself.

Emotion Intensity Check

Check the emotion intensity about this old event on a 0-10 scale.

Negative Rounds of Tapping

- Tap on the eight meridian points on the body. Pick and tap one event at a time, one by one, tap on all negative emotions and self-talks behind the old events/bothersome memories.
- Tap and reveal a whining little kid inside of you.

- Tap and get clarity of what are the unmet needs of this little kid – the younger version of you.
- Tap, listen, and express all that this little kid needs to express, being aware of what blocked you from a healthy, loving, and happy relationship.
- Keep checking the emotion intensity on the 0-10 scale, tap and bring the intensity score on the scale down below 3 or even 0 for each specified event.
- Tap, release, and clear up the major inner knots (old events) from our body energy system.
- After removing 10-15 major “inner stones” from your system, you will start to feel lighter and happier, with a big difference of your energy level in daily life. Your life starts to change, the world and people you see “will seem to behave or treat you differently.”

Step Three: Shift Emotional Vibrations to a Positive Place

Build A Bridge With Gratitude And Step Over From Lower Emotion Vibrations To Higher Vibrational Place

Repeat the tapping procedure of *Setup Statement, Emotion Intensity Check, and Positive Rounds of Tapping*.

At this step, we start positive rounds of tapping.

Use *Choices Method tapping and Gratitude tapping. Tap and shift from low-end to high-end of emotion vibrations, from the feelings of fear, depression, and grief, gradually and eventually to the emotions of peace, love and joy.

*Choices Method tapping was developed by Dr. Patricia Carrington

Setup Statement

Tap on Karate Chop point and pick the same setup statement for the issue you are working on:

Choose Method Tapping:

Even though I still have this remaining relationship issue, and I still feel triggered when I _____, I CHOOSE to be at ease and peace with it. (Fill the blank with your situation) I choose not to judge harshly to myself like I did before.

Gratitude Tapping:

Even though I still get triggered from this _____ relationship issue, I am grateful that _____ (fill in the blanks to fit your situation). E.g., I am now aware of my chronic patterns and the triggers behind this relationship issue. I can work on it and remove the root knots..

Emotion Intensity Check

Check the remaining emotion intensity about the same issue you've been working, on a scale 0 – 10.

Positive Rounds of Tapping

- Tap on the eight meridian points on the body. Tap with positive affirmation, speak out all your intentions, your determinations to heal, to let go, to shift, to move one, etc.
- Keep checking the emotion intensity on the scale, normally it could go down 0, after the rounds of positive tapping.

Step Four: Move Forward to Our Intentional Place

Set Up Intentions And Take Actions

Without intentions, energy has no direction in which to flow. New reality needs actions and execution to be created.

At this step, we repeat the complete tapping procedure including *Setup Statement, Emotion Intensity Check, Negative Rounds of Tapping and Positive Rounds of Tapping*.

Setup Statement

Pick one of your intentions or your goals about your relationship issue. Craft a setup statement on your intention.

Today I set up my intention, I will work on this _____ and achieve my goal of _____. (Fill in the blank to fit your situation). E.g., I can tap and help my inner self to meet his/her unmet needs.

Emotion Intensity Check

Check how true this statement sounds to you or how strong you believe you will achieve this goal, using a 0-10 scale.

*At this step, it is *Emotion Alignment Check* or mind status check.

Negative Rounds of Tapping

If it still does not sound true to you, and you still don't believe you can achieve this goal, then go back to the previous steps. Repeat the tapping procedure in Step One and Two, discover and unblock any leftover blocks inside your system.

E.g. What is the inner resistance to the changes? What serves you by staying in the old place? What do you have to confront in your life if you deal with your relationship issue?

Collapse and release them from the body system and shift.

Positive Rounds of Tapping

- If your intention sounds very true to you, and you have the aligned energy towards your goal, then start positive rounds of action tapping.
- Tap on the eight meridian points on the body, and speak out your true voices - your desires, your break down action plans for your goals. Draw mind pictures and film mind movies, and tap on what you see in mind, and what you want to create in your future reality about your relationship with all in life, etc.
- Inspect your execution of your action taking. Observe both your physical and mental activities, emitting aligned energy towards your goals.
- Keep diligent and persistent tapping, and do different exercises to build new healthy habits to replace the old behavior patterns and improve your relationship with others and with yourself.

The following attached is two example scripts of tapping on relationship issues. Please follow the video and tap along.

Tapping Script on Relationship issue For Married Couple – I feel no support from my husband.

*While tapping, you can repeat these phrases out loud, or change the words to fit your exact situation.

Setup statement (tapping the karate chop point on either hand):

“Even though I feel sad and angry that I have no support from my husband, I deeply and completely accept myself and my anger.”

