

SIXTH STEP ANALYSIS FOR MEMBERS OF

ACTIVE ADDICTIONS ANONYMOUS



THE WILD LIFE

SIXTH STEP ANALYSIS FOR MEMBERS OF
ACTIVE ADDICTIONS ANONYMOUS – THE WILD LIFE
is createdmanifested by Harishchandra Sharma TuTu and Solvejg Sharma TuTu



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CONTENTS

CONTENTS	4
TABLES OF THE RINGS:	5
THE BIG RINGS, THE SMALL RINGS, THE MINI-RINGS, THE MICRO-RINGS AND THE NANO-RINGS OF PAIN	5
THE BIG RINGS, THE SMALL RINGS, THE MINI-RINGS, THE MICRO-RINGS AND THE NANO-RINGS OF JOY	6
THE BIG RINGS OF PAIN, THE RINGS OF AVARICE, THE RINGS OF ENVY, THE RINGS OF HATRED AND THE RINGS OF ARROGANCE	7
EFT TAPPING POINTS	9
APPENDIX A.....	12
1. From addiction to chronic dissatisfaction to contentment on my limitation, ignorance, powerlessness and mortality/changeability.....	12
2. From absence of my true Self, my Spirit to presence of my true Self, my Spirit.....	24
APPENDIX B.....	36
01. From the Ring of Emptiness to the Ring of Fulfillment.....	36
02. From the Ring of Self-centeredness to the Ring of God-centeredness.	46
03. From the Ring of Codependency to the Ring of Emotional Sobriety.....	57
04. From the Big Ring of Pain to the Big Ring of Joy.....	68
05. From the Small Ring of Avarice to the Small Ring of Faith.....	78
06. From the Small Ring of Envy to the Small Ring of Hope.....	89
07. From the Small Ring of Hatred to the Small Ring of Love.....	99
08. From the Small Ring of Arrogance to the Small Ring of Truth.....	110
09. From the Miniring of Avarice to the Miniring of Faith.....	120
10. From the Miniring of Envy to the Miniring of Hope.....	131
11. From the Miniring of Hatred to the Miniring of Love.....	141
12. From the Miniring of Arrogance to the Miniring of Truth.....	152
13. From the Microring of Avarice to the Microring of Faith.....	163
14. From the Microring of Envy to the Microring of Hope.....	173
15. From the Microring of Hatred to the Microring of Love.....	184
16. From the Microring of Arrogance to the Microring of Truth.....	195
17. From the Nanoring of Avarice to the Nanoring of Faith.....	205
18. From the Nanoring of Envy to the Nanoring of Hope.....	216
19. From the Nanoring of Hatred to the Nanoring of Love.....	227
20. From the Nanoring of Arrogance to the Nanoring of Truth.....	238

TABLES OF THE RINGS:

THE BIG RINGS, THE SMALL RINGS, THE MINI-RINGS, THE MICRO-RINGS AND THE NANO-RINGS OF PAIN

THE FOUR BIG RINGS OF PAIN				
	North	South	East	West
The Ring of Emptiness	Emptiness	Boredom	Meaninglessness	Loneliness
The Ring of Self-centeredness	Euphoria	Depression	Self-criticism	Self-praise
The Ring of Co-dependency	Savior-role	Seducer-role	Victim-role	Offender-role
The Big Ring of Pain	Avarice	Envy	Hatred	Arrogance
THE FOUR SMALL RINGS OF PAIN				
	North	South	East	West
Avarice	Stinginess	Greed	Poverty	Gluttony
Envy	Disbelief	Superstition	Submission	Defiance
Hatred	Denial	Manipulation	Disease	Madness
Arrogance	Superiority	Inferiority	Overcrowding	Isolation
THE FOUR MINI-RINGS OF PAIN				
	North	South	East	West
Avarice	Pettiness	Clinging	Malaise	Hoarding
Envy	Insecurity	Confusion	Unclearity	Wretchedness
Hatred	Ill will	Unkindness	Irritation	Impatience
Arrogance	Condescension	Intolerance	Exaggeration	Seclusion
THE FOUR MICRO-RINGS OF PAIN				
	North	South	East	West
Avarice	Selfishness	Hardness	Unfreedom	Negligence
Envy	Denigration	Insusceptibility	Narrowmindedness	Unworthiness
Hatred	Indignation	Vindictiveness	Belligerence	Bitterness
Arrogance	Disrespect	Craftiness	Distortion	Separateness
THE FOUR NANO-RINGS OF PAIN				
	North	South	East	West
Avarice	Inhibition	Nervousness	Complaining	Indifference
Envy	Uncertainty	Uncultivatedness	Indecision	Rashness
Hatred	Resentment	Unwillingness	Vociferousness	Stiff-neckedness
Arrogance	Insincerity	Cunning	Unreliability	Alienation

THE BIG RINGS, THE SMALL RINGS, THE MINI-RINGS,
THE MICRO-RINGS AND THE NANO-RINGS OF JOY

THE FOUR BIG RINGS OF JOY				
	North	South	East	West
Ring of Fulfillment	Fulfillment	Interest	Meaningfulness	Oneness
Ring of God-centeredness	Joy	Empowerment	Open-mindedness	Gratitude
Ring of Emotional Sobriety	Detachment	Integrity	Respect for self	Respect for others
The Big Ring of Joy	Faith	Hope	Love	Truth
THE FOUR SMALL RINGS OF JOY				
	North	South	East	West
Faith	Generosity	Trust	Prosperity	Accountability
Hope	Credence	Information	Discernment	Serenity
Love	Admitting	Self-acceptance	Health	Sanity
Truth	Humility	Honesty	Individuality	Fellowship
THE FOUR MINI-RINGS OF JOY				
	North	South	East	West
Faith	Largesse	Letting go	Wellbeing	Sharing
Hope	Safety	Well-informedness	Clarity	Nobleness
Love	Goodwill	Kindness	Calmness	Patience
Truth	Equality	Tolerance	Accuracy	Belongingness
THE FOUR MICRO-RINGS OF JOY				
	North	South	East	West
Faith	Consideration	Ease	Action-freedom	Contributing
Hope	Appreciation	Teachableness	Openness	Worthiness
Love	Mercy	Forgiveness	Conciliatory	Sweetness
Truth	Respectfulness	Straightforwardness	Precision	Togetherness
THE FOUR NANO-RINGS OF JOY				
	North	South	East	West
Faith	Approachability	Lightheartedness	Validation	Involvement
Hope	Certainty	Cultivatedness	Resoluteness	Levelheadedness
Love	Acceptance	Willingness	Quietness	Flexibility
Truth	Sincerity	Simplicity	Reliability	Familiarity

THE BIG RINGS OF PAIN, THE RINGS OF AVARICE, THE RINGS OF ENVY, THE RINGS OF HATRED AND THE RINGS OF ARROGANCE

THE FOUR BIG RINGS OF PAIN				
	North	South	East	West
The Ring of Emptiness	Emptiness	Boredom	Meaninglessness	Loneliness
The Ring of Self-centeredness	Euphoria	Depression	Self-criticism	Self-praise
The Ring of Co-dependency	Savior-role	Seducer-role	Victim-role	Offender-role
The Big Ring of Pain	Avarice	Envy	Hatred	Arrogance
THE FOUR RINGS OF AVARICE				
AVARICE	North	South	East	West
The Small Ring	Stinginess	Greed	Poverty	Gluttony
The Mini-ring	Pettiness	Clinging	Malaise	Hoarding
The Micro-ring	Selfishness	Hardness	Unfreedom	Negligence
The Nano-ring	Inhibition	Nervousness	Complaining	Indifference
THE FOUR RINGS OF ENVY				
ENVY	North	South	East	West
The Small Ring	Disbelief	Superstition	Submission	Defiance
The Mini-ring	Insecurity	Confusion	Unclearity	Wretchedness
The Micro-ring	Denigration	Insusceptibility	Narrowmindedness	Unworthiness
The Nano-ring	Uncertainty	Uncultivatedness	Indecision	Rashness
THE FOUR RINGS OF HATRED				
HATRED	North	South	East	West
The Small Ring	Denial	Manipulation	Disease	Madness
The Mini-ring	Ill will	Unkindness	Irritation	Impatience
The Micro-ring	Indignation	Vindictiveness	Belligerence	Bitterness
The Nano-ring	Resentment	Unwillingness	Vociferousness	Stiff-neckedness
THE FOUR RINGS OF ARROGANCE				
ARROGANCE	North	South	East	West
The Small Ring	Superiority	Inferiority	Overcrowding	Isolation
The Mini-ring	Condescension	Intolerance	Exaggeration	Seclusion
The Micro-ring	Disrespect	Craftiness	Distortion	Separateness
The Nano-ring	Insincerity	Cunning	Unreliability	Alienation

THE BIG RINGS OF JOY, THE RINGS OF FAITH, THE RINGS OF HOPE, THE RINGS OF LOVE AND THE RINGS OF TRUTH

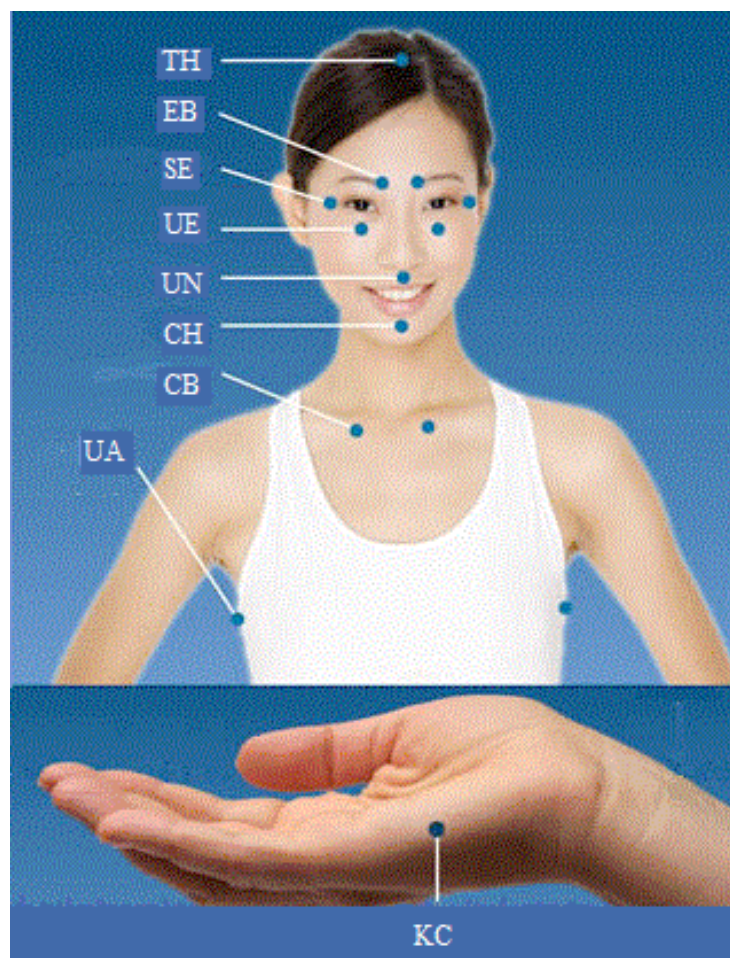
THE FOUR BIG RINGS OF JOY				
	North	South	East	West
Ring of Fulfillment	Fulfillment	Interest	Meaningfulness	Oneness
Ring of God-centeredness	Joy	Empowerment	Open-mindedness	Gratitude
Ring of Emotional Sobriety	Detachment	Integrity	Respect for self	Respect for others
The Big Ring of Joy	Faith	Hope	Love	Truth
THE FOUR RINGS OF FAITH				
FAITH	North	South	East	West
The Small Ring	Generosity	Trust	Prosperity	Accountability
The Mini-ring	Largesse	Letting go	Wellbeing	Sharing
The Micro-ring	Consideration	Ease	Action-freedom	Contributing
The Nano-ring	Approachability	Lightheartedness	Validation	Involvement
THE FOUR RINGS OF HOPE				
HOPE	North	South	East	West
The Small Ring	Credence	Information	Discernment	Serenity
The Mini-ring	Safety	Well-informedness	Clarity	Nobleness
The Micro-ring	Appreciation	Teachableness	Openness	Worthiness
The Nano-ring	Certainty	Cultivatedness	Resoluteness	Levelheadedness
THE FOUR RINGS OF LOVE				
LOVE	North	South	East	West
The Small Ring	Admitting	Self-acceptance	Health	Sanity
The Mini-ring	Goodwill	Kindness	Calmness	Patience
The Micro-ring	Mercy	Forgiveness	Conciliatory	Sweetness
The Nano-ring	Acceptance	Willingness	Quietness	Flexibility
THE FOUR RINGS OF TRUTH				
TRUTH	North	South	East	West
The Small Ring	Humility	Honesty	Individuality	Fellowship
The Mini-ring	Equality	Tolerance	Accuracy	Belongingness
The Micro-ring	Respectfulness	Straightforwardness	Precision	Togetherness
The Nano-ring	Sincerity	Simplicity	Reliability	Familiarity

First we chose to begin making ourselves entirely ready to allow our Higher Power to liberate us from the pain in our defects of character in by learning to consciously move from the Rings of Pain to the Rings of Joy.

We did this by first moving socially, mentally and emotionally and then we moved energy wise or energetically by the help of EFT - Emotional Freedom Technique, popularly known as tapping – that has sprung from acupressure which is a milder form of acupuncture, which is a 3-4,000 year old Chinese technique used to prevent illnesses or to treat illnesses that are erupting whether these illnesses are of a physically, energetically, emotionally, mentally, socially or spiritually nature, by working with the body's energy pathways called meridians.

There are many meridians, and therefore there are many tapping points in different Tapping Protocols that I can choose to research on the internet anytime I want to, but at this time I choose to use the following meridian points for my tapping.

EFT TAPPING POINTS



1. Karate Chop Point KC (the KC meridian is related to the small intestine and the heart)

Lack of energy flow in the small intestine/heart meridian results in:

Psychological reversal (resistance to healing), to feel loss, to feel stuck, to feel frozen, inability to let go, resistance to change, sorrow, feeling vulnerable, worry, obsession, compulsive behaviour.

Creating/manifesting energy flow by tapping on the small intestine meridian allows:

Ability to move forward with ease, ability to let go of the old, healing from grief, connecting to and finding happiness in the now.

2. Eyebrows Beginning EB (the EB meridian is related to the bladder)

Lack of energy flow in the bladder meridian results in:

Trauma, hurt, sadness, restlessness, frustration, impatience, fear

Creating/manifesting energy flow by tapping on the bladder meridian allows:

Peace, emotional healing.

3. Sides of eyes SE (the SE meridian is related to the gall bladder)

Lack of energy flow in the gall bladder meridian results in:

Rage, anger, resentment, fear of change, muddled thinking

Creating/manifesting energy flow by tapping on the gall bladder meridian allows:

Clarity, compassion.

4. Under eyes UE (the UE meridian is related to the stomach)

Lack of energy flow in the stomach meridian results in:

Fear, anxiety, nausea, longing/craving, emptiness, worry, nervousness, disappointment.

Creating/manifesting energy flow by tapping on the stomach meridian allows:

Contentment, calmness, feeling safe, feeling "All is well".

5. UN Under Nose UN (the UN meridian is related to all of the back)

Lack of energy flow in the governor of the back meridian results in:

Embarrassment, powerlessness, shame, guilt, grief, fear of ridicule, fear of failure, psychological reversals (resistance to healing).

Creating/manifesting energy flow by tapping on the governor of the back meridian allows:

Self-acceptance, self-empowerment, compassion for self and others

6. Chin CH (the CH meridian is related to the central brain)

Lack of energy flow in the brain meridian results in:

Confusion, uncertainty, shame, embarrassment, second guessing one's decisions

Creating/manifesting energy flow by tapping on the brain meridian

allows:

Clarity, certainty, confidence, self-acceptance.

7. Collar Bone CB (the CB meridian is related to the kidneys and adrenal gland)

Lack of energy flow in the kidney and adrenal gland meridian results in:
Psychological reversal (resistance to healing), feeling stuck, indecision, worry, general stress.

Creating manifesting energy flow by tapping on the kidney and adrenal gland meridian allows:

Ease in moving forward, confidence, clarity.

8. Under arm UA (meridian is related to the spleen, solar plexus and the heart)

Lack of energy flow in the spleen meridian results in:

Guilt, worry, obsessing, hopelessness, insecurity, poor self esteem.

Creating manifesting energy flow by tapping on the spleen meridian allows:

Clarity, confidence, relaxation, and compassion for self and others

9. Top of the head TH (meridian is related to the liver)

This area wakes up the entire energy system and encourages the body-mind to pay attention to what we are about to address.

Lack of energy flow in the top of the head meridian results in:

Inner critic, obsessive thinking, lack of focus, complaining, feeling unhappy.

Creating manifesting energy flow by tapping on the top of the head meridian allows:

Spiritual connection, insight, intuition, focus, wisdom, spiritual discernment, clarity, compassion, happiness, feeling safe, accept, transformation, peace.

APPENDIX A

THE TWO BASIC SIXTH STEP ANALYSIS:

1. From **addiction to chronic dissatisfaction** to **contentment** on my **limitation, ignorance, powerlessness and mortality/changeability**.

I used my:

Addiction to chronic dissatisfaction on my:

- a. Limitation
- b. Ignorance
- c. Powerlessness
- d. Mortality/Changeability

Today I used my **addiction to chronic dissatisfaction** on my humanness, because (I choose to complete the sentence by writing down, why I chose to use my addiction to chronic dissatisfaction on my humanness in the situation).

I write down, how making use of my **addiction to chronic dissatisfaction** on my humanness made me think, feel, act and relate to others in the situation.

Limitation:

1. My use of my **addiction to chronic dissatisfaction** on my **limitation** made me think that (I choose to complete the sentence by writing that down, which my use of my addiction to chronic dissatisfaction on my limitation made me think in the situation).

2. My use of my **addiction to chronic dissatisfaction** on my **limitation** made me feel that (I choose to complete the sentence by writing that down, which my use of my addiction to chronic dissatisfaction on my limitation made me feel in the situation).

3. My use of my **addiction to chronic dissatisfaction** on my **limitation** made me act by (I choose to complete the sentence by writing that down, which my use of my addiction to chronic dissatisfaction on my limitation made me do in the situation).

4. My use of my **addiction to chronic dissatisfaction** on my **limitation** made me relate to the other/the others by (I choose to complete the sentence by writing

down, how my use of my addiction to chronic dissatisfaction on my limitation made me relate to the other/others in the situation).

Ignorance:

1. My use of my **addiction to chronic dissatisfaction** on my **ignorance** made me think that (I choose to complete the sentence by writing that down, which my use of my addiction to chronic dissatisfaction on my ignorance made me think in the situation).
2. My use of my **addiction to chronic dissatisfaction** on my **ignorance** made me feel that (I choose to complete the sentence by writing that down, which my use of my addiction to chronic dissatisfaction on my ignorance made me feel in the situation).
3. My use of my **addiction to chronic dissatisfaction** on my **ignorance** made me act by (I choose to complete the sentence by writing that down, which my use of my addiction to chronic dissatisfaction on my ignorance made me do in the situation).
4. My use of my **addiction to chronic dissatisfaction** on my **ignorance** made me relate to the other/the others by (I choose to complete the sentence by writing down, how my use of my addiction to chronic dissatisfaction on my ignorance made me relate to the other/others in the situation).

Powerlessness:

1. My use of my **addiction to chronic dissatisfaction** on my **powerlessness** made me think that (I choose to complete the sentence by writing that down, which my use of my addiction to chronic dissatisfaction on my powerlessness made me think in the situation).
2. My use of my **addiction to chronic dissatisfaction** on my **powerlessness** made me feel that (I choose to complete the sentence by writing that down, which my use of my addiction to chronic dissatisfaction on my powerlessness made me feel in the situation).
3. My use of my **addiction to chronic dissatisfaction** on my **powerlessness** made me act by (I choose to complete the sentence by writing that down, which my use of my addiction to chronic dissatisfaction on my powerlessness made me do in the situation).
4. My use of my **addiction to chronic dissatisfaction** on my **powerlessness** made me relate to the other/the others by (I choose to complete the sentence by writing down, how my use of my addiction to chronic dissatisfaction on my powerlessness made me relate to the other/others in the situation).

Mortality/Changeability:

1. My use of my **addiction to chronic dissatisfaction** on my **mortality/changeability** made me think that (I choose to complete the sentence by writing that down, which my use of my addiction to chronic dissatisfaction on my mortality/changeability made me think in the situation).
2. My use of my **addiction to chronic dissatisfaction** on my **mortality/changeability** made me feel that (I choose to complete the sentence by writing that down, which my use of my addiction to chronic dissatisfaction on my mortality/changeability made me feel in the situation).
3. My use of my **addiction to chronic dissatisfaction** on my **mortality/changeability** made me act by (I choose to complete the sentence by writing that down, which my use of my addiction to chronic dissatisfaction on my mortality/changeability made me do in the situation).
4. My use of my **addiction to chronic dissatisfaction** on my **mortality/changeability** made me relate to the other/the others by (I choose to complete the sentence by writing down, how my use of my addiction to chronic dissatisfaction on my mortality/changeability made me relate to the other/others in the situation).

Furthermore, I write down what I hoped to achieve by using my **addiction to chronic dissatisfaction**, and if I achieved it.

I hoped to achieve that (I choose to complete the sentence by writing down, what I hoped to achieve by using my addiction to chronic dissatisfaction on my limitation, ignorance, powerlessness and mortality/changeability, and if I achieved it).

Then, I describe how I **believe** the situation could have transpired if instead I had used:

Contentment on my:

- a. Limitation
- b. Ignorance
- c. Powerlessness
- d. Mortality/Changeability

I choose to write down how I **believe** my use of **contentment** would have made me think, feel, act and relate to others in the situation.

I **believe** that if instead I had used **contentment** on my **limitation, ignorance, powerlessness** and **mortality/changeability**, then (I choose to complete the sentence by writing that down, which I **believe** would have been the result, if I had chosen to use contentment in the situation), because (I choose to complete the sentence by writing down, why I **believe** that this would have been the result).

Furthermore I write down, how I **believe** that my use of **contentment** could have made me think, feel, act and relate to the other/the others in the situation.

Limitation:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used contentment on my limitation).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt in the situation, if I had used contentment on my limitation).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used contentment on my limitation).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used contentment on my limitation).

Ignorance:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used contentment on my ignorance).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt in the situation, if I had used contentment on my ignorance).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used contentment on my ignorance).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to

the other/the others in the situation, if I had used contentment on my ignorance).

Powerlessness:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used contentment on my powerlessness).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt in the situation, if I had used contentment on my powerlessness).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used contentment on my powerlessness).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used contentment on my powerlessness).

Mortality/Changeability:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used contentment on my mortality/changeability).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt in the situation, if I had used contentment on my mortality/changeability).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used contentment on my mortality/changeability).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used contentment on my mortality/changeability).

In the end, I write down, if I **believe** it would have been easier for me to achieve what I wanted in the situation by using **contentment** instead and why.

If yes, why? If no, why not?

I **believe** that if instead I had used **contentment** on (my human limitation, ignorance, powerlessness and mortality), then (I choose to complete the sentence by writing down, what I **believe** would have been the outcome of using contentment in the situation), because (I choose to write down, why I **believe** that this would have been the outcome of using contentment in the situation, and if I do not think that I could have more easily achieved what I wanted by using contentment, why then would I anyway choose to use it in a similar situation in the future).

After having moved socially, mentally and emotionally from my **addiction to chronic dissatisfaction** to **contentment** in this way, I choose to move energetically from my **addiction to chronic dissatisfaction** to **contentment** as described below by first inserting my answers in the tapping protocol and then I finish my Sixth Step analysis by tapping through the protocol that I have written.

I begin with my:

Addiction to chronic dissatisfaction with my:

- a. Limitation
- b. Ignorance
- c. Powerlessness
- d. Mortality/Changeability

First, I take a deep breath and I sense how the intensity of my pain was in Step One by using my **addiction to chronic dissatisfaction** on my humanness on a scale from 0-10.

The pain is at (I choose to complete the sentence by writing the number, I **believe**, was my pain number, when I began writing Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use my **addiction to chronic dissatisfaction** on my **limitation** today, because (I choose to complete the sentence by writing that down, I chose to use my addiction to chronic dissatisfaction on my limitation for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using my addiction to chronic dissatisfaction on my limitation in the situation), and I also completely and totally love and accept **the addiction to chronic dissatisfaction** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the addiction to chronic dissatisfaction in spite of the pain, it inflicted on me in the situation), and I also completely and totally love and accept the pain for being

exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use my **addiction to chronic dissatisfaction** on my **ignorance** today, because (I choose to complete the sentence by writing that down, I chose to use my addiction to chronic dissatisfaction on my ignorance for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using my addiction to chronic dissatisfaction on my ignorance in the situation), and I also completely and totally love and accept **the addiction to chronic dissatisfaction** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the addiction to chronic dissatisfaction in spite of the pain, it inflicted on me in the situation), and I also completely and totally love and accept the pain for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC left: Even though I chose to use my **addiction to chronic dissatisfaction** on my **powerlessness** today, because (I choose to complete the sentence by writing that down, I chose to use my addiction to chronic dissatisfaction on my powerlessness for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using my addiction to chronic dissatisfaction on my powerlessness in the situation), and I also completely and totally love and accept **the addiction to chronic dissatisfaction** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the addiction to chronic dissatisfaction in spite of the pain, it inflicted on me in the situation), and I also completely and totally love and accept the pain for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use my **addiction to chronic dissatisfaction** on my **mortality/changeability** today, because (I choose to complete the sentence by writing that down, I chose to use my addiction to chronic dissatisfaction on my mortality/changeability for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using my addiction to chronic dissatisfaction on my mortality/changeability in the situation), and I also completely and totally love and accept **the addiction to chronic dissatisfaction** for being exactly the way it is, because (I choose to complete the

sentence by writing down my reason for loving and accepting the addiction to chronic dissatisfaction in spite of the pain, it inflicted on me in the situation), and I also completely and totally love and accept the pain for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

The two times eight reminder statements for the two tapping rounds below:

EB: My use of my **addiction to chronic dissatisfaction** on my **limitation** made me think that (I choose to complete the sentence by writing down what my use of my addiction to chronic dissatisfaction on my limitation made me think in the situation).

SE: My use of my **addiction to chronic dissatisfaction** on my **limitation** made me feel that (I choose to complete the sentence by writing down what my use of my addiction to chronic dissatisfaction on my limitation made me feel in the situation).

UE: My use of my **addiction to chronic dissatisfaction** on my **ignorance** made me think that (I choose to complete the sentence by writing down what my use of my addiction to chronic dissatisfaction on my ignorance made me think in the situation).

UN: My use of my **addiction to chronic dissatisfaction** on my **ignorance** made me feel that (I choose to complete the sentence by writing down what my use of my addiction to chronic dissatisfaction on my ignorance made me feel in the situation).

CH: My use of my addiction to chronic dissatisfaction on my **powerlessness** made me think that (I choose to complete the sentence by writing down what my use of my addiction to chronic dissatisfaction on my powerlessness made me think in the situation).

CB: My use of my **addiction to chronic dissatisfaction** on my **powerlessness** made me feel that (I choose to complete the sentence by writing down what my use of my addiction to chronic dissatisfaction on my powerlessness made me feel in the situation).

UA: My use of my **addiction to chronic dissatisfaction** on my **mortality/changeability** made me think that (I choose to complete the sentence by writing down what my use of my addiction to chronic dissatisfaction on my mortality/changeability made me think in the situation).

TH: My use of my **addiction to chronic dissatisfaction** on my **mortality/changeability** made me feel that (I choose to complete the sentence

by writing down what my use of my addiction to chronic dissatisfaction on my mortality/changeability made me feel in the situation).

Then I take a deep breath and sense how the intensity of my pain is now on a scale of 0-10.

The pain is at (I choose to complete the sentence by writing the number, I **believe**, is my pain number now).

Then I choose to continue to tap as suggested below.

EB: Maybe I could open up to let go of using my **addiction to chronic dissatisfaction** on my **limitation** if (I choose to complete the sentence by writing down what I **believe** could make me let go of using my addiction to chronic dissatisfaction on my limitation in a similar situation in the future).

SE: Then I could also let go of using my **addiction to chronic dissatisfaction** on my **ignorance** by (I choose to complete the sentence by writing down what I **believe** could make me let go of using my addiction to chronic dissatisfaction on my ignorance in a similar situation in the future).

UE: Then I could also let go of using my **addiction to chronic dissatisfaction** on my **powerlessness** by (I choose to complete the sentence by writing down what I **believe** could make me let go of using my addiction to chronic dissatisfaction on my powerlessness in a similar situation in the future).

UN: Then I could also let go of using my **addiction to chronic dissatisfaction** on my **mortality/changeability** by (I choose to complete the sentence by writing down what I **believe** could make me let go of using my addiction to chronic dissatisfaction on my mortality/changeability in a similar situation in the future).

CH: I **believe** that now I can recover from using my **addiction to chronic dissatisfaction** on my **limitation** and on my **ignorance**, because (I choose to complete the sentence by writing down what I **believe** could make me recover from using my addiction to chronic dissatisfaction on my limitation and ignorance in a similar situation in the future).

CB: Yes, actually, I begin to **believe** that I can let go of using my **addiction to chronic dissatisfaction** on both my human **powerlessness** and **mortality/changeability**, because (I choose to complete the sentence by writing down what I **believe** could make me let go of using my addiction to chronic dissatisfaction on my powerlessness and mortality/changeability in a similar situation in the future).

UA: I open myself up completely to let go of using my **addiction to chronic dissatisfaction** on my humanness, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to allow my Higher Power to liberate me from using my addiction to chronic dissatisfaction on my humanness in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using my **addiction to chronic dissatisfaction** on my own and others' human **limitation, ignorance, powerlessness** and **mortality/changeability** in a similar situation in the future, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to allow my Higher Power to liberate me from using my addiction to chronic dissatisfaction in a similar situation in the future).

Then I take a deep breath and sense how the intensity of my pain is now on a scale from 0-10.

The pain is at (I choose to complete the sentence by writing the number, I **believe**, is my pain number now).

I continue my tapping rounds until my pain of using my **addiction to chronic dissatisfaction** is tapped down to minimum half of the number, which I gave the intensity of the original pain, and preferably a number that is even smaller, before I choose to go on tapping as suggested below on:

Contentment with my:

- a. **Limitation**
- b. **Ignorance**
- c. **Powerlessness**
- d. **Mortality/Changeability**

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to consciously use **contentment** on my **limitation** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I want to consciously use contentment on my limitation in a similar situation in the future), by (I choose to complete the sentence by writing down, how I want to consciously use contentment on my limitation in a similar situation in the future).

KC right: I hereby choose to give myself permission to consciously use **contentment** on my **ignorance** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I want to consciously use contentment on my ignorance in a similar situation in the future), by (I choose to complete the sentence by writing down, how I want to consciously

use contentment on my ignorance in a similar situation in the future).

KC left: I hereby choose to give myself permission to consciously use **contentment** on my **powerlessness** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I want to consciously use contentment on my powerlessness in a similar situation in the future), by (I choose to complete the sentence by writing down, how I want to consciously use contentment on my powerlessness in a similar situation in the future).

KC right: I hereby choose to give myself permission to consciously use **contentment** on my **mortality/changeability** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I want to consciously use contentment on my mortality/changeability in a similar situation in the future), by (I choose to complete the sentence by writing down, how I want to consciously use contentment on my mortality/changeability in a similar situation in the future).

The two times eight reminder statements for the two tapping rounds below:

EB: I hereby choose to give myself permission to consciously use **contentment** on my **limitation** in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to consciously use contentment on my limitation in a similar situation in the future).

SE: I hereby choose to give myself permission to consciously use **contentment** on my **ignorance** in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to consciously use contentment on my ignorance in a similar situation in the future).

UE: I hereby choose to give myself permission to consciously use **contentment** on my **powerlessness** in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to consciously use contentment on my powerlessness in a similar situation in the future).

UN: I hereby choose to give myself permission to consciously use **contentment** on my **mortality/changeability** in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to consciously use contentment on my mortality/changeability in a similar situation in the future).

CH: I hereby choose to give myself permission to consciously use **contentment** on my **limitation** in a similar situation in the future by (I choose to complete the sentence by writing down how I want to consciously use contentment on my limitation in a similar situation in the future).

CB: I hereby choose to give myself permission to consciously use **contentment** on my **ignorance** in a similar situation in the future by (I choose to complete the sentence by writing down how I want to consciously use contentment on my ignorance in a similar situation in the future).

UA: I hereby choose to give myself permission to consciously use **contentment** on my **powerlessness** in a similar situation in the future by (I choose to complete the sentence by writing down how I want to consciously use contentment on my powerlessness in a similar situation in the future).

TH: I hereby choose to give myself permission to consciously use **contentment** on my **mortality/changeability** in a similar situation in the future by (I choose to complete the sentence by writing down how I want to consciously use contentment on my mortality/changeability in a similar situation in the future).

Then I take a deep breath and sense how the intensity of my joy is on a scale of 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy-number now).

Then I choose to continue to tap as suggested below.

EB: I hereby choose to give myself permission to use **contentment** consciously on my **limitation** in a similar situation in the future by (I choose to complete the sentence by writing down, how I want to consciously use contentment on my limitation in a similar situation in the future).

SE: I hereby choose to give myself permission to use **contentment** consciously on my **ignorance** in a similar situation in the future by (I choose to complete the sentence by writing down, how I want to consciously use contentment on my ignorance in a similar situation in the future).

UE: I hereby choose to give myself permission to use **contentment** consciously on my **powerlessness** in a similar situation in the future by (I choose to complete the sentence by writing down, how I want to consciously use contentment on my powerlessness in a similar situation in the future).

UN: I hereby choose to give myself permission to use **contentment** consciously on my **mortality/changeability** in a similar situation in the future by (I choose to complete the sentence by writing down, how I want to consciously use contentment on my mortality/changeability in a similar situation in the future).

CH: I hereby choose to give myself permission to use **contentment** consciously on my **limitation** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I want to consciously use

contentment on my limitation in a similar situation in the future).

CB: I hereby choose to give myself permission to use **contentment** on my **ignorance** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I want to consciously use contentment on my ignorance in a similar situation in the future).

UA: I hereby choose to give myself permission to use **contentment** on my **powerlessness** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I want to consciously use contentment on my powerlessness in a similar situation in the future).

TH: I hereby choose to give myself permission to consciously use **contentment** on my **mortality/changeability**, because (I choose to complete the sentence by writing down, why I want to give myself permission to use contentment on my mortality/changeability in a similar situation in the future).

Then I take a deep breath and sense how the intensity of my joy is now on a scale from 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

I continue my tapping rounds until my joy has gone up to minimum 5 on a scale from 0-10, or better still to even more, before I perceive my tapping to be completed.

2. From **absence of my true Self, my Spirit** to **presence of my true Self, my Spirit**.

Today I used:

Absence of my true Self, my Spirit and that made me be:

- a. **Unloving**
- b. **Uncaring**
- c. **Hardhearted**
- d. **Merciless**

Today I used **absence of my true Self, my Spirit**, because (I choose to write, why I used **absence of my true Self, my Spirit** and thereby came to be unloving, uncaring, hardhearted and merciless in the situation).

I choose to write down how my use of **absence of my true Self, my Spirit** made me think, feel, act and relate to others in the situation.

Unloving:

1. I thought that (I choose to complete the sentence by writing down, how my unloving way of being made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my unloving way of being made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my unloving way of being made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my unloving way of being made me relate to the other/the others in the situation).

Uncaring:

1. I thought that (I choose to complete the sentence by writing down, how my uncaring way of being made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my uncaring way of being made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my uncaring way of being made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my uncaring way of being made me relate to the other/the others in the situation).

Hardhearted:

1. I thought that (I choose to complete the sentence by writing down, how my hardhearted way of being made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my hardhearted way of being made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my hardhearted way of being made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my hardhearted way of being made me relate to the other/the others in the situation).

Merciless:

1. I thought that (I choose to complete the sentence by writing down, how my merciless way of being made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my merciless way of being made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my merciless way of being made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my merciless way of my made me relate to the other/the others in the situation).

Furthermore, I write down what it was that I hoped to achieve by using **absence of my true Self, my Spirit**, and if I achieved it.

I hoped to achieve that (I choose to complete the sentence by writing down, what I hoped to achieve by using absence of my true Self, my Spirit in such a way that I became unloving, uncaring, hardhearted and merciless in the situation, and if I achieved it).

Then, I describe how I **believe** the situation could have transpired if instead I had used **presence of my true Self, my Spirit**.

Presence of my true Self, my Spirit and thereby unconditional:

- a. Love
- b. Care
- c. Compassion
- d. Mercy

I choose to write down, how I **believe** that my use of **presence of my true Self, my Spirit** with my true Self's, my Spirit's unconditional love, care, compassion and mercy could have made me think, feel, act and relate to others in the situation.

Love:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had been unconditionally loving).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt in the situation, if I had been

unconditionally loving).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had been unconditionally loving).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had been unconditionally loving).

Care:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had been unconditionally caring).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt in the situation, if I had been unconditionally caring).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had been unconditionally caring).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had been unconditionally caring).

Compassion:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had been unconditionally compassionate).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt in the situation, if I had been unconditionally compassionate).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had been unconditionally compassionate).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had been unconditionally compassionate).

Mercy:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had been unconditionally merciful).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt in the situation, if I had been unconditionally merciful).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had been unconditionally merciful).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had been unconditionally merciful).

In the end, I write down, if I **believe** it would have been easier for me to achieve what I wanted by using **presence of my true Self, my Spirit** instead of **absence of my true Self, my Spirit**.

If yes, why, if no why would I choose to use **presence of my true Self, my Spirit** anyway instead of **absence of my true Self, my Spirit**.

I **believe** that if instead I had used **presence of my true Self, my Spirit** on (I choose to complete the sentence by writing that problem down, I described in Step One), then (I choose to complete the sentence by writing down, what I **believe** would be the outcome of using Presence of my true Self, my Spirit in the situation), because (I choose to write down, why I **believe** that this would be the outcome of using Presence of my true Self, my Spirit in the situation, and if I do not think that I could more easily achieve what I wanted by using Presence of my true Self, my Spirit, why then would I anyway choose to use it in a similar situation in the future).

After having moved socially, mentally and emotionally from **absence of my true Self, my Spirit** to **presence of my true Self, my Spirit** in this way, I choose to move energetically between **absence of my true Self, my Spirit** and **presence of my true Self, my Spirit** as described below by first inserting my answers in the tapping protocol and then I finish my Sixth Step analysis by tapping through the protocol that I have written.

I begin with:

Absence of my true Self, my Spirit that made me be:

- a. Unloving
- b. Uncaring
- c. Hardhearted
- d. Merciless

First, I take a deep breath and I sense how the intensity of my pain was in Step One by using **absence of my true Self, my Spirit** on a scale from 0-10.

The pain is at (I choose to complete the sentence by writing the number, I **believe**, was my pain number, when I began writing Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **absence of my true Self, my Spirit** in the situation by using an **unloving** way of being to (I choose to complete the sentence by writing down, what I used my unloving way of being for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using an unloving way of being in the situation), and I also completely and totally love and accept the **absence of my true Self, my Spirit** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the absence of my true Self, my Spirit in spite of the pain, it inflicted on me in context with my use of my unloving way of being in the situation), and I also completely and totally love and accept the pain for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **absence of my true Self, my Spirit** in the situation by using an **uncaring** way of being to (I choose to complete the sentence by writing down, what I used an uncaring way of being for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using an uncaring way of being in the situation), and I also completely and totally love and accept the **absence of my true Self, my Spirit** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the absence of my true Self, my Spirit in spite of the pain, it inflicted on me in context with my use of my uncaring way of being in the situation), and I also completely and totally love and accept the pain for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC left: Even though I chose to use **absence of my true Self, my Spirit** in the situation by using a **hardhearted** way of being to (I choose to complete the sentence by writing down, what I used a hardhearted way of being for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using a hardhearted way of being in the situation), and I also completely and totally love and accept the **absence of my true Self, my Spirit** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the absence of my true Self, my Spirit in spite of the pain, it inflicted on me in context with my use of my hardhearted way of being in the situation), and I also completely and totally love and accept the pain for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **absence of my true Self, my Spirit** in the situation by using a **merciless** way of being to (I choose to complete the sentence by writing down, what I used a merciless way of being for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using a hardhearted way of being in the situation), and I also completely and totally love and accept the **absence of my true Self, my Spirit** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the absence of my true Self, my Spirit in spite of the pain, it inflicted on me in context with my use of my unloving way of being in the situation), and I also completely and totally love and accept the pain for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

The two times eight reminder statements for the two tapping rounds below:

EB: My **unloving** way of being made me think that (I choose to complete the sentence by writing down what my unloving way of being made me think in the situation).

SE: My **unloving** way of being made me feel that (I choose to complete the sentence by writing down what my unloving way of being made me feel in the situation).

UE: My **uncaring** way of being made me think that (I choose to complete the sentence by writing down what my uncaring way of being made me think in the situation).

UN: My **uncaring** way of being made me feel that (I choose to complete the sentence by writing down what my uncaring way of being made me feel in the situation).

CH: My **hardhearted** way of being made me think that (I choose to complete the sentence by writing down what my hardhearted way of being made me think in the situation).

CB: My **hardhearted** way of being made me feel that (I choose to complete the sentence by writing down what my hardhearted way of being made me feel in the situation).

UA: My **merciless** way of being made me think that (I choose to complete the sentence by writing down what my merciless way of being made me think in the situation).

TH: My **merciless** way of being made me feel that (I choose to complete the sentence by writing down what my merciless way of being made me feel in the situation).

Then I take a deep breath and sense how the intensity of my pain is now on a scale of 0-10.

The pain is at (I choose to complete the sentence by writing the number, I **believe**, is my pain number now).

Then I choose to continue to tap as suggested below.

EB: Maybe I could open up to let go of being **unloving** if (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my unloving way of being in a similar situation in the future).

SE: Then I could also let go of being **uncaring** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my uncaring way of being in a similar situation in the future).

UE: Then I could also let go of being **hardhearted** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my hardhearted way of being in a similar situation in the future).

UN: Then I could also let go of being **merciless**, because (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my merciless way of being in a similar situation in the future).

CH: I **believe** that now I can recover from being **unloving** and **uncaring**, because (I choose to complete the sentence by writing down what I **believe**

could make me recover from my unloving and uncaring way of being in a similar situation in the future).

CB: Yes, actually, I begin to **believe** that I can let go of being **hardhearted** and **merciless**, because (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my hardhearted and merciless way of being in a similar situation in the future).

UA: Now, I open myself up completely to let go of using **absence of my true Self, my Spirit** and thereby from being **unloving, uncaring, hardhearted and merciless** in a similar situation in the future, because (I choose to complete the sentence by writing down what I **believe** could make me let go of using absence of my true Self, my Spirit and thus with being unloving, uncaring, hardhearted and merciless in a similar situation in the future).

TH: I now feel entirely ready to allow being Higher Power to liberate me from using **absence of my true Self, my Spirit** and thereby from being **unloving, uncaring, hardhearted and merciless** in a similar situation in the future, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to allow my Higher Power to liberate me from using absence of my true Self, my Spirit in a similar situation in the future).

Then I take a deep breath and sense how the intensity of my pain is now on a scale of 0-10.

The pain is at (I choose to complete the sentence by writing the number, I **believe**, is my pain number now).

I continue my tapping rounds until the pain of using **absence of my true Self, my Spirit** is tapped down to minimum half of the number, which I gave the intensity of the original pain, and preferably a number that is even smaller, before I choose to go on tapping as suggested below on:

Presence of my true Self, my Spirit that makes me be unconditionally:

- a. Loving
- b. Caring
- c. Compassionate
- d. Merciful

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use the **presence of my true Self, my Spirit** to be consciously **loving** in a similar situation in the future by (I choose to complete the sentence by writing down, how I want to use the presence of my true Self, my Spirit to be consciously loving in a similar

situation in the future), because (I choose to complete the sentence by writing down, why I want to use the presence of my true Self, my Spirit to be consciously loving in a similar situation in the future).

KC right: I hereby choose to give myself permission to use the **presence of my true Self, my Spirit** to be consciously **caring** in a similar situation in the future by (I choose to complete the sentence by writing down, how I want to use the presence of my true Self, my Spirit to be consciously caring in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use the presence of my true Self, my Spirit to be consciously caring in a similar situation in the future).

KC left: I hereby choose to give myself permission to use the **presence of my true Self, my Spirit** to be consciously **compassionate** in a similar situation in the future by (I choose to complete the sentence by writing down, how I want to use the presence of my true Self, my Spirit to be consciously compassionate in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use the presence of my true Self, my Spirit to be consciously compassionate in a similar situation in the future).

KC right: I hereby choose to give myself permission to use the **presence of my true Self, my Spirit** to be consciously **merciful** in a similar situation in the future by (I choose to complete the sentence by writing down, how I want to use the presence of my true Self, my Spirit to be consciously merciful in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use the presence of my true Self, my Spirit to be consciously merciful in a similar situation in the future).

The eight reminder statements for the two tapping rounds below:

EB: I hereby choose to give myself permission to use **the presence of my true Self, my Spirit** to be consciously **loving** in a similar situation in the future by (I choose to complete the sentence by writing down how I want to be consciously loving in a similar situation in the future).

SE: I hereby choose to give myself permission to use **the presence of my true Self, my Spirit** to be consciously **caring** in a similar situation in the future by (I choose to complete the sentence by writing down how I want to be consciously caring in a similar situation in the future).

UE: I hereby choose to give myself permission to use **the presence of my true Self, my Spirit** to be consciously **compassionate** in a similar situation in the future by (I choose to complete the sentence by writing down how I want to be consciously compassionate in a similar situation in the future).

UN: I hereby choose to give myself permission to use **the presence of my true Self, my Spirit** to be consciously **merciful** in a similar situation in the future by (I choose to complete the sentence by writing down how I want to be consciously merciful in a similar situation in the future).

CH: I hereby choose to give myself permission to use **the presence of my true Self, my Spirit** to be consciously **loving** in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to be consciously loving in a similar situation in the future).

CB: I hereby choose to give myself permission to use **the presence of my true Self, my Spirit** to be consciously **caring** in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to be consciously caring in a similar situation in the future).

UA: I hereby choose to give myself permission to use **the presence of my true Self, my Spirit** to be consciously **compassionate** in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to be consciously compassionate in a similar situation in the future).