“Even though I am full of sadness and anger that I don’t have support from my husband, I accept myself as who I am and how I feel. “

“Even though I feel sad and angry about my husband, I accept, love, and forgive myself and this anger and everything behind this anger.”

Check the intensity scores on the scale.

0 = the least intensity, and 10 = the most emotional intensity.

Negative rounds of tapping focusing on problems:

Eyebrow: I feel sad and angry with my husband.

Side of Eye: He can’t support me.

Under Eye: He is a nice person.

Under Nose: But he/she can only think from his own view.

Chin: I feel he doesn't listen and doesn't try to understand me.

Collarbone: When I feel bad and need support, he is either overly defensive or goes away and that makes me feel worse.

Under Arm: I always try to understand his point. I listen to him and understand.

Top of Head: I am sad and angry. Why couldn't he do that?

Eyebrow: I don't have support.

Side of Eye: Things are always on me

Under Eye: My whole life is like that.

Under Nose: I thought in marriage, we are supposed to support each other.

Chin: But so sad, I still can't get the love and support I want.

Collarbone: I am not well taken care of by anybody.

Under Arm: He doesn't love me.

Top of Head: Or at least, he doesn't know how to love a woman.

Eyebrow: I am so sad and feel powerless.

Side of Eye: I just can't get the love and support I want.

Under Nose: I've been seeking this for my whole life.

Under Eye: Now I am married, but I still can't get it.
Chin: He only focuses his work or watching TV.
Collarbone: He doesn't communicate with me.
Under Arm: He never helped me when I felt I needed support.
Top of Head: I am always on my own.

Tap with more rounds if needed until you bring the scores on the scale down below 3 or even 0.

Positive rounds of tapping (start to shift and focus more on solutions):

Eyebrow: Even though I feel sad and angry about my husband.
Side of Eye: I can't get the support and love I want from him.
Under Eye: I choose to accept and my negative feelings about him.
Under Nose: And then I let go of all those negative feelings.
Chin: This pattern of focusing on these feelings never serves me.
Collarbone: I start to be aware of my emotion vibrations now.
Under Arm: My feelings attract things and people to me to match the energy I send out.
Top of Head: I realize that it's true.

Eyebrow: When I stand on energy point of view to think about my relationships.

Side of Eye: I do find that my language and emotions to my husband are very negative.

Under Eye: I am upset because he didn't react the way I hoped he would have behaved.

Under Nose: He didn't meet my needs.

Chin: I realize I didn't get these needs from my parents either.

Collarbone: I want to be taken care of and get the emotional support I wanted but didn't get when I was a little girl/boy.

Under Arm: But my parents never showed and expressed their emotions in the family at all.

Top of Head: That's really sad.

Eyebrow: I so much want to be well taken care of, and I want to be heard.

Side of Eye: I blamed my husband for what he did.

Under Eye: But I realize now that my negative energy about him doesn't help to bring the good out from him.

Under Nose: I guess that's why he becomes offensive.

Collarbone: He wants to be praised and appreciated instead of being criticized.

Under Arm: I guess that's from his past.

Top of Head: It seems we just press each other's buttons all the time.

- Eyebrow: When I realize all these things today.
- Side of Eye: I choose to release my sad and angry feelings first.
- Under Eye: When I tap and let go of them, I feel better now.
- Under Nose: I am not that incensed as I was at the beginning when I started tapping.
- Collarbone: Maybe I can try to release more and finally all of those negative feelings about him and my past.
- Under Arm: When I could feel better about myself and my past, I bet I can also feel better about him
- Top of Head: When I have better feelings about him, I bet he will be more open and willing to support me.

Check the intensity on the scale. And find out what comes up in the mind. Normally there will be events coming up in the mind after the initial tapping.

Keep tapping on the different events. One by one, bring the score down below 3, or 0.

Very often, after tapping, the special events in childhood will be brought up. For kids, anything could be a trauma because they don't work using logic. Then go to tap on those old bothersome events. Tap one by one and bring the score down. Eventually, those buried blocks will be removed and the wounds will be healed. When we are not be triggered anymore, our relationship will improve.

Tapping Script on Relationship issue For Single Person – Feel insecure in romantic relationship

*While tapping, you can repeat these phrases out loud, or change the words to fit your exact situation.

Setup statement (tapping the karate chop point on either hand):

“Even though it seems I always attract people in my relationship who makes me feel insecure, I deeply and completely accept myself.”

“Even though I have a pattern of feeling insecure in my romantic relationship, I accept myself and this pattern.”