TH: I hereby choose to give myself permission to use **the presence of my true Self, my Spirit** to be consciously **merciful** in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to be consciously merciful in a similar situation in the future).

Then I take a deep breath and sense how the intensity of my joy is on a scale of 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy-number now).

Then I choose to continue to tap as suggested below.

EB: I hereby choose to give myself permission to use **the presence of my true Self, my Spirit** to be consciously **loving** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I want use the presence of my true Self, my Spirit to be consciously loving in a similar situation in the future).

SE: I hereby choose to give myself permission to use **the presence of my true Self, my Spirit** to be consciously **caring** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I want use the presence of my true Self, my Spirit to be consciously caring in a similar situation in the future).

UE: I hereby choose to give myself permission to use **the presence of my true Self, my Spirit** to be consciously **compassionate** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I want use the presence of my true Self, my Spirit to be consciously compassionate in a similar situation in the future).

UN: I hereby choose to give myself permission to use **the presence of my true Self, my Spirit** to be consciously **merciful** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I want use the presence of my true Self, my Spirit to be consciously merciful in a similar situation in the future).

CH: I hereby choose to give myself permission to use **the presence of my true Self, my Spirit** to be consciously **loving** in a similar situation in the future by (I choose to complete the sentence by writing down, how I want to use the presence of my true Self, my Spirit to be consciously loving in a similar situation in the future).

CB: I hereby choose to give myself permission to use **the presence of my true Self, my Spirit** to be consciously **caring** in a similar situation in the future by (I choose to complete the sentence by writing down, how I want to use the presence of my true Self, my Spirit to be consciously caring in a similar situation in the future).

UA: I hereby choose to give myself permission to use **the presence of my true Self, my Spirit** to be consciously **compassionate** in a similar situation in the future by (I choose to complete the sentence by writing down, how I want to use the presence of my true Self, my Spirit to be consciously compassionate in a similar situation in the future).

TH: I hereby choose to give myself permission to use **the presence of my true Self, my Spirit** to be consciously **merciful** in a similar situation in the future by (I choose to complete the sentence by writing down, how I want to use the presence of my true Self, my Spirit to be consciously merciful in a similar situation in the future).

Then I take a deep breath and sense how the intensity of my joy is now on a scale from 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

I continue my tapping rounds until my joy has gone up to minimum 5 on a scale from 0-10, or better still to even more, before I perceive my tapping to be completed.

APPENDIX B

01. From the Ring of Emptiness to the Ring of Fulfillment.

Today I used

The Ring of Emptiness with its:

- a. Emptiness
- b. Boredom
- c. Meaninglessness
- d. Loneliness

Today I used The Ring of Emptiness, because (I choose to complete the sentence by writing down, why I used the Ring of Emptiness).

I write down how my use of The Ring of Emptiness made me think, feel, act and relate to others in the situation.

Emptiness:

1. I thought that (I choose to complete the sentence by writing down, how my emptiness made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my emptiness made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my emptiness made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my emptiness made me relate to the other/the others in the situation).

Boredom:

1. I thought that (I choose to complete the sentence by writing down, how my boredom made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my boredom made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my boredom made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the

sentence by writing down, how my boredom made me relate to the other/the others in the situation).

Meaninglessness:

1. I thought that (I choose to complete the sentence by writing down, how my meaninglessness made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my meaninglessness made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my meaninglessness made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my meaninglessness made me relate to the other/the others in the situation).

Loneliness:

1. I thought that (I choose to complete the sentence by writing down, how my loneliness made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my loneliness made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my loneliness made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my loneliness made me relate to the other/the others in the situation).

Furthermore, I write down what I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that (I choose to complete the sentence by writing down, what I hoped to achieve by using the Ring of Emptiness, and if I achieved it).

Then, I describe how I **believe** the situation could have transpired if instead I had used:

The Ring of Fulfillment with its

- a. Fulfillment
- b. Interest

c. Meaningfulness

d. Oneness

I choose to write down how I **believe** that my use of **The Ring of Fulfillment** could have made me think, feel, act and relate to others in the situation.

Fulfillment:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used fulfillment).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used fulfillment).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used fulfillment).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used fulfillment).

Interest:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used interest).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used interest).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used interest).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used interest).

Meaningfulness:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used meaningfulness).
2. I **believe** I would feel that (I choose to complete the sentence by writing

down, how I **believe** I would have felt the situation, if I had used meaningfulness).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used meaningfulness).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used meaningfulness).

Oneness:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used oneness).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used oneness).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used oneness).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used oneness).

In the end, I write down, if I **believe** it would have been easier for me to achieve what I wanted by using **The Ring of Fulfillment** instead of **The Ring of Emptiness**.

If yes, why and if no, why would I anyway choose to use **The Ring of Fulfillment** instead of **The Ring of Emptiness** in the situation.

I believe that if instead I had used **The Ring of Fulfillment** on (I choose to complete the sentence by writing that problem down, I described in Step One), then (I choose to complete the sentence by writing down, what I **believe** would be the outcome of using the Ring of Fulfillment in the situation), because (I choose to complete the sentence by writing down, why I **believe** that this would be the outcome of using the Ring of Fulfillment in the situation, and if I do not think that I could more easily achieve what I wanted by using the Ring of Fulfillment, why then would I anyway choose to use it in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Ring of Emptiness** to **The Ring of Fulfillment**, I choose to move energetically from **The**

Ring of Emptiness to The Ring of Fulfillment as described below by first inserting my answers in the tapping protocol and then I complete my Sixth Step analysis by tapping through the protocol I have written.

I begin with:

The Ring of Emptiness with its:

- a. Emptiness
- b. Boredom
- c. Meaninglessness
- d. Loneliness

First I take a deep breath to feel into how the intensity of my pain was in Step One by using The Ring of Emptiness on a scale from 0-10.

The pain was at (I choose to complete the sentence by writing that number down, which I believe, was my pain number, when I began writing Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use The Ring of Emptiness in the situation by using emptiness to (I choose to complete the sentence by writing down, what I used emptiness for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using emptiness in the situation), and I also completely and totally love and accept The Ring of Emptiness for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Ring of Emptiness in spite of the pain, it inflicted on me in context with my use of emptiness in the situation), and I also completely and totally love and accept the pain for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use The Ring of Emptiness in the situation by using boredom to (I choose to complete the sentence by writing down, what I used boredom for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using boredom in the situation), and I also completely and totally love and accept The Ring of Emptiness for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Ring of Emptiness in spite of the pain, it inflicted on me in context with my use of boredom in the situation), and

I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC left: Even though I chose to use **The Ring of Emptiness** in the situation by using **meaninglessness** to (I choose to complete the sentence by writing down, what I used meaninglessness for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using meaninglessness in the situation), and I also completely and totally love and accept **The Ring of Emptiness** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Ring of Emptiness in spite of the pain, it inflicted on me in context with my use of meaninglessness in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Ring of Emptiness** in the situation by using **loneliness** to (I choose to complete the sentence by writing down, what I used loneliness for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using loneliness in the situation), and I also completely and totally love and accept **The Ring of Emptiness** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Ring of Emptiness in spite of the pain, it inflicted on me in context with my use of loneliness in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

The two times eight reminder statements for the two tapping rounds below:

EB: My **emptiness** made me think that (I choose to complete the sentence by writing down what my emptiness made me think in the situation).

SE: My **emptiness** made me feel that (I choose to complete the sentence by writing down what my emptiness made me feel in the situation).

UE: My **boredom** made me think that (I choose to complete the sentence by writing down what my boredom made me think in the situation).

UN: My **boredom** made me feel that (I choose to complete the sentence by writing down what my boredom made me feel in the situation).

CH: My **meaninglessness** made me think that (I choose to complete the sentence by writing down what my meaninglessness made me think in the situation).

CB: My **meaninglessness** made me feel that (I choose to complete the sentence by writing down what my meaninglessness made me feel in the situation).

UA: My **loneliness** made me think that (I choose to complete the sentence by writing down what my loneliness made me think in the situation).

TH: My **loneliness** made me feel that (I choose to complete the sentence by writing down what my loneliness made me feel in the situation).

Then I take a deep breath and feel how the intensity of my pain is now on a scale from 0-10.

The pain is (I choose to complete the sentence by writing the number, I **believe**, is my pain-number now).

Then I choose to continue to tap on like suggested below.

EB: Maybe I could open up to let go of my **emptiness** if (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my emptiness in a similar situation in the future).

SE: Then I could also let go of my **boredom** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my boredom in a similar situation in the future).

UE: If I did that I might no longer need to hold on to my **meaninglessness**, which (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my meaninglessness in a similar situation in the future).

UN: Then I could also let go of my **loneliness** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my loneliness in a similar situation in the future).

CH: I **believe** that now I can recover from my **emptiness** and my **boredom**, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to recover from my emptiness and my boredom in a similar situation in the future).

CB: Yes, actually, I begin to **believe** that I can let go of my **meaninglessness** and my **loneliness**, because (I choose to complete the sentence by writing down what I **believe** could make me recover from my meaninglessness and my loneliness in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Ring of Emptiness** because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to let go completely of using The Ring of Emptiness in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Ring of Emptiness** and thereby from using my **emptiness, boredom, meaninglessness** and **loneliness** in a similar situation in the future, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to allow my Higher Power to liberate me from using The Ring of Emptiness and thereby from using emptiness, boredom, meaninglessness and loneliness in a similar situation in the future).

Then I take a deep breath and feel into how the intensity of my pain is now on a scale of 0-10.

The pain is at (I choose to complete the sentence by writing the number, I **believe**, is my pain number now).

I continue my tapping rounds until my pain of being in **The Ring of Emptiness** is tapped down to minimum half of the number, which I gave the intensity of the original pain and preferably a number that is even smaller, before I choose to go on tapping as suggested below on:

The Ring of Fulfillment with its

- a. **Fulfillment**
- b. **Interest**
- c. **Meaningfulness**
- d. **Oneness**

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Ring of Fulfillment** by using **fulfillment** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use fulfillment consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use fulfillment consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Ring of Fulfillment** by using **interest** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use interest consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use interest consciously in a similar situation in the future).

KC left: I hereby choose to give myself permission to use **The Ring of Fulfillment** by using **meaningfulness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously use meaningfulness in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use meaningfulness consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Ring of Fulfillment** by using **oneness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use oneness consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use oneness consciously in a similar situation in the future).

The two times eight reminder statements for the tapping rounds below:

EB: I hereby choose to give myself permission to use **fulfillment** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use fulfillment consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **interest** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use interest consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **meaningfulness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use meaningfulness consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **oneness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use oneness consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **fulfillment** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use fulfillment consciously in a similar situation in the future).

CB: I hereby choose to give myself permission to use **interest** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use interest consciously in a similar situation in the future).

UA: I hereby choose to give myself permission to use **meaningfulness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use meaningfulness consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to consciously use **oneness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use oneness consciously in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale of 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

Then I choose to continue to tap on as suggested below.

EB: I hereby choose to give myself permission to use **The Ring of Fulfillment** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use the Ring of Fulfillment consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **fulfillment** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use fulfillment consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **interest** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use interest consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **meaningfulness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use meaningfulness consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **oneness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use oneness

consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **fulfillment** and **interest** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use fulfillment and interest consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **meaningfulness** and **oneness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use meaningfulness and oneness consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Ring of Fulfillment** by choosing to consciously use **fulfillment, interest, meaningfulness** and **oneness** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Ring of Fulfillment consciously with its fulfillment, interest, meaningfulness and oneness in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale from 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

When my joy has gone up to minimum 5 on a scale from 0-10, or even more, I perceive my tapping to be completed.

02. From **the Ring of Self-centeredness** to the **Ring of God-centeredness**.

Today I used

The Ring of Self-centeredness with its:

- a. Euphoria
- b. Depression
- c. Self-criticism
- d. Self-praise

Today I used **The Ring of Self-centeredness**, because (I choose to complete the sentence by writing down, why I used The Ring of Self-centeredness).

I write down how my use of **The Ring of Self-centeredness** made me think, feel, act and relate to others in the situation.

Euphoria:

1. I thought that (I choose to complete the sentence by writing down, how my euphoria made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my euphoria made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my euphoria made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my euphoria made me relate to the other/the others in the situation).

Depression:

1. I thought that (I choose to complete the sentence by writing down, how my depression made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my depression made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my depression made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my depression made me relate to the other/the others in the situation).

Self-criticism:

1. I thought that (I choose to complete the sentence by writing down, how my self-criticism made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my self-criticism made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my self-criticism made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my self-criticism made me relate to the other/the others in the situation).

Self-praise:

1. I thought that (I choose to complete the sentence by writing down, how my self-praise made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my self-praise made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my self-praise made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my self-praise made me relate to the other/the others in the situation).

Furthermore, I write down what I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that (I choose to complete the sentence by writing down, what I hoped to achieve by using The Ring of Self-centeredness, and if I achieved it).

Then, I describe how I **believe** the situation could have transpired if instead I had used:

The Ring of God-centeredness with its

- a. Joy
- b. Empowerment
- c. Open-mindedness
- d. Gratitude

I choose to write down how I **believe** that my use of **The Ring of God-centeredness** could have made me think, feel, act and relate to others in the situation.

Joy:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used joy).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used joy).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used joy).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used joy).

Empowerment:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used empowerment).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used empowerment).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used empowerment).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used empowerment).

Open-mindedness:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used open-mindedness).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used open-mindedness).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used open-mindedness).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used open-mindedness).

Gratitude:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used gratitude).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used gratitude).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used gratitude).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used gratitude).

In the end, I write down, if I **believe** it would have been easier for me to achieve what I wanted by using **The Ring of God-centeredness** instead of **The Ring of Self-centeredness**.

If yes, why and if no, why would I anyway choose to use **The Ring of God-centeredness** instead of **The Ring of Self-centeredness** in the situation.

I believe that if instead I had used **The Ring of God-centeredness** on (I choose to complete the sentence by writing that problem down, I described in Step One), then (I choose to complete the sentence by writing down, what I **believe** would be the outcome of using The Ring of God-centeredness in the situation), because (I choose to complete the sentence by writing down, why I **believe** that this would be the outcome of using The Ring of God-centeredness in the situation, and if I do not think that I could more easily achieve what I wanted by using The Ring of God-centeredness, why then would I anyway choose to use it in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Ring of Self-centeredness** to **The Ring of God-centeredness**, I choose to move energetically from **The Ring of Self-centeredness** to **The Ring of God-centeredness** as described below by first inserting my answers in the tapping protocol and then I complete my Sixth Step analysis by tapping through the protocol I have written.

I begin with:

The Ring of Self-centeredness with its:

- a. Euphoria
- b. Depression
- c. Self-criticism
- d. Self-praise

First I take a deep breath to feel into how the intensity of my pain was in Step One by using **The Ring of Self-centeredness** on a scale from 0-10.

The pain was at (I choose to complete the sentence by writing that number down, which I **believe**, was my pain number, when I began writing Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Ring of Self-centeredness** in the situation by using **euphoria** to (I choose to complete the sentence by writing down, what I used euphoria for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using euphoria in the situation), and I also completely and totally love and accept **The Ring of Self-centeredness** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Ring of Self-centeredness in spite of the pain, it inflicted on me in context with my use of euphoria in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Ring of Self-centeredness** in the situation by using **depression** to (I choose to complete the sentence by writing down, what I used depression for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using depression in the situation), and I also completely and totally love and accept **The Ring of Self-centeredness** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Ring of Self-centeredness in spite of the pain, it inflicted on me in context with my use of depression in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC left: Even though I chose to use **The Ring of Self-centeredness** in the situation by using **self-criticism** to (I choose to complete the sentence by writing down, what I used self-criticism for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using self-criticism in the situation), and I also completely and totally love and accept **The Ring of Self-centeredness** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Ring of Self-centeredness in spite of the pain, it inflicted on me in context with

my use of self-criticism in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Ring of Self-centeredness** in the situation by using **self-praise** to (I choose to complete the sentence by writing down, what I used self-praise for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using self-praise in the situation), and I also completely and totally love and accept **The Ring of Self-centeredness** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Ring of Self-centeredness in spite of the pain, it inflicted on me in context with my use of self-praise in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

The two times eight reminder statements for the two tapping rounds below:

EB: My **euphoria** made me think that (I choose to complete the sentence by writing down what my euphoria made me think in the situation).

SE: My **euphoria** made me feel that (I choose to complete the sentence by writing down what my euphoria made me feel in the situation).

UE: My **depression** made me think that (I choose to complete the sentence by writing down what my depression made me think in the situation).

UN: My **depression** made me feel that (I choose to complete the sentence by writing down what my depression made me feel in the situation).

CH: My **self-criticism** made me think that (I choose to complete the sentence by writing down what my self-criticism made me think in the situation).

CB: My **self-criticism** made me feel that (I choose to complete the sentence by writing down what my self-criticism made me feel in the situation).

UA: My **self-praise** made me think that (I choose to complete the sentence by writing down what my self-praise made me think in the situation).

TH: My **self-praise** made me feel that (I choose to complete the sentence by writing down what my self-praise made me feel in the situation).

Then I take a deep breath and feel how the intensity of my pain is now on a scale from 0-10.

The pain is (I choose to complete the sentence by writing the number, I **believe**, is my pain-number now).

Then I choose to continue to tap on like suggested below.

EB: Maybe I could open up to let go of my **euphoria** if (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my euphoria in a similar situation in the future).

SE: Then I could also let go of my **depression** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my euphoria in a similar situation in the future).

UE: If I did that I might no longer need to hold on to my **self-criticism**, which (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my self-criticism in a similar situation in the future).

UN: Then I could also let go of my **self-praise** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my self-praise in a similar situation in the future).

CH: I **believe** that now I can recover from my **euphoria** and my **depression**, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to recover from my euphoria and my depression in a similar situation in the future).

CB: Yes, actually, I begin to **believe** that I can let go of my **self-criticism** and my **self-praise**, because (I choose to complete the sentence by writing down what I **believe** could make me recover from my self-criticism and my self-praise in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Ring of Self-centeredness** because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to let go completely of using The Ring of Self-centeredness in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Ring of Self-centeredness** and thereby from using my **euphoria**, **depression**, **self-criticism** and **self-praise** in a similar situation in the future, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to allow my Higher Power to liberate me from using The Ring of Self-centeredness and thereby from using euphoria, depression, self-criticism and self-praise in a similar situation in the future).

Then I take a deep breath and feel into how the intensity of my pain is now on a scale of 0-10.

The pain is at (I choose to complete the sentence by writing the number, I believe, is my pain number now).

I continue my tapping rounds until my pain of being in **The Ring of Self-centeredness** is tapped down to minimum half of the number, which I gave the intensity of the original pain and preferably a number that is even smaller, before I choose to go on tapping as suggested below on:

The Ring of God-centeredness with its

- a. Joy
- b. Empowerment
- c. Open-mindedness
- d. Gratitude

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Ring of God-centeredness** by using **joy** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use joy consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use joy consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Ring of God-centeredness** by using **empowerment** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use empowerment consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use empowerment consciously in a similar situation in the future).

KC left: I hereby choose to give myself permission to use **The Ring of God-centeredness** by using **open-mindedness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously use open-mindedness in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use open-mindedness consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Ring of God-centeredness** by using **gratitude** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use gratitude consciously in a similar situation in the future), because (I choose to complete

the sentence by writing down, why I want to use gratitude consciously in a similar situation in the future).

The two times eight reminder statements for the tapping rounds below:

EB: I hereby choose to give myself permission to use **joy** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use joy consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **empowerment** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use empowerment consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **open-mindedness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use open-mindedness consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **gratitude** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use gratitude consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **joy** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use joy consciously in a similar situation in the future).

CB: I hereby choose to give myself permission to use **empowerment** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use empowerment consciously in a similar situation in the future).

UA: I hereby choose to give myself permission to use **open-mindedness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use open-mindedness consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **gratitude** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use gratitude consciously in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale of 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

Then I choose to continue to tap on as suggested below.

EB: I hereby choose to give myself permission to use **The Ring of God-centeredness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use **The Ring of God-centeredness** consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **joy** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use **joy** consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **empowerment** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use **empowerment** consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **open-mindedness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use **open-mindedness** consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **gratitude** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use **gratitude** consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **joy** and **empowerment** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use **joy** and **empowerment** consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **open-mindedness** and **gratitude** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use **open-mindedness** and **gratitude** consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Ring of God-centeredness** by choosing to consciously use **joy**, **empowerment**, **open-mindedness** and **gratitude** in a similar situation in the future, because (I choose

to complete the sentence by writing down, why I think it would be to my advantage to use The Ring of God-centeredness consciously with its joy, empowerment, openmindedness and gratitude in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale from 0-10.

The joy is at (I choose to complete the sentence by writing the number, I believe, is my joy number now).

When my joy has gone up to minimum 5 on a scale from 0-10, or even more, I perceive my tapping to be completed.

03. From the Ring of Codependency to the Ring of Emotional Sobriety.

Today I used

The Ring of Codependency with its:

- a. Savior Role
- b. Seducer Role
- c. Victim Role
- d. Offender Role

Today I used The Ring of Codependency, because (I choose to complete the sentence by writing down, why I used The Ring of Codependency).

I write down how my use of The Ring of Codependency made me think, feel, act and relate to others in the situation.

The Savior Role:

1. I thought that (I choose to complete the sentence by writing down, how my savior role made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my savior role made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my savior role made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my savior role made me relate to the other/the others in the situation).

The Seducer Role:

1. I thought that (I choose to complete the sentence by writing down, how my seducer role made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my seducer role made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my seducer role made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my seducer role made me relate to the other/the others in the situation).

The Victim Role:

1. I thought that (I choose to complete the sentence by writing down, how my victim role made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my victim role made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my victim role made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my victim role made me relate to the other/the others in the situation).

The Offender Role:

1. I thought that (I choose to complete the sentence by writing down, how my offender role made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my offender role made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my offender role made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my offender role made me relate to the other/the others in the situation).

Furthermore, I write down what I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that (I choose to complete the sentence by writing down, what I hoped to achieve by using The Ring of Codependency, and if I achieved it).

Then, I describe how I **believe** the situation could have transpired if instead I had used:

The Ring of Emotional Sobriety with its

- a. Detachment
- b. Integrity
- c. Respect of Self
- d. Respect of Others

I choose to write down how I **believe** that my use of **The Ring of Emotional Sobriety** could have made me think, feel, act and relate to others in the situation.

Detachment:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used detachment).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used detachment).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used detachment).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used detachment).

Integrity:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used integrity).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used integrity).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used integrity).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used integrity).

Respect of Self:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used respect of self).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used respect of self).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used respect of self).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used respect of self).

Respect of Others:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used respect of others).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used respect of others).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used respect of others).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used respect of others).

In the end, I write down, if I **believe** it would have been easier for me to achieve what I wanted by using **The Ring of Emotional Sobriety** instead of **The Ring of Codependency**.

If yes, why and if no, why would I anyway choose to use **The Ring of Emotional Sobriety** instead of **The Ring of Codependency** in the situation.

I believe that if instead I had used **The Ring of Emotional Sobriety** on (I choose to complete the sentence by writing that problem down, I described in Step One), then (I choose to complete the sentence by writing down, what I **believe** would be the outcome of using The Ring of Emotional Sobriety in the situation), because (I choose to complete the sentence by writing down, why I **believe** that this would be the outcome of using The Ring of Emotional Sobriety in the situation, and if I do not think that I could more easily achieve what I wanted by using The Ring of Emotional Sobriety, why then would I anyway choose to use it in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Ring of Codependency** to **The Ring of Emotional Sobriety**, I choose to move energetically from **The Ring of Codependency** to **The Ring of Emotional Sobriety** as described below by first inserting my answers in the tapping protocol and then I complete my Sixth Step analysis by tapping through the protocol I have written.

I begin with:

The Ring of Codependency with its:

- a. Savior Role
- b. Seducer Role
- c. Victim Role
- d. Offender Role

First I take a deep breath to feel into how the intensity of my pain was in Step One by using **The Ring of Codependency** on a scale from 0-10.

The pain was at (I choose to complete the sentence by writing that number down, which I **believe**, was my pain number, when I began writing Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Ring of Codependency** in the situation by using **the savior role** to (I choose to complete the sentence by writing down, what I used the savior role for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using the savior role in the situation), and I also completely and totally love and accept **The Ring of Codependency** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Ring of

Codependency in spite of the pain, it inflicted on me in context with my use of the savior role in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Ring of Codependency** in the situation by using **the seducer role** to (I choose to complete the sentence by writing down, what I used the seducer role for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using the seducer role in the situation), and I also completely and totally love and accept **The Ring of Codependency** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Ring of Codependency in spite of the pain, it inflicted on me in context with my use of the seducer role in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC left: Even though I chose to use **The Ring of Codependency** in the situation by using **the victim role** to (I choose to complete the sentence by writing down, what I used the victim role for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using the victim role in the situation), and I also completely and totally love and accept **The Ring of Codependency** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Ring of Codependency in spite of the pain, it inflicted on me in context with my use of the victim role in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Ring of Codependency** in the situation by using **the offender role** to (I choose to complete the sentence by writing down, what I used the offender role for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using the offender role in the situation), and I also completely and totally love and accept **The Ring of Codependency** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Ring of Codependency in spite of the pain, it inflicted on me in context with

my use of the offender role in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

The two times eight reminder statements for the two tapping rounds below:

EB: My **savior role** made me think that (I choose to complete the sentence by writing down what my savior role made me think in the situation).

SE: My **savior role** made me feel that (I choose to complete the sentence by writing down what my savior role made me feel in the situation).

UE: My **seducer role** made me think that (I choose to complete the sentence by writing down what my seducer role made me think in the situation).

UN: My **seducer role** made me feel that (I choose to complete the sentence by writing down what my seducer role made me feel in the situation).

CH: My **victim role** made me think that (I choose to complete the sentence by writing down what my victim role made me think in the situation).

CB: My **victim role** made me feel that (I choose to complete the sentence by writing down what my victim role made me feel in the situation).

UA: My **offender role** made me think that (I choose to complete the sentence by writing down what my offender role made me think in the situation).

TH: My **offender role** made me feel that (I choose to complete the sentence by writing down what my offender role made me feel in the situation).

Then I take a deep breath and feel how the intensity of my pain is now on a scale from 0-10.

The pain is (I choose to complete the sentence by writing the number, I **believe**, is my pain-number now).

Then I choose to continue to tap on like suggested below.

EB: Maybe I could open up to let go of my **savior role** if (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my savior role in a similar situation in the future).

SE: Then I could also let go of my **seducer role** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of

my seducer role in a similar situation in the future).

UE: If I did that I might no longer need to hold on to my **victim role**, which (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my victim role in a similar situation in the future).

UN: Then I could also let go of my **offender role** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my offender role in a similar situation in the future).

CH: I **believe** that now I can recover from my **savior role** and my **seducer role**, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to recover from my the savior role and my seducer role in a similar situation in the future).

CB: Yes, actually, I begin to **believe** that I can let go of my **victim role** and my **offender role**, because (I choose to complete the sentence by writing down what I **believe** could make me recover from my victim role and my offender role in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Ring of Codependency** because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to let go completely of using The Ring of Codependency in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Ring of Codependency** and thereby from using my **savior role**, **seducer role**, **victim role** and **offender role** in a similar situation in the future, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to allow my Higher Power to liberate me from using The Ring of Codependency and thereby from using the savior role, the seducer role, the victim role and the offender role in a similar situation in the future).

Then I take a deep breath and feel into how the intensity of my pain is now on a scale of 0-10.

The pain is at (I choose to complete the sentence by writing the number, I **believe**, is my pain number now).

I continue my tapping rounds until my pain of being in **The Ring of Codependency** is tapped down to minimum half of the number, which I gave the intensity of the original pain and preferably a number that is even smaller, before I choose to go on tapping as suggested below on:

The Ring of Emotional Sobriety with its

- a. Detachment
- b. Integrity
- c. Respect of Self
- d. Respect of Others

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Ring of Emotional Sobriety** by using **detachment** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use detachment consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use detachment consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Ring of Emotional Sobriety** by using **integrity** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use integrity consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use integrity consciously in a similar situation in the future).

KC left: I hereby choose to give myself permission to use **The Ring of Emotional Sobriety** by using **respect of self** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously use respect of self in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use respect of self consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Ring of Emotional Sobriety** by using **respect of others** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use respect of others consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use respect of others consciously in a similar situation in the future).

The two times eight reminder statements for the tapping rounds below:

EB: I hereby choose to give myself permission to use **detachment** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use detachment consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **integrity** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use integrity consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **respect of self** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use respect of self consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **respect of others** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use respect of others consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **detachment** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use detachment consciously in a similar situation in the future).

CB: I hereby choose to give myself permission to use **integrity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use integrity consciously in a similar situation in the future).

UA: I hereby choose to give myself permission to use **respect of self** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use respect of self consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to consciously use **respect of others** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use respect of others consciously in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale of 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

Then I choose to continue to tap on as suggested below.

EB: I hereby choose to give myself permission to use **The Ring of Emotional Sobriety** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Ring of Emotional Sobriety consciously in a similar

situation in the future).

SE: I hereby choose to give myself permission to use **detachment** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use detachment consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **integrity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use integrity consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **respect of self** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use respect of self consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **respect of others** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use respect of others consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **detachment** and **integrity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use detachment and integrity consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **respect of self** and **respect of others** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use respect of self and respect of others consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Ring of Emotional Sobriety** by choosing to consciously use **detachment, integrity, respect of self** and **respect of others** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Ring of Emotional Sobriety consciously with its detachment, integrity, respect of self and respect of others in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale from 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

When my joy has gone up to minimum 5 on a scale from 0-10, or even more, I perceive my tapping to be completed.

04. From the Big Ring of Pain to the Big Ring of Joy.

Today I used

The Big Ring of Pain with its:

- a. Avarice
- b. Envy
- c. Hatred/Suppressed Anger
- d. Arrogance

Today I used The Big Ring of Pain, because (I choose to complete the sentence by writing down, why I used The Big Ring of Pain).

I write down how my use of The Big Ring of Pain made me think, feel, act and relate to others in the situation.

Avarice:

1. I thought that (I choose to complete the sentence by writing down, how my avarice made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my avarice made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my avarice made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my avarice made me relate to the other/the others in the situation).

Envy:

1. I thought that (I choose to complete the sentence by writing down, how my envy made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my envy made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my envy made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my envy made me relate to the other/the others in the situation).

The Hatred/Suppressed Anger:

1. I thought that (I choose to complete the sentence by writing down, how my hatred/suppressed anger made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my hatred/suppressed anger made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my hatred/suppressed anger made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my hatred/suppressed anger made me relate to the other/the others in the situation).

Arrogance:

1. I thought that (I choose to complete the sentence by writing down, how my arrogance made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my arrogance made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my arrogance made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my arrogance made me relate to the other/the others in the situation).

Furthermore, I write down what I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that (I choose to complete the sentence by writing down, what I hoped to achieve by using The Big Ring of Pain, and if I achieved it).

Then, I describe how I **believe** the situation could have transpired if instead I had used:

The Big Ring of Joy with its

- a. Faith
- b. Hope
- c. Love
- d. Truth

I choose to write down how I **believe** that my use of **The Big Ring of Joy** could have made me think, feel, act and relate to others in the situation.

Faith:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used faith).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used faith).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used faith).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used faith).

Hope:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used hope).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used hope).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used hope).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used hope).

Love:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used love).
2. I **believe** I would feel that (I choose to complete the sentence by writing

down, how I **believe** I would have felt the situation, if I had used love).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used love).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used love).

Truth:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used truth).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used truth).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used truth).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used truth).

In the end, I write down, if I **believe** it would have been easier for me to achieve what I wanted by using **The Big Ring of Joy** instead of **The Big Ring of Pain**.

If yes, why and if no, why would I anyway choose to use **The Big Ring of Joy** instead of **The Big Ring of Pain** in the situation.

I believe that if instead I had used **The Big Ring of Joy** on (I choose to complete the sentence by writing that problem down, I described in Step One), then (I choose to complete the sentence by writing down, what I **believe** would be the outcome of using The Big Ring of Joy in the situation), because (I choose to complete the sentence by writing down, why I **believe** that this would be the outcome of using The Big Ring of Joy in the situation, and if I do not think that I could more easily achieve what I wanted by using The Big Ring of Joy, why then would I anyway choose to use it in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Big Ring of Pain** to **The Big Ring of Joy**, I choose to move energetically from **The Big Ring of Pain** to **The Big Ring of Joy** as described below by first inserting my answers in the tapping protocol and then I complete my Sixth Step analysis by tapping through the protocol I have written.

I begin with:

The Big Ring of Pain with its:

- a. Avarice
- b. Envy
- c. Hatred/Suppressed Anger
- d. Arrogance

First I take a deep breath to feel into how the intensity of my pain was in Step One by using **The Big Ring of Pain** on a scale from 0-10.

The pain was at (I choose to complete the sentence by writing that number down, which I **believe**, was my pain number, when I began writing this analyses).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Big Ring of Pain** in the situation by using **avarice** to (I choose to complete the sentence by writing down, what I used **avarice** for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using **avarice** in the situation), and I also completely and totally love and accept **The Big Ring of Pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Big Ring of Pain** in spite of the pain, it inflicted on me in context with my use of **avarice** in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Big Ring of Pain** in the situation by using **envy** to (I choose to complete the sentence by writing down, what I used **envy** for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using **envy** in the situation), and I also completely and totally love and accept **The Big Ring of Pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Big Ring of Pain** in spite of the pain, it inflicted on me in context with my use of **envy** in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and

accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC left: Even though I chose to use **The Big Ring of Pain** in the situation by using **hatred/suppressed anger** to (I choose to complete the sentence by writing down, what I used hatred/suppressed anger for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using hatred/suppressed anger in the situation), and I also completely and totally love and accept **The Big Ring of Pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Big Ring of Pain** in spite of the pain, it inflicted on me in context with my use of hatred/suppressed anger in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Big Ring of Pain** in the situation by using **arrogance** to (I choose to complete the sentence by writing down, what I used arrogance for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using arrogance in the situation), and I also completely and totally love and accept **The Big Ring of Pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Big Ring of Pain** in spite of the pain, it inflicted on me in context with my use of arrogance in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

The two times eight reminder statements for the two tapping rounds below:

EB: My **avarice** made me think that (I choose to complete the sentence by writing down what my avarice made me think in the situation).

SE: My **avarice** made me feel that (I choose to complete the sentence by writing down what my avarice made me feel in the situation).

UE: My **envy** made me think that (I choose to complete the sentence by writing down what my envy made me think in the situation).

UN: My **envy** made me feel that (I choose to complete the sentence by writing down what my envy made me feel in the situation).

CH: My **hatred/suppressed anger** made me think that (I choose to complete the sentence by writing down what my hatred/suppressed anger made me think in the situation).

CB: My **hatred/suppressed anger** made me feel that (I choose to complete the sentence by writing down what my hatred/suppressed anger made me feel in the situation).

UA: My **arrogance** made me think that (I choose to complete the sentence by writing down what my arrogance made me think in the situation).

TH: My **arrogance** made me feel that (I choose to complete the sentence by writing down what my arrogance made me feel in the situation).

Then I take a deep breath and feel how the intensity of my pain is now on a scale from 0-10.

The pain is (I choose to complete the sentence by writing the number, I **believe**, is my pain-number now).

Then I choose to continue to tap on like suggested below.

EB: Maybe I could open up to let go of my **avarice** if (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my avarice in a similar situation in the future).

SE: Then I could also let go of my **envy** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my envy in a similar situation in the future).

UE: If I did that I might no longer need to hold on to my **hatred/suppressed anger**, which (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my hatred/suppressed anger in a similar situation in the future).

UN: Then I could also let go of my **arrogance** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my arrogance in a similar situation in the future).

CH: I **believe** that now I can recover from my **avarice** and my **envy**, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to recover from my avarice and my envy in a similar situation in the future).

CB: Yes, actually, I begin to **believe** that I can let go of my **hatred/suppressed anger** and my **arrogance**, because (I choose to complete the sentence by writing

down what I **believe** could make me recover from my hatred/suppressed anger and my arrogance in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Big Ring of Pain** because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to let go completely of using The Big Ring of Pain in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Big Ring of Pain** and thereby from using my **avarice, envy, hatred/suppressed anger and arrogance** in a similar situation in the future, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to allow my Higher Power to liberate me from using The Big Ring of Pain and thereby from using avarice , envy, hatred/suppressed anger and arrogance in a similar situation in the future).

Then I take a deep breath and feel into how the intensity of my pain is now on a scale of 0-10.

The pain is at (I choose to complete the sentence by writing the number, I **believe**, is my pain number now).

I continue my tapping rounds until my pain of being in **The Big Ring of Pain** is tapped down to minimum half of the number, which I gave the intensity of the original pain and preferably a number that is even smaller, before I choose to go on tapping as suggested below on:

The Big Ring of Joy with its

- a. Faith
- b. Hope
- c. Love
- d. Truth

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Big Ring of Joy** by using **faith** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use faith consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use faith consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Big Ring of Joy** by using **hope** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use hope consciously in a

similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use hope consciously in a similar situation in the future).

KC left: I hereby choose to give myself permission to use **The Big Ring of Joy** by using **love** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously use love in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use love consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Big Ring of Joy** by using **truth** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use truth consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use truth consciously in a similar situation in the future).

The two times eight reminder statements for the tapping rounds below:

EB: I hereby choose to give myself permission to use **faith** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use faith consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **hope** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use hope consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **love** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use love consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **truth** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use truth consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **faith** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use faith consciously in a similar situation in the future).

CB: I hereby choose to give myself permission to use **hope** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use hope consciously in a similar situation in the future).

UA: I hereby choose to give myself permission to use **love** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use love consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **truth** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use truth consciously in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale of 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

Then I choose to continue to tap on as suggested below.

EB: I hereby choose to give myself permission to use **The Big Ring of Joy** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Big Ring of Joy consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **faith** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use faith consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **hope** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use hope consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **love** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use love consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **truth** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use truth consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **faith** and **hope** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use faith and

hope consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **love** and **truth** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use love and truth consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Big Ring of Joy** by choosing to consciously use **faith, hope, love** and **truth** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Big Ring of Joy consciously with its faith, hope, love and truth in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale from 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

When my joy has gone up to minimum 5 on a scale from 0-10, or even more, I perceive my tapping to be completed.

05. From **the Small Ring of Avarice** to **the Small Ring of Faith**.

Today I used

The Small Ring of Avarice with its:

- a. **Stinginess**
- b. **Greed**
- c. **Poverty**
- d. **Gluttony**

Today I used **The Small Ring of Avarice**, because (I choose to complete the sentence by writing down, why I used The Small Ring of Avarice).

I write down how my use of **The Small Ring of Avarice** made me think, feel, act and relate to others in the situation.

Stinginess:

1. I thought that (I choose to complete the sentence by writing down, how my stinginess made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my

stinginess made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my stinginess made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my stinginess made me relate to the other/the others in the situation).

Greed:

1. I thought that (I choose to complete the sentence by writing down, how my greed made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my greed made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my greed made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my greed made me relate to the other/the others in the situation).

Poverty:

1. I thought that (I choose to complete the sentence by writing down, how my poverty made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my poverty made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my poverty made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my poverty made me relate to the other/the others in the situation).

Gluttony:

1. I thought that (I choose to complete the sentence by writing down, how my gluttony made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my

gluttony made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my gluttony made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my gluttony made me relate to the other/the others in the situation).

Furthermore, I write down what I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that (I choose to complete the sentence by writing down, what I hoped to achieve by using The Small Ring of Avarice, and if I achieved it).

Then, I describe how I **believe** the situation could have transpired if instead I had used:

The Small Ring of Faith with its

- a. Generosity
- b. Trust
- c. Prosperity
- d. Accountability

I choose to write down how I **believe** that my use of **The Small Ring of Faith** could have made me think, feel, act and relate to others in the situation.

Generosity:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used generosity).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used generosity).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used generosity).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used generosity).

Trust:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used trust).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used trust).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used trust).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used trust).

Prosperity:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used prosperity).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used prosperity).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used prosperity).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used prosperity).

Accountability:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used accountability).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used accountability).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used accountability).
4. I **believe** I would relate to the other/the others in the situation by (I choose to

complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used accountability).

In the end, I write down, if I **believe** it would have been easier for me to achieve what I wanted by using **The Small Ring of Faith** instead of **The Small Ring of Avarice**.

If yes, why and if no, why would I anyway choose to use **The Small Ring of Faith** instead of **The Small Ring of Avarice** in the situation.

I believe that if instead I had used **The Small Ring of Faith** on (I choose to complete the sentence by writing that problem down, I described in Step One), then (I choose to complete the sentence by writing down, what I **believe** would be the outcome of using The Small Ring of Faith in the situation), because (I choose to complete the sentence by writing down, why I **believe** that this would be the outcome of using The Small Ring of Faith in the situation, and if I do not think that I could more easily achieve what I wanted by using The Small Ring of Faith, why then would I anyway choose to use it in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Small Ring of Avarice** to **The Small Ring of Faith**, I choose to move energetically from **The Small Ring of Avarice** to **The Small Ring of Faith** as described below by first inserting my answers in the tapping protocol and then I complete my Sixth Step analysis by tapping through the protocol I have written.

I begin with:

The Small Ring of Avarice with its:

- a. Stinginess
- b. Greed
- c. Poverty
- d. Gluttony

First I take a deep breath to feel into how the intensity of my pain was in Step One by using **The Small Ring of Avarice** on a scale from 0-10.

The pain was at (I choose to complete the sentence by writing that number down, which I **believe**, was my pain number, when I began writing Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Small Ring of Avarice** in the situation by using **stinginess** to (I choose to complete the sentence by writing down, what I used **stinginess** for in the situation), I completely and totally love and

accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using stinginess in the situation), and I also completely and totally love and accept **The Small Ring of Avarice** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Small Ring of Avarice in spite of the pain, it inflicted on me in context with my use of stinginess in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Small Ring of Avarice** in the situation by using **greed** to (I choose to complete the sentence by writing down, what I used greed for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using greed in the situation), and I also completely and totally love and accept **The Small Ring of Avarice** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Small Ring of Avarice in spite of the pain, it inflicted on me in context with my use of greed in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC left: Even though I chose to use **The Small Ring of Avarice** in the situation by using **poverty** to (I choose to complete the sentence by writing down, what I used poverty for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using poverty in the situation), and I also completely and totally love and accept **The Small Ring of Avarice** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Small Ring of Avarice in spite of the pain, it inflicted on me in context with my use of poverty in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Small Ring of Avarice** in the situation by using **gluttony** to (I choose to complete the sentence by writing down, what I used gluttony for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to

complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using gluttony in the situation), and I also completely and totally love and accept **The Small Ring of Avarice** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Small Ring of Avarice in spite of the pain, it inflicted on me in context with my use of gluttony in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

The two times eight reminder statements for the two tapping rounds below:

EB: My **stinginess** made me think that (I choose to complete the sentence by writing down what my stinginess made me think in the situation).

SE: My **stinginess** made me feel that (I choose to complete the sentence by writing down what my stinginess made me feel in the situation).

UE: My **greed** made me think that (I choose to complete the sentence by writing down what my greed made me think in the situation).

UN: My **greed** made me feel that (I choose to complete the sentence by writing down what my greed made me feel in the situation).

CH: My **poverty** made me think that (I choose to complete the sentence by writing down what my poverty made me think in the situation).

CB: My **poverty** made me feel that (I choose to complete the sentence by writing down what my poverty made me feel in the situation).

UA: My **gluttony** made me think that (I choose to complete the sentence by writing down what my gluttony made me think in the situation).

TH: My **gluttony** made me feel that (I choose to complete the sentence by writing down what my gluttony made me feel in the situation).

Then I take a deep breath and feel how the intensity of my pain is now on a scale from 0-10.

The pain is (I choose to complete the sentence by writing the number, I **believe**, is my pain-number now).

Then I choose to continue to tap on like suggested below.

EB: Maybe I could open up to let go of my **stinginess** if (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my stinginess in a similar situation in the future).

SE: Then I could also let go of my **greed** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my greed in a similar situation in the future).

UE: If I did that I might no longer need to hold on to my **poverty**, which (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my poverty in a similar situation in the future).

UN: Then I could also let go of my **gluttony** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my gluttony in a similar situation in the future).

CH: I **believe** that now I can recover from my **stinginess** and my **greed**, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to recover from my stinginess and my greed in a similar situation in the future).

CB: Yes, actually, I begin to **believe** that I can let go of my **poverty** and my **gluttony**, because (I choose to complete the sentence by writing down what I **believe** could make me recover from my poverty and my gluttony in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Small Ring of Avarice** because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to let go completely of using The Small Ring of Avarice in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Small Ring of Avarice** and thereby from using my **stinginess**, **greed**, **poverty** and **gluttony** in a similar situation in the future, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to allow my Higher Power to liberate me from using The Small Ring of Avarice and thereby from using stinginess, greed, poverty and gluttony in a similar situation in the future).

Then I take a deep breath and feel into how the intensity of my pain is now on a scale of 0-10.

The pain is at (I choose to complete the sentence by writing the number, I **believe**, is my pain number now).

I continue my tapping rounds until my pain of being in **The Small Ring of**

Avarice is tapped down to minimum half of the number, which I gave the intensity of the original pain and preferably a number that is even smaller, before I choose to go on tapping as suggested below on:

The Small Ring of Faith with its

- a. Generosity
- b. Trust
- c. Prosperity
- d. Accountability

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Small Ring of Faith** by using **generosity** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use generosity consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use generosity consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Small Ring of Faith** by using **trust** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use trust consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use trust consciously in a similar situation in the future).

KC left: I hereby choose to give myself permission to use **The Small Ring of Faith** by using **prosperity** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously use prosperity in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use prosperity consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Small Ring of Faith** by using **accountability** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use accountability consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use accountability consciously in a similar situation in the future).

The two times eight reminder statements for the tapping rounds below:

EB: I hereby choose to give myself permission to use **generosity** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use generosity consciously in a similar situation in the

future).

SE: I hereby choose to give myself permission to use **trust** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use trust consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **prosperity** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use prosperity consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **accountability** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use accountability consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **generosity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use generosity consciously in a similar situation in the future).

CB: I hereby choose to give myself permission to use **trust** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use trust consciously in a similar situation in the future).