“Even though I always feel insecure in my romantic relationship, I accept myself as who I am and how I feel. I accept everybody and everything who contributed to this pattern.

Check the intensity scores on the scale.

0 = the least intensity, and 10 = the most emotional intensity.

Negative rounds of tapping focusing on problems:

Eyebrow: This pattern of feeling insecure in my romantic relationship.

Side of Eye: Why can't I just feel safe?

Under Eye: Why can't I build a long term relationship and settle down?

- Under Nose: I always start fine and then begin to feel intense when I feel good about that person.
- Chin: I would feel scared and be afraid that it's not real.
- Collarbone: I would feel so anxious when he/she doesn't call me or contact me often or doesn't show up on time.
- Under Arm: I want to know what's going on. Otherwise, I couldn't feel peace in mind.
- Top of Head: What's wrong with me?
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- Eyebrow: The person I go out with always seems very nice and attractive.
- Side of Eye: But I just don't feel secure staying with him/her.
- Under Eye: He/she couldn't make me feel grounded and safe.
- Under Nose: I don't like my schedule or next step plan being uncertain in my relationship.
- Chin: I will feel so scared if I don't hear from him/her.
- Collarbone: Maybe he/she doesn't want to continue.
- Under Arm: Maybe he/she wants to see another person.
- Top of Head: Maybe I am not good enough for him/her.
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- Eyebrow: We don't have an obligation to each other at this stage.

Side of Eye: Anything is possible.

Under Eye: Not knowing what's going to happen is painful.

Under Nose: I don't want to experience the painful leaving moment.

Chin: I really feel insecure in my relationship.

Collarbone: I think my insecure feelings ruined my relationship.

Under Arm: It's painful and sad

Top of Head: Sometimes I feel bitter and even hopeless.

Eyebrow: Now I remember that this insecure feeling came from my childhood.

Side of Eye: My parents were always busy with their work and they were never there for me.

Under Eye: I always stayed and played by myself.

Under Nose: How I wished I could stay and play with them at least at on the weekends.

Chin: But they always sent me to the babysitters. I felt so hurt and sad.

Collarbone: Sometimes if they came late to pick me up, I would be so afraid that they would never come.

Under Arm: I thought they didn't love me, and I felt I was abandoned.

Top of Head: I felt I was not lovely enough to deserve their time.

Keep checking the intensity on the scale after several rounds of tapping. And find out what comes up in the mind.

After rounds of tapping, there will always be some special childhood or early life events brought up. For kids, anything could be a trauma because their brain doesn't work by logic.

Then you can go to tap those old bothersome memories or events. Tap one by one, until you can bring the intensity score on the scale down below 3 or even 0.

Eventually, we can remove those buried blocks and the heal our old wound will be healed. Without the old triggers, our relationship will improve.

Positive rounds of tapping (start to shift and focus more on solutions):

You could tap on Karate chop using Choose Method to tap and say setup statement like the following example. You can also skip the setup statement if you don't feel like doing it.

“Even though I still have this pattern of feeling insecure in my romantic relationship, I choose to be aware of the cause of this pattern and remove the root energy.”

Eyebrow: Even though I still have this pattern of feeling insecure in my relationship, I choose to be aware that the root of this pattern came from my childhood.

Side of Eye: I am aware now that my needs never got met when I was a child.

Under eye: I didn't get the attention I needed, and I felt insecure from the uncertainty.

Under Nose: I choose to let go all of the fear feelings and heal the younger version of me inside.

Chin: I know this pattern of insecure never serves me.

Collarbone: I start to be aware of my emotion vibrations now.

Under Arm: I realize that I had this lacking of love feeling in my whole life.

Top of Head: Lacking attracts lacking. I realize that it's true.

Eyebrow: My lacking feelings attract things and people to me to match the lacking energy I sent out.

Side of Eye: I felt anxious when I felt I was not enough.

Under Eye: This insecure emotion makes me feel wanting to control.

Under Nose: As I was afraid that it would be out of control.

Chin: That pushed people away from my relationship.

Collarbone: I now realized that I am the part of the contribution also to my relationship pattern.

Under Arm: I blamed my dating partners for not giving me the secure feeling I want.

Top of Head: Now I realize this insecurity comes from myself also.

Eyebrow: I have my reason wanting to control or feeling not worthy.

Side of Eye: But people don't understand that it's the need for the younger version inside of me.

Under Eye: The past doesn't exist anymore.

Under nose: I am a grown up now.

Chin: Today I set up my intentions.

Collarbone: I choose to release my lacking feeling.

Under Arm: I choose to let go of the pattern of being needy of attentions.

Top of Head: I choose to trust myself. I can attract a right person Into my life and have a safe and healthy relationship.