UA: I hereby choose to give myself permission to use **prosperity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use prosperity consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to consciously use **accountability** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use accountability consciously in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale of 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

Then I choose to continue to tap on as suggested below.

EB: I hereby choose to give myself permission to use **The Small Ring of Faith** consciously in a similar situation in the future, because (I choose to complete

the sentence by writing down, why I think it would be to my advantage to use The Small Ring of Faith consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **generosity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use generosity consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **trust** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use trust consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **prosperity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use prosperity consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **accountability** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use accountability consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **generosity** and **trust** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use generosity and trust consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **prosperity** and **accountability** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use prosperity and accountability consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Small Ring of Faith** by choosing to consciously use **generosity, trust, prosperity** and **accountability** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Small Ring of Faith consciously with its generosity, trust, prosperity and accountability in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale from 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

When my joy has gone up to minimum 5 on a scale from 0-10, or even more, I perceive my tapping to be completed.

06. From **the Small Ring of Envy** to **the Small Ring of Hope**.

Today I used

The Small Ring of Envy with its:

- a. Disbelief
- b. Superstition
- c. Submission
- d. Defiance

Today I used **The Small Ring of Envy**, because (I choose to complete the sentence by writing down, why I used The Small Ring of Envy).

I write down how my use of **The Small Ring of Envy** made me think, feel, act and relate to others in the situation.

Disbelief:

1. I thought that (I choose to complete the sentence by writing down, how my disbelief made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my disbelief made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my disbelief made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my disbelief made me relate to the other/the others in the situation).

Superstition:

1. I thought that (I choose to complete the sentence by writing down, how my superstition made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my superstition made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my superstition made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my superstition made me relate to the other/the others in the situation).

Submission:

1. I thought that (I choose to complete the sentence by writing down, how my submission made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my submission made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my submission made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my submission made me relate to the other/the others in the situation).

Defiance:

1. I thought that (I choose to complete the sentence by writing down, how my defiance made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my defiance made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my defiance made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my defiance made me relate to the other/the others in the situation).

Furthermore, I write down what I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that (I choose to complete the sentence by writing down, what I hoped to achieve by using The Small Ring of Envy, and if I achieved it).

Then, I describe how I **believe** the situation could have transpired if instead I had used:

The Small Ring of Hope with its

- a. Credence
- b. Information
- c. Discernment
- d. Serenity

I choose to write down how I **believe** that my use of **The Small Ring of Hope** could have made me think, feel, act and relate to others in the situation.

Credence:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used credence).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used credence).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used credence).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used credence).

Information:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used information).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used information).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used information).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used information).

Discernment:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used discernment).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used discernment).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used discernment).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used discernment).

Serenity:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used serenity).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used serenity).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used serenity).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used serenity).

In the end, I write down, if I **believe** it would have been easier for me to achieve what I wanted by using **The Small Ring of Hope** instead of **The Small Ring of Envy**.

If yes, why and if no, why would I anyway choose to use **The Small Ring of Hope** instead of **The Small Ring of Envy** in the situation.

I believe that if instead I had used **The Small Ring of Hope** on (I choose to complete the sentence by writing that problem down, I described in Step One), then (I choose to complete the sentence by writing down, what I **believe** would be the outcome of using The Small Ring of Hope in the situation), because (I choose to complete the sentence by writing down, why I **believe** that this would be the outcome of using The Small Ring of Hope in the situation, and if I do not think that I could more easily achieve what I wanted by using The Small Ring of Hope, why then would I anyway choose to use it in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Small Ring of Envy** to **The Small Ring of Hope**, I choose to move energetically from **The**

Small Ring of Envy to The Small Ring of Hope as described below by first inserting my answers in the tapping protocol and then I complete my Sixth Step analysis by tapping through the protocol I have written.

I begin with:

The Small Ring of Envy with its:

- a. Disbelief
- b. Superstition
- c. Submission
- d. Defiance

First I take a deep breath to feel into how the intensity of my pain was in Step One by using The Small Ring of Envy on a scale from 0-10.

The pain was at (I choose to complete the sentence by writing that number down, which I believe, was my pain number, when I began writing Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use The Small Ring of Envy in the situation by using disbelief to (I choose to complete the sentence by writing down, what I used disbelief for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using disbelief in the situation), and I also completely and totally love and accept The Small Ring of Envy for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Small Ring of Envy in spite of the pain, it inflicted on me in context with my use of disbelief in the situation), and I also completely and totally love and accept the pain for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use The Small Ring of Envy in the situation by using superstition to (I choose to complete the sentence by writing down, what I used superstition for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using superstition in the situation), and I also completely and totally love and accept The Small Ring of Envy for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Small Ring of Envy in spite of the pain, it inflicted on me in context with my use of superstition in the

situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC left: Even though I chose to use **The Small Ring of Envy** in the situation by using **submission** to (I choose to complete the sentence by writing down, what I used submission for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using submission in the situation), and I also completely and totally love and accept **The Small Ring of Envy** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Small Ring of Envy in spite of the pain, it inflicted on me in context with my use of submission in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Small Ring of Envy** in the situation by using **defiance** to (I choose to complete the sentence by writing down, what I used defiance for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using defiance in the situation), and I also completely and totally love and accept **The Small Ring of Envy** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Small Ring of Envy in spite of the pain, it inflicted on me in context with my use of defiance in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

The two times eight reminder statements for the two tapping rounds below:

EB: My **disbelief** made me think that (I choose to complete the sentence by writing down what my disbelief made me think in the situation).

SE: My **disbelief** made me feel that (I choose to complete the sentence by writing down what my disbelief made me feel in the situation).

UE: My **superstition** made me think that (I choose to complete the sentence by writing down what my superstition made me think in the situation).

UN: My **superstition** made me feel that (I choose to complete the sentence by writing down what my superstition made me feel in the situation).

CH: My **submission** made me think that (I choose to complete the sentence by writing down what my submission made me think in the situation).

CB: My **submission** made me feel that (I choose to complete the sentence by writing down what my submission made me feel in the situation).

UA: My **defiance** made me think that (I choose to complete the sentence by writing down what my defiance made me think in the situation).

TH: My **defiance** made me feel that (I choose to complete the sentence by writing down what my defiance made me feel in the situation).

Then I take a deep breath and feel how the intensity of my pain is now on a scale from 0-10.

The pain is (I choose to complete the sentence by writing the number, I **believe**, is my pain-number now).

Then I choose to continue to tap on like suggested below.

EB: Maybe I could open up to let go of my **disbelief** if (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my disbelief in a similar situation in the future).

SE: Then I could also let go of my **superstition** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my superstition in a similar situation in the future).

UE: If I did that I might no longer need to hold on to my **submission**, which (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my submission in a similar situation in the future).

UN: Then I could also let go of my **defiance** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my defiance in a similar situation in the future).

CH: I **believe** that now I can recover from my **disbelief** and my **superstition**, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to recover from my disbelief and my superstition in a similar situation in the future).

CB: Yes, actually, I begin to **believe** that I can let go of my **submission** and my **defiance**, because (I choose to complete the sentence by writing down what I

believe could make me recover from my submission and my defiance in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Small Ring of Envy** because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to let go completely of using The Small Ring of Envy in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Small Ring of Envy** and thereby from using my **disbelief, superstition, submission** and **defiance** in a similar situation in the future, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to allow my Higher Power to liberate me from using The Small Ring of Envy and thereby from using disbelief, superstition, submission and defiance in a similar situation in the future).

Then I take a deep breath and feel into how the intensity of my pain is now on a scale of 0-10.

The pain is at (I choose to complete the sentence by writing the number, I **believe**, is my pain number now).

I continue my tapping rounds until my pain of being in **The Small Ring of Envy** is tapped down to minimum half of the number, which I gave the intensity of the original pain and preferably a number that is even smaller, before I choose to go on tapping as suggested below on:

The Small Ring of Hope with its

- a. **Credence**
- b. **Information**
- c. **Discernment**
- d. **Serenity**

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Small Ring of Hope** by using **credence** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use credence consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use credence consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Small Ring of Hope** by using **information** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use information

consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use information consciously in a similar situation in the future).

KC left: I hereby choose to give myself permission to use **The Small Ring of Hope** by using **discernment** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously use discernment in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use discernment consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Small Ring of Hope** by using **serenity** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use serenity consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use serenity consciously in a similar situation in the future).

The two times eight reminder statements for the tapping rounds below:

EB: I hereby choose to give myself permission to use **credence** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use credence consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **information** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use information consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **discernment** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use discernment consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **serenity** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use serenity consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **credence** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use credence consciously in a similar situation in the future).

CB: I hereby choose to give myself permission to use **information** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use information consciously in a similar

situation in the future).

UA: I hereby choose to give myself permission to use **discernment** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use discernment consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **serenity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use serenity consciously in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale of 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

Then I choose to continue to tap on as suggested below.

EB: I hereby choose to give myself permission to use **The Small Ring of Hope** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Small Ring of Hope consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **credence** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use credence consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **information** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use information consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **discernment** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use discernment consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **serenity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use serenity consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **credence** and **information** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use credence and information consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **discernment** and **serenity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use discernment and serenity consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Small Ring of Hope** by choosing to consciously use **credence, information, discernment** and **serenity** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Small Ring of Hope consciously with its **credence, information, discernment** and **serenity** in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale from 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

When my joy has gone up to minimum 5 on a scale from 0-10, or even more, I perceive my tapping to be completed.

07. From **the Small Ring of Hatred** to **the Small Ring of Love**.

Today I used

The Small Ring of Hatred/Suppressed Anger with its:

- a. **Denial**
- b. **Manipulation**
- c. **Disease**
- d. **Madness**

Today I used **The Small Ring of Hatred/Suppressed Anger**, because (I choose to complete the sentence by writing down, why I used The Small Ring of Hatred/Suppressed Anger).

I write down how my use of **The Small Ring of Hatred/Suppressed Anger** made me think, feel, act and relate to others in the situation.

Denial:

1. I thought that (I choose to complete the sentence by writing down, how my denial made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my denial made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my denial made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my denial made me relate to the other/the others in the situation).

Manipulation:

1. I thought that (I choose to complete the sentence by writing down, how my manipulation made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my manipulation made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my manipulation made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my manipulation made me relate to the other/the others in the situation).

Disease:

1. I thought that (I choose to complete the sentence by writing down, how my disease made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my disease made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my disease made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my disease made me relate to the other/the others in the situation).

Madness:

1. I thought that (I choose to complete the sentence by writing down, how my

madness made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my madness made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my madness made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my madness made me relate to the other/the others in the situation).

Furthermore, I write down what I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that (I choose to complete the sentence by writing down, what I hoped to achieve by using The Small Ring of Hatred/Suppressed Anger, and if I achieved it).

Then, I describe how I **believe** the situation could have transpired if instead I had used:

The Small Ring of Love with its

- a. Admitting
- b. Self-acceptance
- c. Health
- d. Sanity

I choose to write down how I **believe** that my use of **The Small Ring of Love** could have made me think, feel, act and relate to others in the situation.

Admitting:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used admitting).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used admitting).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used admitting).

4. I **believe** I would relate to the other/the others in the situation by (I choose to

complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used admitting).

Self-acceptance:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used self-acceptance).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used self-acceptance).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used self-acceptance).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used self-acceptance).

Health:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used health).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used health).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used health).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used health).

Sanity:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used sanity).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used sanity).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used sanity).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used sanity).

In the end, I write down, if I **believe** it would have been easier for me to achieve what I wanted by using **The Small Ring of Love** instead of **The Small Ring of Hatred/Suppressed Anger**.

If yes, why and if no, why would I anyway choose to use **The Small Ring of Love** instead of **The Small Ring of Hatred/Suppressed Anger** in the situation.

I believe that if instead I had used **The Small Ring of Love** on (I choose to complete the sentence by writing that problem down, I described in Step One), then (I choose to complete the sentence by writing down, what I **believe** would be the outcome of using The Small Ring of Love in the situation), because (I choose to complete the sentence by writing down, why I **believe** that this would be the outcome of using The Small Ring of Love in the situation, and if I do not think that I could more easily achieve what I wanted by using The Small Ring of Love, why then would I anyway choose to use it in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Small Ring of Hatred/Suppressed Anger** to **The Small Ring of Love**, I choose to move energetically from **The Small Ring of Hatred/Suppressed Anger** to **The Small Ring of Love** as described below by first inserting my answers in the tapping protocol and then I complete my Sixth Step analysis by tapping through the protocol I have written.

I begin with:

The Small Ring of Hatred/Suppressed Anger with its:

- a. Denial
- b. Manipulation
- c. Disease
- d. Madness

First I take a deep breath to feel into how the intensity of my pain was in Step One by using **The Small Ring of Hatred/Suppressed Anger** on a scale from 0-10.

The pain was at (I choose to complete the sentence by writing that number down, which I **believe**, was my pain number, when I began writing Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Small Ring of Hatred/Suppressed Anger** in the situation by using **denial** to (I choose to complete the sentence by writing down, what I used denial for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using denial in the situation), and I also completely and totally love and accept **The Small Ring of Hatred/Suppressed Anger** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Small Ring of Hatred/Suppressed Anger in spite of the pain, it inflicted on me in context with my use of denial in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Small Ring of Hatred/Suppressed Anger** in the situation by using **manipulation** to (I choose to complete the sentence by writing down, what I used manipulation for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using manipulation in the situation), and I also completely and totally love and accept **The Small Ring of Hatred/Suppressed Anger** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Small Ring of Hatred/Suppressed Anger in spite of the pain, it inflicted on me in context with my use of manipulation in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC left: Even though I chose to use **The Small Ring of Hatred/Suppressed Anger** in the situation by using **disease** to (I choose to complete the sentence by writing down, what I used disease for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using disease in the situation), and I also completely and totally love and accept **The Small Ring of Hatred/Suppressed Anger** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Small Ring of Hatred/Suppressed Anger in spite of the pain, it inflicted on me in context with my use of disease in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I

choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Small Ring of Hatred/Suppressed Anger** in the situation by using **madness** to (I choose to complete the sentence by writing down, what I used madness for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using madness in the situation), and I also completely and totally love and accept **The Small Ring of Hatred/Suppressed Anger** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Small Ring of Hatred/Suppressed Anger in spite of the pain, it inflicted on me in context with my use of madness in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

The two times eight reminder statements for the two tapping rounds below:

EB: My **denial** made me think that (I choose to complete the sentence by writing down what my denial made me think in the situation).

SE: My **denial** made me feel that (I choose to complete the sentence by writing down what my denial made me feel in the situation).

UE: My **manipulation** made me think that (I choose to complete the sentence by writing down what my manipulation made me think in the situation).

UN: My **manipulation** made me feel that (I choose to complete the sentence by writing down what my manipulation made me feel in the situation).

CH: My **disease** made me think that (I choose to complete the sentence by writing down what my disease made me think in the situation).

CB: My **disease** made me feel that (I choose to complete the sentence by writing down what my disease made me feel in the situation).

UA: My **madness** made me think that (I choose to complete the sentence by writing down what my madness made me think in the situation).

TH: My **madness** made me feel that (I choose to complete the sentence by writing down what my madness made me feel in the situation).

Then I take a deep breath and feel how the intensity of my pain is now on a scale from 0-10.

The pain is (I choose to complete the sentence by writing the number, I **believe**, is my pain-number now).

Then I choose to continue to tap on like suggested below.

EB: Maybe I could open up to let go of my **denial** if (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my denial in a similar situation in the future).

SE: Then I could also let go of my **manipulation** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my manipulation in a similar situation in the future).

UE: If I did that I might no longer need to hold on to my **disease**, which (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my disease in a similar situation in the future).

UN: Then I could also let go of my **madness** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my madness in a similar situation in the future).

CH: I **believe** that now I can recover from my **denial** and my **manipulation**, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to recover from my denial and my manipulation in a similar situation in the future).

CB: Yes, actually, I begin to **believe** that I can let go of my **disease** and my **madness**, because (I choose to complete the sentence by writing down what I **believe** could make me recover from my disease and my madness in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Small Ring of Hatred/Suppressed Anger** because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to let go completely of using The Small Ring of Hatred/Suppressed Anger in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Small Ring of Hatred/Suppressed Anger** and thereby from using my **denial, manipulation, disease and madness** in a similar situation in the future, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to allow my Higher Power to liberate me from using The Small Ring of Hatred/Suppressed Anger and thereby from using denial, manipulation, disease and madness in a similar situation in the future).

Then I take a deep breath and feel into how the intensity of my pain is now on a scale of 0-10.

The pain is at (I choose to complete the sentence by writing the number, I believe, is my pain number now).

I continue my tapping rounds until my pain of being in **The Small Ring of Hatred/Suppressed Anger** is tapped down to minimum half of the number, which I gave the intensity of the original pain and preferably a number that is even smaller, before I choose to go on tapping as suggested below on:

The Small Ring of Love with its

- a. Admitting
- b. Self-acceptance
- c. Health
- d. Sanity

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Small Ring of Love** by using **admitting** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use admitting consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use admitting consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Small Ring of Love** by using **self-acceptance** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use self-acceptance consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use self-acceptance consciously in a similar situation in the future).

KC left: I hereby choose to give myself permission to use **The Small Ring of Love** by using **health** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously use health in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use health consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Small Ring of Love** by using **sanity** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use sanity consciously in a similar situation in the future), because (I choose to complete

the sentence by writing down, why I want to use sanity consciously in a similar situation in the future).

The two times eight reminder statements for the tapping rounds below:

EB: I hereby choose to give myself permission to use **admitting** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use admitting consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **self-acceptance** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use self-acceptance consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **health** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use health consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **sanity** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use sanity consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **admitting** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use admitting consciously in a similar situation in the future).

CB: I hereby choose to give myself permission to use **self-acceptance** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use self-acceptance consciously in a similar situation in the future).

UA: I hereby choose to give myself permission to use **health** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use health consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to consciously use **sanity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use sanity consciously in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale of 0-10.

The joy is at (I choose to complete the sentence by writing the number, I believe, is my joy number now).

Then I choose to continue to tap on as suggested below.

EB: I hereby choose to give myself permission to use **The Small Ring of Love** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Small Ring of Love consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **admitting** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use admitting consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **self-acceptance** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use self-acceptance consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **health** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use health consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **sanity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use sanity consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **admitting** and **self-acceptance** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use admitting and self-acceptance consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **health** and **sanity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use health and sanity consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Small Ring of Love** by choosing to consciously use **admitting**, **self-acceptance**, **health** and **sanity** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Small Ring of Love consciously with its admitting, self-acceptance, health and sanity in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale from 0-10.

The joy is at (I choose to complete the sentence by writing the number, I believe, is my joy number now).

When my joy has gone up to minimum 5 on a scale from 0-10, or even more, I perceive my tapping to be completed.

08. From the Small Ring of Arrogance to the Small Ring of Truth.

Today I used

The Small Ring of Arrogance with its:

- a. Superiority
- b. Inferiority
- c. Overcrowding
- d. Isolation

Today I used The Small Ring of Arrogance, because (I choose to complete the sentence by writing down, why I used The Small Ring of Arrogance).

I write down how my use of The Small Ring of Arrogance made me think, feel, act and relate to others in the situation.

Superiority:

1. I thought that (I choose to complete the sentence by writing down, how my superiority made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my superiority made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my superiority made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my superiority made me relate to the other/the others in the situation).

Inferiority:

1. I thought that (I choose to complete the sentence by writing down, how my inferiority made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my inferiority made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my inferiority made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my inferiority made me relate to the other/the others in the situation).

Overcrowding:

1. I thought that (I choose to complete the sentence by writing down, how my overcrowding made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my overcrowding made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my overcrowding made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my overcrowding made me relate to the other/the others in the situation).

Isolation:

1. I thought that (I choose to complete the sentence by writing down, how my isolation made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my isolation made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my isolation made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my isolation made me relate to the other/the others in the situation).

Furthermore, I write down what I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that (I choose to complete the sentence by writing down, what I hoped to achieve by using The Small Ring of Arrogance, and if I achieved it).

Then, I describe how I **believe** the situation could have transpired if instead I had used:

The Small Ring of Truth with its

- a. Humility
- b. Honesty
- c. Individuality
- d. Fellowship

I choose to write down how I **believe** that my use of **The Small Ring of Truth** could have made me think, feel, act and relate to others in the situation.

Humility:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used humility).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used humility).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used humility).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used humility).

Honesty:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used honesty).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used honesty).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used honesty).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used honesty).

Individuality:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used individuality).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used individuality).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used individuality).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used individuality).

Fellowship:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used fellowship).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used fellowship).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used fellowship).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used fellowship).

In the end, I write down, if I **believe** it would have been easier for me to achieve what I wanted by using **The Small Ring of Truth** instead of **The Small Ring of Arrogance**.

If yes, why and if no, why would I anyway choose to use **The Small Ring of Truth** instead of **The Small Ring of Arrogance** in the situation.

I believe that if instead I had used **The Small Ring of Truth** on (I choose to complete the sentence by writing that problem down, I described in Step One), then (I choose to complete the sentence by writing down, what I **believe** would

be the outcome of using The Small Ring of Truth in the situation), because (I choose to complete the sentence by writing down, why I **believe** that this would be the outcome of using The Small Ring of Truth in the situation, and if I do not think that I could more easily achieve what I wanted by using The Small Ring of Truth, why then would I anyway choose to use it in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Small Ring of Arrogance** to **The Small Ring of Truth**, I choose to move energetically from **The Small Ring of Arrogance** to **The Small Ring of Truth** as described below by first inserting my answers in the tapping protocol and then I complete my Sixth Step analysis by tapping through the protocol I have written.

I begin with:

The Small Ring of Arrogance with its:

- a. Superiority
- b. Inferiority
- c. Overcrowding
- d. Isolation

First I take a deep breath to feel into how the intensity of my pain was in Step One by using **The Small Ring of Arrogance** on a scale from 0-10.

The pain was at (I choose to complete the sentence by writing that number down, which I **believe**, was my pain number, when I began writing Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Small Ring of Arrogance** in the situation by using **superiority** to (I choose to complete the sentence by writing down, what I used superiority for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using superiority in the situation), and I also completely and totally love and accept **The Small Ring of Arrogance** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Small Ring of Arrogance in spite of the pain, it inflicted on me in context with my use of superiority in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Small Ring of Arrogance** in the situation by using **inferiority** to (I choose to complete the sentence by writing down, what I used inferiority for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using inferiority in the situation), and I also completely and totally love and accept **The Small Ring of Arrogance** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Small Ring of Arrogance in spite of the pain, it inflicted on me in context with my use of inferiority in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC left: Even though I chose to use **The Small Ring of Arrogance** in the situation by using **overcrowding** to (I choose to complete the sentence by writing down, what I used overcrowding for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using overcrowding in the situation), and I also completely and totally love and accept **The Small Ring of Arrogance** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Small Ring of Arrogance in spite of the pain, it inflicted on me in context with my use of overcrowding in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Small Ring of Arrogance** in the situation by using **isolation** to (I choose to complete the sentence by writing down, what I used isolation for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using isolation in the situation), and I also completely and totally love and accept **The Small Ring of Arrogance** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Small Ring of Arrogance in spite of the pain, it inflicted on me in context with my use of isolation in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

The two times eight reminder statements for the two tapping rounds below:

EB: My **superiority** made me think that (I choose to complete the sentence by writing down what my superiority made me think in the situation).

SE: My **superiority** made me feel that (I choose to complete the sentence by writing down what my superiority made me feel in the situation).

UE: My **inferiority** made me think that (I choose to complete the sentence by writing down what my inferiority made me think in the situation).

UN: My **inferiority** made me feel that (I choose to complete the sentence by writing down what my inferiority made me feel in the situation).

CH: My **overcrowding** made me think that (I choose to complete the sentence by writing down what my overcrowding made me think in the situation).

CB: My **overcrowding** made me feel that (I choose to complete the sentence by writing down what my overcrowding made me feel in the situation).

UA: My **isolation** made me think that (I choose to complete the sentence by writing down what my isolation made me think in the situation).

TH: My **isolation** made me feel that (I choose to complete the sentence by writing down what my isolation made me feel in the situation).

Then I take a deep breath and feel how the intensity of my pain is now on a scale from 0-10.

The pain is (I choose to complete the sentence by writing the number, I **believe**, is my pain-number now).

Then I choose to continue to tap on like suggested below.

EB: Maybe I could open up to let go of my **superiority** if (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my superiority in a similar situation in the future).

SE: Then I could also let go of my **inferiority** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my inferiority in a similar situation in the future).

UE: If I did that I might no longer need to hold on to my **overcrowding**, which (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my overcrowding in a similar situation in the future).

UN: Then I could also let go of my **isolation** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my isolation in a similar situation in the future).

CH: I **believe** that now I can recover from my **superiority** and my **inferiority**, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to recover from my superiority and my inferiority in a similar situation in the future).

CB: Yes, actually, I begin to **believe** that I can let go of my **overcrowding** and my **isolation**, because (I choose to complete the sentence by writing down what I **believe** could make me recover from my overcrowding and my isolation in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Small Ring of Arrogance** because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to let go completely of using The Small Ring of Arrogance in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Small Ring of Arrogance** and thereby from using my **superiority**, **inferiority**, **overcrowding** and **isolation** in a similar situation in the future, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to allow my Higher Power to liberate me from using The Small Ring of Arrogance and thereby from using superiority, inferiority, overcrowding and isolation in a similar situation in the future).

Then I take a deep breath and feel into how the intensity of my pain is now on a scale of 0-10.

The pain is at (I choose to complete the sentence by writing the number, I **believe**, is my pain number now).

I continue my tapping rounds until my pain of being in **The Small Ring of Arrogance** is tapped down to minimum half of the number, which I gave the intensity of the original pain and preferably a number that is even smaller, before I choose to go on tapping as suggested below on:

The Small Ring of Truth with its

- a. Humility
- b. Honesty
- c. Individuality
- d. Fellowship

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Small Ring of Truth** by using **humility** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use humility consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use humility consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Small Ring of Truth** by using **honesty** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use honesty consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use honesty consciously in a similar situation in the future).

KC left: I hereby choose to give myself permission to use **The Small Ring of Truth** by using **individuality** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously use individuality in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use individuality consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Small Ring of Truth** by using **fellowship** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use fellowship consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use fellowship consciously in a similar situation in the future).

The two times eight reminder statements for the tapping rounds below:

EB: I hereby choose to give myself permission to use **humility** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use humility consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **honesty** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use honesty consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **individuality** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use individuality consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **fellowship** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use fellowship consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **humility** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use humility consciously in a similar situation in the future).

CB: I hereby choose to give myself permission to use **honesty** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use honesty consciously in a similar situation in the future).

UA: I hereby choose to give myself permission to use **individuality** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use individuality consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to consciously use **fellowship** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use fellowship consciously in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale of 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

Then I choose to continue to tap on as suggested below.

EB: I hereby choose to give myself permission to use **The Small Ring of Truth** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Small Ring of Truth consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **humility** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use humility consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **honesty** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use honesty

consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **individuality** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use individuality consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **fellowship** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use fellowship consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **humility** and **honesty** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use humility and honesty consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **individuality** and **fellowship** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use individuality and fellowship consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Small Ring of Truth** by choosing to consciously use **humility, honesty, individuality and fellowship** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Small Ring of Truth consciously with its humility, honesty, individuality and fellowship in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale from 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

When my joy has gone up to minimum 5 on a scale from 0-10, or even more, I perceive my tapping to be completed.

09. From **the Miniring of Avarice** to **the Miniring of Faith**.

Today I used

The Miniring of Avarice with its:

- a. **Pettiness**
- b. **Clinging**

- c. Malaise
- d. Hoarding

Today I used **The Miniring of Avarice**, because (I choose to complete the sentence by writing down, why I used The Miniring of Avarice).

I write down how my use of **The Miniring of Avarice** made me think, feel, act and relate to others in the situation.

Pettiness:

1. I thought that (I choose to complete the sentence by writing down, how my pettiness made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my pettiness made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my pettiness made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my pettiness made me relate to the other/the others in the situation).

Clinging:

1. I thought that (I choose to complete the sentence by writing down, how my clinging made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my clinging made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my clinging made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my clinging made me relate to the other/the others in the situation).

Malaise:

1. I thought that (I choose to complete the sentence by writing down, how my malaise made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my

malaise made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my malaise made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my malaise made me relate to the other/the others in the situation).

Hoarding:

1. I thought that (I choose to complete the sentence by writing down, how my hoarding made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my hoarding made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my hoarding made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my hoarding made me relate to the other/the others in the situation).

Furthermore, I write down what I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that (I choose to complete the sentence by writing down, what I hoped to achieve by using The Miniring of Avarice, and if I achieved it).

Then, I describe how I **believe** the situation could have transpired if instead I had used:

The Miniring of Faith with its

- a. Largesse
- b. Letting go
- c. Well-being
- d. Sharing

I choose to write down how I **believe** that my use of **The Miniring of Faith** could have made me think, feel, act and relate to others in the situation.

Largesse:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used largesse).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used largesse).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used largesse).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used largesse).

Letting go:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used letting go).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used letting go).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used letting go).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used letting go).

Well-being:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used well-being).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used well-being).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used well-being).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used well-being).

Sharing:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used sharing).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used sharing).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used sharing).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used sharing).

In the end, I write down, if I **believe** it would have been easier for me to achieve what I wanted by using **The Miniring of Faith** instead of **The Miniring of Avarice**.

If yes, why and if no, why would I anyway choose to use **The Miniring of Faith** instead of **The Miniring of Avarice** in the situation.

I believe that if instead I had used **The Miniring of Faith** on (I choose to complete the sentence by writing that problem down, I described in Step One), then (I choose to complete the sentence by writing down, what I **believe** would be the outcome of using **The Miniring of Faith** in the situation), because (I choose to complete the sentence by writing down, why I **believe** that this would be the outcome of using **The Miniring of Faith** in the situation, and if I do not think that I could more easily achieve what I wanted by using **The Miniring of Faith**, why then would I anyway choose to use it in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Miniring of Avarice** to **The Miniring of Faith**, I choose to move energetically from **The Miniring of Avarice** to **The Miniring of Faith** as described below by first inserting my answers in the tapping protocol and then I complete my Sixth Step analysis by tapping through the protocol I have written.

I begin with:

The Miniring of Avarice with its:

- a. Pettiness
- b. Clinging

- c. Malaise
- d. Hoarding

First I take a deep breath to feel into how the intensity of my pain was in Step One by using **The Miniring of Avarice** on a scale from 0-10.

The pain was at (I choose to complete the sentence by writing that number down, which I **believe**, was my pain number, when I began writing Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Miniring of Avarice** in the situation by using **pettiness** to (I choose to complete the sentence by writing down, what I used **pettiness** for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using **pettiness** in the situation), and I also completely and totally love and accept **The Miniring of Avarice** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Miniring of Avarice** in spite of the pain, it inflicted on me in context with my use of **pettiness** in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Miniring of Avarice** in the situation by using **clinging** to (I choose to complete the sentence by writing down, what I used **clinging** for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using **clinging** in the situation), and I also completely and totally love and accept **The Miniring of Avarice** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Miniring of Avarice** in spite of the pain, it inflicted on me in context with my use of **clinging** in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC left: Even though I chose to use **The Miniring of Avarice** in the situation by using **malaise** to (I choose to complete the sentence by writing down, what I used **malaise** for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of

the pain I inflicted on myself by using malaise in the situation), and I also completely and totally love and accept **The Miniring of Avarice** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Miniring of Avarice in spite of the pain, it inflicted on me in context with my use of malaise in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Miniring of Avarice** in the situation by using **hoarding** to (I choose to complete the sentence by writing down, what I used hoarding for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using hoarding in the situation), and I also completely and totally love and accept **The Miniring of Avarice** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Miniring of Avarice in spite of the pain, it inflicted on me in context with my use of hoarding in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

The two times eight reminder statements for the two tapping rounds below:

EB: My **pettiness** made me think that (I choose to complete the sentence by writing down what my pettiness made me think in the situation).

SE: My **pettiness** made me feel that (I choose to complete the sentence by writing down what my pettiness made me feel in the situation).

UE: My **clinging** made me think that (I choose to complete the sentence by writing down what my clinging made me think in the situation).

UN: My **clinging** made me feel that (I choose to complete the sentence by writing down what my clinging made me feel in the situation).

CH: My **malaise** made me think that (I choose to complete the sentence by writing down what my malaise made me think in the situation).

CB: My **malaise** made me feel that (I choose to complete the sentence by writing down what my malaise made me feel in the situation).

UA: My **hoarding** made me think that (I choose to complete the sentence by writing down what my hoarding made me think in the situation).

TH: My **hoarding** made me feel that (I choose to complete the sentence by writing down what my hoarding made me feel in the situation).

Then I take a deep breath and feel how the intensity of my pain is now on a scale from 0-10.

The pain is (I choose to complete the sentence by writing the number, I **believe**, is my pain-number now).

Then I choose to continue to tap on like suggested below.

EB: Maybe I could open up to let go of my **pettiness** if (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my pettiness in a similar situation in the future).

SE: Then I could also let go of my **clinging** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my clinging in a similar situation in the future).

UE: If I did that I might no longer need to hold on to my **malaise**, which (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my malaise in a similar situation in the future).

UN: Then I could also let go of my **hoarding** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my hoarding in a similar situation in the future).

CH: I **believe** that now I can recover from my **pettiness** and my **clinging**, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to recover from my pettiness and my clinging in a similar situation in the future).

CB: Yes, actually, I begin to **believe** that I can let go of my **malaise** and my **hoarding**, because (I choose to complete the sentence by writing down what I **believe** could make me recover from my malaise and my hoarding in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Miniring of Avarice** because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to let go completely of using The Miniring of Avarice in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Miniring of Avarice** and thereby from using my **pettiness, clinging, malaise** and **hoarding** in a similar situation in the future, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to allow my Higher Power to liberate me from using The Miniring of Avarice and thereby from using pettiness, clinging , malaise and hoarding in a similar situation in the future).

Then I take a deep breath and feel into how the intensity of my pain is now on a scale of 0-10.

The pain is at (I choose to complete the sentence by writing the number, I **believe**, is my pain number now).

I continue my tapping rounds until my pain of being in **The Miniring of Avarice** is tapped down to minimum half of the number, which I gave the intensity of the original pain and preferably a number that is even smaller, before I choose to go on tapping as suggested below on:

The Miniring of Faith with its

- a. **Largesse**
- b. **Letting go**
- c. **Well-being**
- d. **Sharing**

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Miniring of Faith** by using **largesse** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use largesse consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use largesse consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Miniring of Faith** by using **letting go** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use letting go consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use letting go consciously in a similar situation in the future).

KC left: I hereby choose to give myself permission to use **The Miniring of Faith** by using **well-being** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously use well-being in a similar situation in the future), because (I choose to complete

the sentence by writing down, why I want to use well-being consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Mining of Faith** by using **sharing** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use sharing consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use sharing consciously in a similar situation in the future).

The two times eight reminder statements for the tapping rounds below:

EB: I hereby choose to give myself permission to use **largesse** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use largesse consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **letting go** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use letting go consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **well-being** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use well-being consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **sharing** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use sharing consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **largesse** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use largesse consciously in a similar situation in the future).

CB: I hereby choose to give myself permission to use **letting go** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use letting go consciously in a similar situation in the future).

UA: I hereby choose to give myself permission to use **well-being** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use well-being consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to consciously use **sharing** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use sharing consciously in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale of 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

Then I choose to continue to tap on as suggested below.

EB: I hereby choose to give myself permission to use **The Miniring of Faith** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Miniring of Faith consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **largesse** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use largesse consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **letting go** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use letting go consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **well-being** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use well-being consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **sharing** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use sharing consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **largesse** and **letting go** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use largesse and letting go consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **well-being** and **sharing** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use

well-being and sharing consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Miniring of Faith** by choosing to consciously use **largesse, letting go, well-being and sharing** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Miniring of Faith consciously with its largesse, letting go, well-being and sharing in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale from 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

When my joy has gone up to minimum 5 on a scale from 0-10, or even more, I perceive my tapping to be completed.

10. From **the Miniring of Envy** to the **Miniring of Hope**.

Today I used

The Miniring of Envy with its:

- a. Insecurity
- b. Confusion
- c. Unclearity
- d. Wretchedness

Today I used **The Miniring of Envy**, because (I choose to complete the sentence by writing down, why I used The Miniring of Envy).

I write down how my use of **The Miniring of Envy** made me think, feel, act and relate to others in the situation.

Insecurity:

1. I thought that (I choose to complete the sentence by writing down, how my insecurity made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my insecurity made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my insecurity made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my insecurity made me relate to the other/the others in the situation).

Confusion:

1. I thought that (I choose to complete the sentence by writing down, how my confusion made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my confusion made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my confusion made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my confusion made me relate to the other/the others in the situation).

Uncertainty:

1. I thought that (I choose to complete the sentence by writing down, how my uncertainty made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my uncertainty made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my uncertainty made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my uncertainty made me relate to the other/the others in the situation).

Wretchedness:

1. I thought that (I choose to complete the sentence by writing down, how my hoarding made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my hoarding made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my hoarding made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the

sentence by writing down, how my hoarding made me relate to the other/the others in the situation).

Furthermore, I write down what I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that (I choose to complete the sentence by writing down, what I hoped to achieve by using The Miniring of Envy, and if I achieved it).

Then, I describe how I **believe** the situation could have transpired if instead I had used:

The Miniring of Hope with its

- a. Safety
- b. Well-informedness
- c. Clarity
- d. Nobleness

I choose to write down how I **believe** that my use of **The Miniring of Hope** could have made me think, feel, act and relate to others in the situation.

Safety:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used safety).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used safety).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used safety).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used safety).

Well-informedness:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used well-informedness).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used well-

informedness).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used well-informedness).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used well-informedness).

Clarity:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used clarity).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used clarity).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used clarity).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used clarity).

Nobleness:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used nobleness).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used nobleness).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used nobleness).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used nobleness).

In the end, I write down, if I **believe** it would have been easier for me to achieve what I wanted by using **The Miniring of Hope** instead of **The Miniring of Envy**.

If yes, why and if no, why would I anyway choose to use **The Miniring of Hope** instead of **The Miniring of Envy** in the situation.

I believe that if instead I had used **The Miniring of Hope** on (I choose to complete the sentence by writing that problem down, I described in Step One), then (I choose to complete the sentence by writing down, what I **believe** would be the outcome of using The Miniring of Hope in the situation), because (I choose to complete the sentence by writing down, why I **believe** that this would be the outcome of using The Miniring of Hope in the situation, and if I do not think that I could more easily achieve what I wanted by using The Miniring of Hope, why then would I anyway choose to use it in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Miniring of Envy** to **The Miniring of Hope**, I choose to move energetically from **The Miniring of Envy** to **The Miniring of Hope** as described below by first inserting my answers in the tapping protocol and then I complete my Sixth Step analysis by tapping through the protocol I have written.

I begin with:

The Miniring of Envy with its:

- a. Insecurity
- b. Confusion
- c. Unclearity
- d. Wretchedness

First I take a deep breath to feel into how the intensity of my pain was in Step One by using **The Miniring of Envy** on a scale from 0-10.

The pain was at (I choose to complete the sentence by writing that number down, which I **believe**, was my pain number, when I began writing Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Miniring of Envy** in the situation by using **insecurity** to (I choose to complete the sentence by writing down, what I used **insecurity** for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using **insecurity** in the situation), and I also completely and totally love and accept **The Miniring of Envy** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Miniring of Envy in spite of the pain, it inflicted on me in context with my use of **insecurity** in the situation), and I also

completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Miniring of Envy** in the situation by using **confusion** to (I choose to complete the sentence by writing down, what I used confusion for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using confusion in the situation), and I also completely and totally love and accept **The Miniring of Envy** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Miniring of Envy in spite of the pain, it inflicted on me in context with my use of confusion in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC left: Even though I chose to use **The Miniring of Envy** in the situation by using **unclarity** to (I choose to complete the sentence by writing down, what I used unclarity for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using unclarity in the situation), and I also completely and totally love and accept **The Miniring of Envy** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Miniring of Envy in spite of the pain, it inflicted on me in context with my use of unclarity in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Miniring of Envy** in the situation by using **hoarding** to (I choose to complete the sentence by writing down, what I used hoarding for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using hoarding in the situation), and I also completely and totally love and accept **The Miniring of Envy** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Miniring of Envy in spite of the pain, it inflicted on me in context with my use of hoarding in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is,

because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

The two times eight reminder statements for the two tapping rounds below:

EB: My **insecurity** made me think that (I choose to complete the sentence by writing down what my insecurity made me think in the situation).

SE: My **insecurity** made me feel that (I choose to complete the sentence by writing down what my insecurity made me feel in the situation).

UE: My **confusion** made me think that (I choose to complete the sentence by writing down what my confusion made me think in the situation).

UN: My **confusion** made me feel that (I choose to complete the sentence by writing down what my confusion made me feel in the situation).

CH: My **unclarity** made me think that (I choose to complete the sentence by writing down what my unclarity made me think in the situation).

CB: My **unclarity** made me feel that (I choose to complete the sentence by writing down what my unclarity made me feel in the situation).

UA: My **hoarding** made me think that (I choose to complete the sentence by writing down what my hoarding made me think in the situation).

TH: My **hoarding** made me feel that (I choose to complete the sentence by writing down what my hoarding made me feel in the situation).

Then I take a deep breath and feel how the intensity of my pain is now on a scale from 0-10.

The pain is (I choose to complete the sentence by writing the number, I **believe**, is my pain-number now).

Then I choose to continue to tap on like suggested below.

EB: Maybe I could open up to let go of my **insecurity** if (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my insecurity in a similar situation in the future).

SE: Then I could also let go of my **confusion** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my confusion in a similar situation in the future).

UE: If I did that I might no longer need to hold on to my **uncertainty**, which (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my uncertainty in a similar situation in the future).

UN: Then I could also let go of my **hoarding** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my hoarding in a similar situation in the future).

CH: I **believe** that now I can recover from my **insecurity** and my **confusion**, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to recover from my insecurity and my confusion in a similar situation in the future).

CB: Yes, actually, I begin to **believe** that I can let go of my **uncertainty** and my **hoarding**, because (I choose to complete the sentence by writing down what I **believe** could make me recover from my uncertainty and my hoarding in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Minoring of Envy** because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to let go completely of using The Minoring of Envy in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Minoring of Envy** and thereby from using my **insecurity**, **confusion**, **uncertainty** and **hoarding** in a similar situation in the future, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to allow my Higher Power to liberate me from using The Minoring of Envy and thereby from using insecurity, confusion, uncertainty and hoarding in a similar situation in the future).

Then I take a deep breath and feel into how the intensity of my pain is now on a scale of 0-10.

The pain is at (I choose to complete the sentence by writing the number, I **believe**, is my pain number now).

I continue my tapping rounds until my pain of being in **The Minoring of Envy** is tapped down to minimum half of the number, which I gave the intensity of the original pain and preferably a number that is even smaller, before I choose to go on tapping as suggested below on:

The Minoring of Hope with its

- a. **Safety**
- b. **Well-informedness**

- c. Clarity
- d. Nobleness

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Miniring of Hope** by using **safety** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use safety consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use safety consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Miniring of Hope** by using **well-informedness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use well-informedness consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use well-informedness consciously in a similar situation in the future).

KC left: I hereby choose to give myself permission to use **The Miniring of Hope** by using **clarity** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously use clarity in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use clarity consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Miniring of Hope** by using **nobleness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use nobleness consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use nobleness consciously in a similar situation in the future).

The two times eight reminder statements for the tapping rounds below:

EB: I hereby choose to give myself permission to use **safety** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use safety consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **well-informedness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use well-informedness consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **clarity** consciously in a similar situation in the future by (I choose to complete the sentence by writing

down how I will use clarity consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **nobleness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use nobleness consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **safety** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use safety consciously in a similar situation in the future).

CB: I hereby choose to give myself permission to use **well-informedness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use well-informedness consciously in a similar situation in the future).

UA: I hereby choose to give myself permission to use **clarity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use clarity consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to consciously use **nobleness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use nobleness consciously in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale of 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

Then I choose to continue to tap on as suggested below.

EB: I hereby choose to give myself permission to use **The Miniring of Hope** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Miniring of Hope consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **safety** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use safety consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **well-informedness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use well-informedness consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **clarity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use clarity consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **nobleness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use nobleness consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **safety** and **well-informedness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use safety and well-informedness consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **clarity** and **nobleness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use clarity and nobleness consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Miniring of Hope** by choosing to consciously use **safety, well-informedness, clarity and nobleness** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Miniring of Hope consciously with its safety, well-informedness, clarity and nobleness in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale from 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

When my joy has gone up to minimum 5 on a scale from 0-10, or even more, I perceive my tapping to be completed.

11. From **the Miniring of Hatred** to **the Miniring of Love**.

Today I used

The Miniring of Hatred/Suppressed Anger with its:

- a. Ill will
- b. Unkindness
- c. Irritation
- d. Impatience

Today I used **The Miniring of Hatred/Suppressed Anger**, because (I choose to complete the sentence by writing down, why I used The Miniring of Hatred/Suppressed Anger).

I write down how my use of **The Miniring of Hatred/Suppressed Anger** made me think, feel, act and relate to others in the situation.

Ill will:

1. I thought that (I choose to complete the sentence by writing down, how my ill will made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my ill will made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my ill will made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my ill will made me relate to the other/the others in the situation).

Unkindness:

1. I thought that (I choose to complete the sentence by writing down, how my unkindness made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my unkindness made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my unkindness made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my unkindness made me relate to the other/the others in the situation).

Irritation:

1. I thought that (I choose to complete the sentence by writing down, how my irritation made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my irritation made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my irritation made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my irritation made me relate to the other/the others in the situation).

Impatience:

1. I thought that (I choose to complete the sentence by writing down, how my impatience made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my impatience made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my impatience made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my impatience made me relate to the other/the others in the situation).

Furthermore, I write down what I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that (I choose to complete the sentence by writing down, what I hoped to achieve by using The Mining of Hatred/Suppressed Anger, and if I achieved it).

Then, I describe how I **believe** the situation could have transpired if instead I had used:

The Mining of Love with its

- a. Goodwill
- b. Kindness
- c. Calmness
- d. Patience

I choose to write down how I **believe** that my use of **The Mining of Love** could have made me think, feel, act and relate to others in the situation.

Goodwill:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used goodwill).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used goodwill).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used goodwill).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used goodwill).

Kindness:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used kindness).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used kindness).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used kindness).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used kindness).

Calmness:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used calmness).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used calmness).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used calmness).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used calmness).

Patience:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used patience).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used patience).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used patience).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used patience).

In the end, I write down, if I **believe** it would have been easier for me to achieve what I wanted by using **The Miniring of Love** instead of **The Miniring of Hatred/Suppressed Anger**.

If yes, why and if no, why would I anyway choose to use **The Miniring of Love** instead of **The Miniring of Hatred/Suppressed Anger** in the situation.

I believe that if instead I had used **The Miniring of Love** on (I choose to complete the sentence by writing that problem down, I described in Step One), then (I choose to complete the sentence by writing down, what I **believe** would be the outcome of using **The Miniring of Love** in the situation), because (I choose to complete the sentence by writing down, why I **believe** that this would be the outcome of using **The Miniring of Love** in the situation, and if I do not think that I could more easily achieve what I wanted by using **The Miniring of Love**, why then would I anyway choose to use it in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Miniring of Hatred/Suppressed Anger** to **The Miniring of Love**, I choose to move energetically from **The Miniring of Hatred/Suppressed Anger** to **The Miniring of Love** as described below by first inserting my answers in the tapping protocol and then I complete my Sixth Step analysis by tapping through the protocol I have written.

I begin with:

The Miniring of Hatred/Suppressed Anger with its:

- a. Ill will
- b. Unkindness
- c. Irritation
- d. Impatience

First I take a deep breath to feel into how the intensity of my pain was in Step One by using The Miniring of Hatred/Suppressed Anger on a scale from 0-10.

The pain was at (I choose to complete the sentence by writing that number down, which I believe, was my pain number, when I began writing Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use The Miniring of Hatred/Suppressed Anger in the situation by using ill will to (I choose to complete the sentence by writing down, what I used ill will for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using ill will in the situation), and I also completely and totally love and accept The Miniring of Hatred/Suppressed Anger for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Miniring of Hatred/Suppressed Anger in spite of the pain, it inflicted on me in context with my use of ill will in the situation), and I also completely and totally love and accept the pain for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use The Miniring of Hatred/Suppressed Anger in the situation by using unkindness to (I choose to complete the sentence by writing down, what I used unkindness for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using unkindness in the situation), and I also completely and totally love and accept The Miniring of Hatred/Suppressed Anger for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Miniring of Hatred/Suppressed Anger in spite of the pain, it inflicted on me in context with my use of unkindness in the situation), and I also completely and totally love and accept the pain for being exactly the way it is, because (I choose to complete the sentence by writing down my

reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC left: Even though I chose to use **The Miniring of Hatred/Suppressed Anger** in the situation by using **irritation** to (I choose to complete the sentence by writing down, what I used irritation for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using irritation in the situation), and I also completely and totally love and accept **The Miniring of Hatred/Suppressed Anger** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Miniring of Hatred/Suppressed Anger in spite of the pain, it inflicted on me in context with my use of irritation in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Miniring of Hatred/Suppressed Anger** in the situation by using **impatience** to (I choose to complete the sentence by writing down, what I used impatience for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using impatience in the situation), and I also completely and totally love and accept **The Miniring of Hatred/Suppressed Anger** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Miniring of Hatred/Suppressed Anger in spite of the pain, it inflicted on me in context with my use of impatience in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

The two times eight reminder statements for the two tapping rounds below:

EB: My **ill will** made me think that (I choose to complete the sentence by writing down what my ill will made me think in the situation).

SE: My **ill will** made me feel that (I choose to complete the sentence by writing down what my ill will made me feel in the situation).

UE: My **unkindness** made me think that (I choose to complete the sentence by writing down what my unkindness made me think in the situation).

UN: My **unkindness** made me feel that (I choose to complete the sentence by writing down what my unkindness made me feel in the situation).

CH: My **irritation** made me think that (I choose to complete the sentence by writing down what my irritation made me think in the situation).

CB: My **irritation** made me feel that (I choose to complete the sentence by writing down what my irritation made me feel in the situation).

UA: My **impatience** made me think that (I choose to complete the sentence by writing down what my impatience made me think in the situation).

TH: My **impatience** made me feel that (I choose to complete the sentence by writing down what my impatience made me feel in the situation).

Then I take a deep breath and feel how the intensity of my pain is now on a scale from 0-10.

The pain is (I choose to complete the sentence by writing the number, I **believe**, is my pain-number now).

Then I choose to continue to tap on like suggested below.

EB: Maybe I could open up to let go of my **ill will** if (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my ill will in a similar situation in the future).

SE: Then I could also let go of my **unkindness** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my unkindness in a similar situation in the future).

UE: If I did that I might no longer need to hold on to my **irritation**, which (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my irritation in a similar situation in the future).

UN: Then I could also let go of my **impatience** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my impatience in a similar situation in the future).

CH: I **believe** that now I can recover from my **ill will** and my **unkindness**, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to recover from my ill will and my unkindness in a similar situation in the future).

CB: Yes, actually, I begin to **believe** that I can let go of my **irritation** and my **impatience**, because (I choose to complete the sentence by writing down what I

believe could make me recover from my irritation and my impatience in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Miniring of Hatred/Suppressed Anger** because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to let go completely of using The Miniring of Hatred/Suppressed Anger in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Miniring of Hatred/Suppressed Anger** and thereby from using my **ill will, unkindness, irritation** and **impatience** in a similar situation in the future, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to allow my Higher Power to liberate me from using The Miniring of Hatred/Suppressed Anger and thereby from using **ill will, unkindness, irritation** and **impatience** in a similar situation in the future).

Then I take a deep breath and feel into how the intensity of my pain is now on a scale of 0-10.

The pain is at (I choose to complete the sentence by writing the number, I **believe**, is my pain number now).

I continue my tapping rounds until my pain of being in **The Miniring of Hatred/Suppressed Anger** is tapped down to minimum half of the number, which I gave the intensity of the original pain and preferably a number that is even smaller, before I choose to go on tapping as suggested below on:

The Miniring of Love with its

- a. Goodwill
- b. Kindness
- c. Calmness
- d. Patience

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Miniring of Love** by using **goodwill** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use goodwill consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use goodwill consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Miniring of Love** by using **kindness** consciously in a similar situation in the future by (I

choose to complete the sentence by writing down, how I will use kindness consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use kindness consciously in a similar situation in the future).

KC left: I hereby choose to give myself permission to use **The Mining of Love** by using **calmness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously use calmness in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use calmness consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Mining of Love** by using **patience** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use patience consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use patience consciously in a similar situation in the future).

The two times eight reminder statements for the tapping rounds below:

EB: I hereby choose to give myself permission to use **goodwill** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use goodwill consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **kindness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use kindness consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **calmness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use calmness consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **patience** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use patience consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **goodwill** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use goodwill consciously in a similar situation in the future).

CB: I hereby choose to give myself permission to use **kindness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use kindness consciously in a similar situation in

the future).

UA: I hereby choose to give myself permission to use **calmness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use calmness consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to consciously use **patience** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use patience consciously in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale of 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

Then I choose to continue to tap on as suggested below.

EB: I hereby choose to give myself permission to use **The Miniring of Love** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Miniring of Love consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **goodwill** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use goodwill consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **kindness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use kindness consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **calmness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use calmness consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **patience** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use patience consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **goodwill** and **kindness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use goodwill and kindness consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **calmness** and **patience** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use calmness and patience consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Miniring of Love** by choosing to consciously use **goodwill, kindness, calmness** and **patience** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Miniring of Love consciously with its goodwill, kindness, calmness and patience in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale from 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

When my joy has gone up to minimum 5 on a scale from 0-10, or even more, I perceive my tapping to be completed.

12. From **the Miniring of Arrogance** to **the Miniring of Truth**.

Today I used

The Miniring of Arrogance with its:

- a. **Condescension**
- b. **Intolerance**
- c. **Exaggeration**
- d. **Seclusion**

Today I used **The Miniring of Arrogance**, because (I choose to complete the sentence by writing down, why I used The Miniring of Arrogance).

I write down how my use of **The Miniring of Arrogance** made me think, feel, act and relate to others in the situation.

Condescension:

1. I thought that (I choose to complete the sentence by writing down, how my

condescension made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my condescension made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my condescension made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my condescension made me relate to the other/the others in the situation).

Intolerance:

1. I thought that (I choose to complete the sentence by writing down, how my intolerance made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my intolerance made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my intolerance made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my intolerance made me relate to the other/the others in the situation).

Exaggeration:

1. I thought that (I choose to complete the sentence by writing down, how my exaggeration made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my exaggeration made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my exaggeration made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my exaggeration made me relate to the other/the others in the situation).

Seclusion:

1. I thought that (I choose to complete the sentence by writing down, how my seclusion made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my seclusion made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my seclusion made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my seclusion made me relate to the other/the others in the situation).

Furthermore, I write down what I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that (I choose to complete the sentence by writing down, what I hoped to achieve by using The Miniring of Arrogance, and if I achieved it).

Then, I describe how I **believe** the situation could have transpired if instead I had used:

The Miniring of Truth with its

- a. Equality
- b. Tolerance
- c. Accuracy
- d. Belongingness

I choose to write down how I **believe** that my use of **The Miniring of Truth** could have made me think, feel, act and relate to others in the situation.

Equality:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used equality).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used equality).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used equality).
4. I **believe** I would relate to the other/the others in the situation by (I choose to

complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used equality).

Tolerance:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used tolerance).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used tolerance).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used tolerance).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used tolerance).

Accuracy:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used accuracy).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used accuracy).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used accuracy).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used accuracy).

Belongingness:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used belongingness).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used belongingness).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used belongingness).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used belongingness).

In the end, I write down, if I **believe** it would have been easier for me to achieve what I wanted by using **The Miniring of Truth** instead of **The Miniring of Arrogance**.

If yes, why and if no, why would I anyway choose to use **The Miniring of Truth** instead of **The Miniring of Arrogance** in the situation.

I believe that if instead I had used **The Miniring of Truth** on (I choose to complete the sentence by writing that problem down, I described in Step One), then (I choose to complete the sentence by writing down, what I **believe** would be the outcome of using **The Miniring of Truth** in the situation), because (I choose to complete the sentence by writing down, why I **believe** that this would be the outcome of using **The Miniring of Truth** in the situation, and if I do not think that I could more easily achieve what I wanted by using **The Miniring of Truth**, why then would I anyway choose to use it in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Miniring of Arrogance** to **The Miniring of Truth**, I choose to move energetically from **The Miniring of Arrogance** to **The Miniring of Truth** as described below by first inserting my answers in the tapping protocol and then I complete my Sixth Step analysis by tapping through the protocol I have written.

I begin with:

The Miniring of Arrogance with its:

- a. **Condescension**
- b. **Intolerance**
- c. **Exaggeration**
- d. **Seclusion**

First I take a deep breath to feel into how the intensity of my pain was in Step One by using **The Miniring of Arrogance** on a scale from 0-10.

The pain was at (I choose to complete the sentence by writing that number down, which I **believe**, was my pain number, when I began writing Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Miniring of Arrogance** in the situation by using **condescension** to (I choose to complete the sentence by writing down, what I used condescension for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using condescension in the situation), and I also completely and totally love and accept **The Miniring of Arrogance** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Miniring of Arrogance in spite of the pain, it inflicted on me in context with my use of condescension in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Miniring of Arrogance** in the situation by using **intolerance** to (I choose to complete the sentence by writing down, what I used intolerance for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using intolerance in the situation), and I also completely and totally love and accept **The Miniring of Arrogance** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Miniring of Arrogance in spite of the pain, it inflicted on me in context with my use of intolerance in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC left: Even though I chose to use **The Miniring of Arrogance** in the situation by using **exaggeration** to (I choose to complete the sentence by writing down, what I used exaggeration for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using exaggeration in the situation), and I also completely and totally love and accept **The Miniring of Arrogance** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Miniring of Arrogance in spite of the pain, it inflicted on me in context with my use of exaggeration in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the

discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Miniring of Arrogance** in the situation by using **seclusion** to (I choose to complete the sentence by writing down, what I used seclusion for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using seclusion in the situation), and I also completely and totally love and accept **The Miniring of Arrogance** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Miniring of Arrogance in spite of the pain, it inflicted on me in context with my use of seclusion in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

The two times eight reminder statements for the two tapping rounds below:

EB: My **condescension** made me think that (I choose to complete the sentence by writing down what my condescension made me think in the situation).

SE: My **condescension** made me feel that (I choose to complete the sentence by writing down what my condescension made me feel in the situation).

UE: My **intolerance** made me think that (I choose to complete the sentence by writing down what my intolerance made me think in the situation).

UN: My **intolerance** made me feel that (I choose to complete the sentence by writing down what my intolerance made me feel in the situation).

CH: My **exaggeration** made me think that (I choose to complete the sentence by writing down what my exaggeration made me think in the situation).

CB: My **exaggeration** made me feel that (I choose to complete the sentence by writing down what my exaggeration made me feel in the situation).

UA: My **seclusion** made me think that (I choose to complete the sentence by writing down what my seclusion made me think in the situation).

TH: My **seclusion** made me feel that (I choose to complete the sentence by writing down what my seclusion made me feel in the situation).

Then I take a deep breath and feel how the intensity of my pain is now on a scale from 0-10.

The pain is (I choose to complete the sentence by writing the number, I **believe**, is my pain-number now).

Then I choose to continue to tap on like suggested below.

EB: Maybe I could open up to let go of my **condescension** if (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my condescension in a similar situation in the future).

SE: Then I could also let go of my **intolerance** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my intolerance in a similar situation in the future).

UE: If I did that I might no longer need to hold on to my **exaggeration**, which (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my exaggeration in a similar situation in the future).

UN: Then I could also let go of my **seclusion** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my seclusion in a similar situation in the future).

CH: I **believe** that now I can recover from my **condescension** and my **intolerance**, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to recover from my condescension and my intolerance in a similar situation in the future).

CB: Yes, actually, I begin to **believe** that I can let go of my **exaggeration** and my **seclusion**, because (I choose to complete the sentence by writing down what I **believe** could make me recover from my exaggeration and my seclusion in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Miniring of Arrogance** because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to let go completely of using The Miniring of Arrogance in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Miniring of Arrogance** and thereby from using my **condescension**, **intolerance**, **exaggeration** and **seclusion** in a similar situation in the future, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to allow my Higher Power to liberate me from using The Miniring of Arrogance and thereby from using condescension, intolerance , exaggeration and seclusion in a similar situation in the future).

Then I take a deep breath and feel into how the intensity of my pain is now on a scale of 0-10.

The pain is at (I choose to complete the sentence by writing the number, I **believe**, is my pain number now).

I continue my tapping rounds until my pain of being in **The Miniring of Arrogance** is tapped down to minimum half of the number, which I gave the intensity of the original pain and preferably a number that is even smaller, before I choose to go on tapping as suggested below on:

The Miniring of Truth with its

- a. Equality
- b. Tolerance
- c. Accuracy
- d. Belongingness

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Miniring of Truth** by using **equality** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use equality consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use equality consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Miniring of Truth** by using **tolerance** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use tolerance consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use tolerance consciously in a similar situation in the future).

KC left: I hereby choose to give myself permission to use **The Miniring of Truth** by using **accuracy** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously use accuracy in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use accuracy consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Miniring of Truth** by using **belongingness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use belongingness consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use belongingness consciously in a similar situation in the future).

The two times eight reminder statements for the tapping rounds below:

EB: I hereby choose to give myself permission to use **equality** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use equality consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **tolerance** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use tolerance consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **accuracy** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use accuracy consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **belongingness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use belongingness consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **equality** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use equality consciously in a similar situation in the future).

CB: I hereby choose to give myself permission to use **tolerance** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use tolerance consciously in a similar situation in the future).

UA: I hereby choose to give myself permission to use **accuracy** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use accuracy consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to consciously use **belongingness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use belongingness consciously in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale of 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

Then I choose to continue to tap on as suggested below.

EB: I hereby choose to give myself permission to use **The Miniring of Truth** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Miniring of Truth consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **equality** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use equality consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **tolerance** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use tolerance consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **accuracy** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use accuracy consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **belongingness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use belongingness consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **equality** and **tolerance** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use equality and tolerance consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **accuracy** and **belongingness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use accuracy and belongingness consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Miniring of Truth** by choosing to consciously use **equality, tolerance, accuracy** and **belongingness** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Miniring of Truth consciously with its equality, tolerance, accuracy and belongingness in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale from 0-10.

The joy is at (I choose to complete the sentence by writing the number, I believe, is my joy number now).

When my joy has gone up to minimum 5 on a scale from 0-10, or even more, I perceive my tapping to be completed.

13. From the Microring of Avarice to the Microring of Faith.

Today I used

The Microring of Avarice with its:

- a. Selfishness
- b. Hardness
- c. Unfreedom
- d. Negligence

Today I used The Microring of Avarice, because (I choose to complete the sentence by writing down, why I used The Microring of Avarice).

I write down how my use of The Microring of Avarice made me think, feel, act and relate to others in the situation.

Selfishness:

1. I thought that (I choose to complete the sentence by writing down, how my selfishness made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my selfishness made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my selfishness made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my selfishness made me relate to the other/the others in the situation).

Hardness:

1. I thought that (I choose to complete the sentence by writing down, how my hardness made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my

hardness made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my hardness made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my hardness made me relate to the other/the others in the situation).

Unfreedom:

1. I thought that (I choose to complete the sentence by writing down, how my unfreedom made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my unfreedom made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my unfreedom made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my unfreedom made me relate to the other/the others in the situation).

Negligence:

1. I thought that (I choose to complete the sentence by writing down, how my negligence made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my negligence made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my negligence made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my negligence made me relate to the other/the others in the situation).

Furthermore, I write down what I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that (I choose to complete the sentence by writing down, what I hoped to achieve by using The Microring of Avarice, and if I achieved it).

Then, I describe how I **believe** the situation could have transpired if instead I had used:

The Microring of Faith with its

- a. Consideration
- b. Ease
- c. Action-freedom
- d. Contributing

I choose to write down how I **believe** that my use of **The Microring of Faith** could have made me think, feel, act and relate to others in the situation.

Consideration:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used consideration).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used consideration).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used consideration).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used consideration).

Ease:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used ease).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used ease).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used ease).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used ease).

Action-freedom:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used action-freedom).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used action-freedom).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used action-freedom).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used action-freedom).

Contributing:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used contributing).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used contributing).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used contributing).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used contributing).

In the end, I write down, if I **believe** it would have been easier for me to achieve what I wanted by using **The Microring of Faith** instead of **The Microring of Avarice**.

If yes, why and if no, why would I anyway choose to use **The Microring of Faith** instead of **The Microring of Avarice** in the situation.

I believe that if instead I had used **The Microring of Faith** on (I choose to complete the sentence by writing that problem down, I described in Step One), then (I choose to complete the sentence by writing down, what I **believe** would be the outcome of using **The Microring of Faith** in the situation), because (I choose to complete the sentence by writing down, why I **believe** that this

would be the outcome of using The Microring of Faith in the situation, and if I do not think that I could more easily achieve what I wanted by using The Microring of Faith, why then would I anyway choose to use it in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Microring of Avarice** to **The Microring of Faith**, I choose to move energetically from **The Microring of Avarice** to **The Microring of Faith** as described below by first inserting my answers in the tapping protocol and then I complete my Sixth Step analysis by tapping through the protocol I have written.

I begin with:

The Microring of Avarice with its:

- a. Selfishness
- b. Hardness
- c. Unfreedom
- d. Negligence

First I take a deep breath to feel into how the intensity of my pain was in Step One by using **The Microring of Avarice** on a scale from 0-10.

The pain was at (I choose to complete the sentence by writing that number down, which I **believe**, was my pain number, when I began writing Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Microring of Avarice** in the situation by using **selfishness** to (I choose to complete the sentence by writing down, what I used selfishness for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using selfishness in the situation), and I also completely and totally love and accept **The Microring of Avarice** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Microring of Avarice in spite of the pain, it inflicted on me in context with my use of selfishness in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Microring of Avarice** in the situation by using **hardness** to (I choose to complete the sentence by writing down, what I used hardness for in the situation), I completely and totally love and accept

myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using hardness in the situation), and I also completely and totally love and accept **The Microring of Avarice** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Microring of Avarice in spite of the pain, it inflicted on me in context with my use of hardness in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC left: Even though I chose to use **The Microring of Avarice** in the situation by using **unfreedom** to (I choose to complete the sentence by writing down, what I used unfreedom for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using unfreedom in the situation), and I also completely and totally love and accept **The Microring of Avarice** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Microring of Avarice in spite of the pain, it inflicted on me in context with my use of unfreedom in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Microring of Avarice** in the situation by using **negligence** to (I choose to complete the sentence by writing down, what I used negligence for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using negligence in the situation), and I also completely and totally love and accept **The Microring of Avarice** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Microring of Avarice in spite of the pain, it inflicted on me in context with my use of negligence in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

The two times eight reminder statements for the two tapping rounds below:

EB: My **selfishness** made me think that (I choose to complete the sentence by writing down what my selfishness made me think in the situation).

SE: My **selfishness** made me feel that (I choose to complete the sentence by writing down what my selfishness made me feel in the situation).

UE: My **hardness** made me think that (I choose to complete the sentence by writing down what my hardness made me think in the situation).

UN: My **hardness** made me feel that (I choose to complete the sentence by writing down what my hardness made me feel in the situation).

CH: My **unfreedom** made me think that (I choose to complete the sentence by writing down what my unfreedom made me think in the situation).

CB: My **unfreedom** made me feel that (I choose to complete the sentence by writing down what my unfreedom made me feel in the situation).

UA: My **negligence** made me think that (I choose to complete the sentence by writing down what my negligence made me think in the situation).

TH: My **negligence** made me feel that (I choose to complete the sentence by writing down what my negligence made me feel in the situation).

Then I take a deep breath and feel how the intensity of my pain is now on a scale from 0-10.

The pain is (I choose to complete the sentence by writing the number, I **believe**, is my pain-number now).

Then I choose to continue to tap on like suggested below.

EB: Maybe I could open up to let go of my **selfishness** if (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my selfishness in a similar situation in the future).

SE: Then I could also let go of my **hardness** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my hardness in a similar situation in the future).

UE: If I did that I might no longer need to hold on to my **unfreedom**, which (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my unfreedom in a similar situation in the future).

UN: Then I could also let go of my **negligence** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of

my negligence in a similar situation in the future).

CH: I **believe** that now I can recover from my **selfishness** and my **hardness**, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to recover from my selfishness and my hardness in a similar situation in the future).

CB: Yes, actually, I begin to **believe** that I can let go of my **unfreedom** and my **negligence**, because (I choose to complete the sentence by writing down what I **believe** could make me recover from my unfreedom and my negligence in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Microring of Avarice** because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to let go completely of using The Microring of Avarice in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Microring of Avarice** and thereby from using my **selfishness**, **hardness**, **unfreedom** and **negligence** in a similar situation in the future, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to allow my Higher Power to liberate me from using The Microring of Avarice and thereby from using selfishness, hardness, unfreedom and negligence in a similar situation in the future).

Then I take a deep breath and feel into how the intensity of my pain is now on a scale of 0-10.

The pain is at (I choose to complete the sentence by writing the number, I **believe**, is my pain number now).

I continue my tapping rounds until my pain of being in **The Microring of Avarice** is tapped down to minimum half of the number, which I gave the intensity of the original pain and preferably a number that is even smaller, before I choose to go on tapping as suggested below on:

The Microring of Faith with its

- a. **Consideration**
- b. **Ease**
- c. **Action-freedom**
- d. **Contributing**

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Microring of Faith** by using **consideration** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use consideration consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use consideration consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Microring of Faith** by using **ease** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use ease consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use ease consciously in a similar situation in the future).

KC left: I hereby choose to give myself permission to use **The Microring of Faith** by using **action-freedom** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously use action-freedom in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use action-freedom consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Microring of Faith** by using **contributing** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use contributing consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use contributing consciously in a similar situation in the future).

The two times eight reminder statements for the tapping rounds below:

EB: I hereby choose to give myself permission to use **consideration** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use consideration consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **ease** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use ease consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **action-freedom** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use action-freedom consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **contributing** consciously in a similar situation in the future by (I choose to complete the sentence by

writing down how I will use contributing consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **consideration** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use consideration consciously in a similar situation in the future).

CB: I hereby choose to give myself permission to use **ease** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use ease consciously in a similar situation in the future).

UA: I hereby choose to give myself permission to use **action-freedom** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use action-freedom consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to consciously use **contributing** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use contributing consciously in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale of 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

Then I choose to continue to tap on as suggested below.

EB: I hereby choose to give myself permission to use **The Microring of Faith** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Microring of Faith consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **consideration** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use consideration consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **ease** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use ease consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **action-freedom** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use action-freedom consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **contributing** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use contributing consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **consideration** and **ease** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use consideration and ease consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **action-freedom** and **contributing** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use action-freedom and contributing consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Microring of Faith** by choosing to consciously use **consideration, ease, action-freedom** and **contributing** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Microring of Faith consciously with its consideration, ease, action-freedom and contributing in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale from 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

When my joy has gone up to minimum 5 on a scale from 0-10, or even more, I perceive my tapping to be completed.

14. From **the Microring of Envy** to **the Microring of Hope**.

Today I used

The Microring of Envy with its:

- a. Denigration
- b. Insusceptibility
- c. Narrowmindedness

d. Unworthiness

Today I used **The Microring of Envy**, because (I choose to complete the sentence by writing down, why I used The Microring of Envy).

I write down how my use of **The Microring of Envy** made me think, feel, act and relate to others in the situation.

Denigration:

1. I thought that (I choose to complete the sentence by writing down, how my denigration made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my denigration made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my denigration made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my denigration made me relate to the other/the others in the situation).

Insusceptibility:

1. I thought that (I choose to complete the sentence by writing down, how my insusceptibility made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my insusceptibility made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my insusceptibility made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my insusceptibility made me relate to the other/the others in the situation).

Narrowmindedness:

1. I thought that (I choose to complete the sentence by writing down, how my narrowmindedness made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my narrowmindedness made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my narrowmindedness made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my narrowmindedness made me relate to the other/the others in the situation).

Unworthiness:

1. I thought that (I choose to complete the sentence by writing down, how my unworthiness made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my unworthiness made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my unworthiness made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my unworthiness made me relate to the other/the others in the situation).

Furthermore, I write down what I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that (I choose to complete the sentence by writing down, what I hoped to achieve by using The Microring of Envy, and if I achieved it).

Then, I describe how I **believe** the situation could have transpired if instead I had used:

The Microring of Hope with its

- a. Appreciation
- b. Teachableness
- c. Openness
- d. Worthiness

I choose to write down how I **believe** that my use of The Microring of Hope could have made me think, feel, act and relate to others in the situation.

Appreciation:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used

appreciation).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used appreciation).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used appreciation).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used appreciation).

Teachableness:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used teachableness).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used teachableness).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used teachableness).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used teachableness).

Openness:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used openness).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used openness).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used openness).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used openness).

Worthiness:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used worthiness).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used worthiness).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used worthiness).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used worthiness).

In the end, I write down, if I **believe** it would have been easier for me to achieve what I wanted by using **The Microring of Hope** instead of **The Microring of Envy**.

If yes, why and if no, why would I anyway choose to use **The Microring of Hope** instead of **The Microring of Envy** in the situation.

I believe that if instead I had used **The Microring of Hope** on (I choose to complete the sentence by writing that problem down, I described in Step One), then (I choose to complete the sentence by writing down, what I **believe** would be the outcome of using **The Microring of Hope** in the situation), because (I choose to complete the sentence by writing down, why I **believe** that this would be the outcome of using **The Microring of Hope** in the situation, and if I do not think that I could more easily achieve what I wanted by using **The Microring of Hope**, why then would I anyway choose to use it in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Microring of Envy** to **The Microring of Hope**, I choose to move energetically from **The Microring of Envy** to **The Microring of Hope** as described below by first inserting my answers in the tapping protocol and then I complete my Sixth Step analysis by tapping through the protocol I have written.

I begin with:

The Microring of Envy with its:

- a. Denigration
- b. Insusceptibility
- c. Narrowmindedness

d. Unworthiness

First I take a deep breath to feel into how the intensity of my pain was in Step One by using **The Microring of Envy** on a scale from 0-10.

The pain was at (I choose to complete the sentence by writing that number down, which I **believe**, was my pain number, when I began writing Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Microring of Envy** in the situation by using **denigration** to (I choose to complete the sentence by writing down, what I used denigration for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using denigration in the situation), and I also completely and totally love and accept **The Microring of Envy** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Microring of Envy in spite of the pain, it inflicted on me in context with my use of denigration in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Microring of Envy** in the situation by using **insusceptibility** to (I choose to complete the sentence by writing down, what I used insusceptibility for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using insusceptibility in the situation), and I also completely and totally love and accept **The Microring of Envy** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Microring of Envy in spite of the pain, it inflicted on me in context with my use of insusceptibility in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC left: Even though I chose to use **The Microring of Envy** in the situation by using **narrowmindedness** to (I choose to complete the sentence by writing down, what I used narrowmindedness for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using

narrowmindedness in the situation), and I also completely and totally love and accept **The Microring of Envy** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Microring of Envy** in spite of the pain, it inflicted on me in context with my use of narrowmindedness in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Microring of Envy** in the situation by using **unworthiness** to (I choose to complete the sentence by writing down, what I used **unworthiness** for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using **unworthiness** in the situation), and I also completely and totally love and accept **The Microring of Envy** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Microring of Envy** in spite of the pain, it inflicted on me in context with my use of **unworthiness** in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

The two times eight reminder statements for the two tapping rounds below:

EB: My **denigration** made me think that (I choose to complete the sentence by writing down what my **denigration** made me think in the situation).

SE: My **denigration** made me feel that (I choose to complete the sentence by writing down what my **denigration** made me feel in the situation).

UE: My **insusceptibility** made me think that (I choose to complete the sentence by writing down what my **insusceptibility** made me think in the situation).

UN: My **insusceptibility** made me feel that (I choose to complete the sentence by writing down what my **insusceptibility** made me feel in the situation).

CH: My **narrowmindedness** made me think that (I choose to complete the sentence by writing down what my **narrowmindedness** made me think in the situation).

CB: My **narrowmindedness** made me feel that (I choose to complete the sentence by writing down what my **narrowmindedness** made me feel in the situation).

UA: My **unworthiness** made me think that (I choose to complete the sentence by writing down what my unworthiness made me think in the situation).

TH: My **unworthiness** made me feel that (I choose to complete the sentence by writing down what my unworthiness made me feel in the situation).

Then I take a deep breath and feel how the intensity of my pain is now on a scale from 0-10.

The pain is (I choose to complete the sentence by writing the number, I **believe**, is my pain-number now).

Then I choose to continue to tap on like suggested below.

EB: Maybe I could open up to let go of my **denigration** if (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my denigration in a similar situation in the future).

SE: Then I could also let go of my **insusceptibility** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my insusceptibility in a similar situation in the future).

UE: If I did that I might no longer need to hold on to my **narrowmindedness**, which (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my narrowmindedness in a similar situation in the future).

UN: Then I could also let go of my **unworthiness** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my unworthiness in a similar situation in the future).

CH: I **believe** that now I can recover from my **denigration** and my **insusceptibility**, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to recover from my denigration and my insusceptibility in a similar situation in the future).

CB: Yes, actually, I begin to **believe** that I can let go of my **narrowmindedness** and my **unworthiness**, because (I choose to complete the sentence by writing down what I **believe** could make me recover from my narrowmindedness and my unworthiness in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Microring of Envy** because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to let go completely of using The Microring of Envy in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Microring of Envy** and thereby from using my **denigration**, **insusceptibility**, **narrowmindedness** and **unworthiness** in a similar situation in the future, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to allow my Higher Power to liberate me from using The Microring of Envy and thereby from using denigration, insusceptibility, narrowmindedness and unworthiness in a similar situation in the future).

Then I take a deep breath and feel into how the intensity of my pain is now on a scale of 0-10.

The pain is at (I choose to complete the sentence by writing the number, I **believe**, is my pain number now).

I continue my tapping rounds until my pain of being in **The Microring of Envy** is tapped down to minimum half of the number, which I gave the intensity of the original pain and preferably a number that is even smaller, before I choose to go on tapping as suggested below on:

The Microring of Hope with its

- a. **Appreciation**
- b. **Teachableness**
- c. **Openness**
- d. **Worthiness**

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Microring of Hope** by using **appreciation** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use appreciation consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use appreciation consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Microring of Hope** by using **teachableness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use teachableness consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use teachableness consciously in a similar situation in the future).

KC left: I hereby choose to give myself permission to use **The Microring of Hope** by using **openness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously use

openness in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use openness consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Microring of Hope** by using **worthiness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use worthiness consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use worthiness consciously in a similar situation in the future).

The two times eight reminder statements for the tapping rounds below:

EB: I hereby choose to give myself permission to use **appreciation** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use appreciation consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **teachableness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use teachableness consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **openness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use openness consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **worthiness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use worthiness consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **appreciation** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use appreciation consciously in a similar situation in the future).

CB: I hereby choose to give myself permission to use **teachableness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use teachableness consciously in a similar situation in the future).

UA: I hereby choose to give myself permission to use **openness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use openness consciously in a similar situation in

the future).

TH: I hereby choose to give myself permission to consciously use **worthiness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use worthiness consciously in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale of 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

Then I choose to continue to tap on as suggested below.

EB: I hereby choose to give myself permission to use **The Microring of Hope** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Microring of Hope consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **appreciation** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use appreciation consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **teachableness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use teachableness consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **openness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use openness consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **worthiness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use worthiness consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **appreciation** and **teachableness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use appreciation and teachableness consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **openness** and **worthiness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use openness and worthiness consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Microring of Hope** by choosing to consciously use **appreciation, teachableness, openness** and **worthiness** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Microring of Hope consciously with its appreciation, teachableness, openness and worthiness in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale from 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

When my joy has gone up to minimum 5 on a scale from 0-10, or even more, I perceive my tapping to be completed.

15. From **the Microring of Hatred** to **the Microring of Love**.

Today I used

The Microring of Hatred/Suppressed Anger with its:

- a. **Indignation**
- b. **Vindictiveness**
- c. **Belligerence**
- d. **Bitterness**

Today I used **The Microring of Hatred/Suppressed Anger**, because (I choose to complete the sentence by writing down, why I used The Microring of Hatred/Suppressed Anger).

I write down how my use of **The Microring of Hatred/Suppressed Anger** made me think, feel, act and relate to others in the situation.

Indignation:

1. I thought that (I choose to complete the sentence by writing down, how my indignation made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my

indignation made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my indignation made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my indignation made me relate to the other/the others in the situation).

Vindictiveness:

1. I thought that (I choose to complete the sentence by writing down, how my vindictiveness made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my vindictiveness made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my vindictiveness made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my vindictiveness made me relate to the other/the others in the situation).

Belligerence:

1. I thought that (I choose to complete the sentence by writing down, how my belligerence made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my belligerence made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my belligerence made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my belligerence made me relate to the other/the others in the situation).

Bitterness:

1. I thought that (I choose to complete the sentence by writing down, how my bitterness made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my

bitterness made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my bitterness made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my bitterness made me relate to the other/the others in the situation).

Furthermore, I write down what I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that (I choose to complete the sentence by writing down, what I hoped to achieve by using The Microring of Hatred/Suppressed Anger, and if I achieved it).

Then, I describe how I **believe** the situation could have transpired if instead I had used:

The Microring of Love with its

- a. Mercy
- b. Forgiveness
- c. Conciliatory
- d. Sweetness

I choose to write down how I **believe** that my use of **The Microring of Love** could have made me think, feel, act and relate to others in the situation.

Mercy:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used mercy).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used mercy).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used mercy).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used mercy).

Forgiveness:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used forgiveness).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used forgiveness).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used forgiveness).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used forgiveness).

Conciliatory:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used conciliatory).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used conciliatory).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used conciliatory).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used conciliatory).

Sweetness:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used sweetness).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used sweetness).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used sweetness).
4. I **believe** I would relate to the other/the others in the situation by (I choose to

complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used sweetness).

In the end, I write down, if I **believe** it would have been easier for me to achieve what I wanted by using **The Microring of Love** instead of **The Microring of Hatred/Suppressed Anger**.

If yes, why and if no, why would I anyway choose to use **The Microring of Love** instead of **The Microring of Hatred/Suppressed Anger** in the situation.

I believe that if instead I had used **The Microring of Love** on (I choose to complete the sentence by writing that problem down, I described in Step One), then (I choose to complete the sentence by writing down, what I **believe** would be the outcome of using The Microring of Love in the situation), because (I choose to complete the sentence by writing down, why I **believe** that this would be the outcome of using The Microring of Love in the situation, and if I do not think that I could more easily achieve what I wanted by using The Microring of Love, why then would I anyway choose to use it in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Microring of Hatred/Suppressed Anger** to **The Microring of Love**, I choose to move energetically from **The Microring of Hatred/Suppressed Anger** to **The Microring of Love** as described below by first inserting my answers in the tapping protocol and then I complete my Sixth Step analysis by tapping through the protocol I have written.

I begin with:

The Microring of Hatred/Suppressed Anger with its:

- a. Indignation
- b. Vindictiveness
- c. Belligerence
- d. Bitterness

First I take a deep breath to feel into how the intensity of my pain was in Step One by using **The Microring of Hatred/Suppressed Anger** on a scale from 0-10.

The pain was at (I choose to complete the sentence by writing that number down, which I **believe**, was my pain number, when I began writing Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Microring of Hatred/Suppressed Anger** in the situation by using **indignation** to (I choose to complete the

sentence by writing down, what I used indignation for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using indignation in the situation), and I also completely and totally love and accept **The Microring of Hatred/Suppressed Anger** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Microring of Hatred/Suppressed Anger in spite of the pain, it inflicted on me in context with my use of indignation in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Microring of Hatred/Suppressed Anger** in the situation by using **vindictiveness** to (I choose to complete the sentence by writing down, what I used vindictiveness for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using vindictiveness in the situation), and I also completely and totally love and accept **The Microring of Hatred/Suppressed Anger** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Microring of Hatred/Suppressed Anger in spite of the pain, it inflicted on me in context with my use of vindictiveness in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC left: Even though I chose to use **The Microring of Hatred/Suppressed Anger** in the situation by using **belligerence** to (I choose to complete the sentence by writing down, what I used belligerence for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using belligerence in the situation), and I also completely and totally love and accept **The Microring of Hatred/Suppressed Anger** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Microring of Hatred/Suppressed Anger in spite of the pain, it inflicted on me in context with my use of belligerence in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Microring of Hatred/Suppressed Anger** in the situation by using **bitterness** to (I choose to complete the sentence by writing down, what I used bitterness for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using bitterness in the situation), and I also completely and totally love and accept **The Microring of Hatred/Suppressed Anger** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Microring of Hatred/Suppressed Anger in spite of the pain, it inflicted on me in context with my use of bitterness in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

The two times eight reminder statements for the two tapping rounds below:

EB: My **indignation** made me think that (I choose to complete the sentence by writing down what my indignation made me think in the situation).

SE: My **indignation** made me feel that (I choose to complete the sentence by writing down what my indignation made me feel in the situation).

UE: My **vindictiveness** made me think that (I choose to complete the sentence by writing down what my vindictiveness made me think in the situation).

UN: My **vindictiveness** made me feel that (I choose to complete the sentence by writing down what my vindictiveness made me feel in the situation).

CH: My **belligerence** made me think that (I choose to complete the sentence by writing down what my belligerence made me think in the situation).

CB: My **belligerence** made me feel that (I choose to complete the sentence by writing down what my belligerence made me feel in the situation).

UA: My **bitterness** made me think that (I choose to complete the sentence by writing down what my bitterness made me think in the situation).

TH: My **bitterness** made me feel that (I choose to complete the sentence by writing down what my bitterness made me feel in the situation).

Then I take a deep breath and feel how the intensity of my pain is now on a scale from 0-10.

The pain is (I choose to complete the sentence by writing the number, I **believe**, is my pain-number now).

Then I choose to continue to tap on like suggested below.

EB: Maybe I could open up to let go of my **indignation** if (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my indignation in a similar situation in the future).

SE: Then I could also let go of my **vindictiveness** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my vindictiveness in a similar situation in the future).

UE: If I did that I might no longer need to hold on to my **belligerence**, which (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my belligerence in a similar situation in the future).

UN: Then I could also let go of my **bitterness** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my bitterness in a similar situation in the future).

CH: I **believe** that now I can recover from my **indignation** and my **vindictiveness**, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to recover from my indignation and my vindictiveness in a similar situation in the future).

CB: Yes, actually, I begin to **believe** that I can let go of my **belligerence** and my **bitterness**, because (I choose to complete the sentence by writing down what I **believe** could make me recover from my belligerence and my bitterness in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Microring of Hatred/Suppressed Anger** because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to let go completely of using The Microring of Hatred/Suppressed Anger in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Microring of Hatred/Suppressed Anger** and thereby from using my **indignation, vindictiveness, belligerence** and **bitterness** in a similar situation in the future, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to allow my Higher Power to liberate me from using The Microring of Hatred/Suppressed Anger and thereby from using indignation, vindictiveness, belligerence and bitterness in a similar situation in the future).

Then I take a deep breath and feel into how the intensity of my pain is now on a scale of 0-10.

The pain is at (I choose to complete the sentence by writing the number, I believe, is my pain number now).

I continue my tapping rounds until my pain of being in **The Microring of Hatred/Suppressed Anger** is tapped down to minimum half of the number, which I gave the intensity of the original pain and preferably a number that is even smaller, before I choose to go on tapping as suggested below on:

The Microring of Love with its

- a. Mercy
- b. Forgiveness
- c. Conciliatory
- d. Sweetness

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Microring of Love** by using **mercy** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use mercy consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use mercy consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Microring of Love** by using **forgiveness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use forgiveness consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use forgiveness consciously in a similar situation in the future).

KC left: I hereby choose to give myself permission to use **The Microring of Love** by using **conciliatory** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously use conciliatory in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use conciliatory consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Microring of Love** by using **sweetness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use sweetness consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use sweetness consciously in a similar situation in the future).

The two times eight reminder statements for the tapping rounds below:

EB: I hereby choose to give myself permission to use **mercy** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use mercy consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **forgiveness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use forgiveness consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **conciliatory** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use conciliatory consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **sweetness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use sweetness consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **mercy** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use mercy consciously in a similar situation in the future).

CB: I hereby choose to give myself permission to use **forgiveness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use forgiveness consciously in a similar situation in the future).

UA: I hereby choose to give myself permission to use **conciliatory** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use conciliatory consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to consciously use **sweetness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use sweetness consciously in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale of 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

Then I choose to continue to tap on as suggested below.

EB: I hereby choose to give myself permission to use **The Microring of Love** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Microring of Love consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **mercy** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use mercy consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **forgiveness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use forgiveness consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **conciliatory** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use conciliatory consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **sweetness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use sweetness consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **mercy** and **forgiveness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use mercy and forgiveness consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **conciliatory** and **sweetness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use conciliatory and sweetness consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Microring of Love** by choosing to consciously use **mercy, forgiveness, conciliatory** and **sweetness** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Microring of Love consciously with its mercy, forgiveness, conciliatory and sweetness in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale from 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

When my joy has gone up to minimum 5 on a scale from 0-10, or even more, I perceive my tapping to be completed.

16. From **the Microring of Arrogance** to **the Microring of Truth**.

Today I used

The Microring of Arrogance with its:

- a. Disrespect
- b. Craftiness
- c. Distortion
- d. Separateness

Today I used **The Microring of Arrogance**, because (I choose to complete the sentence by writing down, why I used The Microring of Arrogance).

I write down how my use of **The Microring of Arrogance** made me think, feel, act and relate to others in the situation.

Disrespect:

1. I thought that (I choose to complete the sentence by writing down, how my disrespect made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my disrespect made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my disrespect made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my disrespect made me relate to the other/the others in the situation).

Craftiness:

1. I thought that (I choose to complete the sentence by writing down, how my craftiness made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my craftiness made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my craftiness made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my craftiness made me relate to the other/the others in the situation).

Distortion:

1. I thought that (I choose to complete the sentence by writing down, how my distortion made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my distortion made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my distortion made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my distortion made me relate to the other/the others in the situation).

Separateness:

1. I thought that (I choose to complete the sentence by writing down, how my separateness made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my separateness made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my separateness made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my separateness made me relate to the other/the others in the situation).

Furthermore, I write down what I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that (I choose to complete the sentence by writing down, what I hoped to achieve by using The Microring of Arrogance, and if I achieved it).

Then, I describe how I **believe** the situation could have transpired if instead I had used:

The Microring of Truth with its

- a. Respectfulness
- b. Straightforwardness
- c. Precision
- d. Togetherness

I choose to write down how I **believe** that my use of **The Microring of Truth** could have made me think, feel, act and relate to others in the situation.

Respectfulness:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used respectfulness).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used respectfulness).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used respectfulness).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used respectfulness).

Straightforwardness:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used straightforwardness).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used straightforwardness).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used straightforwardness).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used straightforwardness).

Precision:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used precision).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used precision).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used precision).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used precision).

Togetherness:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used togetherness).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used togetherness).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used togetherness).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used togetherness).

In the end, I write down, if I **believe** it would have been easier for me to achieve what I wanted by using **The Microring of Truth** instead of **The Microring of Arrogance**.

If yes, why and if no, why would I anyway choose to use **The Microring of Truth** instead of **The Microring of Arrogance** in the situation.

I believe that if instead I had used **The Microring of Truth** on (I choose to complete the sentence by writing that problem down, I described in Step One), then (I choose to complete the sentence by writing down, what I **believe** would

be the outcome of using The Microring of Truth in the situation), because (I choose to complete the sentence by writing down, why I **believe** that this would be the outcome of using The Microring of Truth in the situation, and if I do not think that I could more easily achieve what I wanted by using The Microring of Truth, why then would I anyway choose to use it in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Microring of Arrogance** to **The Microring of Truth**, I choose to move energetically from **The Microring of Arrogance** to **The Microring of Truth** as described below by first inserting my answers in the tapping protocol and then I complete my Sixth Step analysis by tapping through the protocol I have written.

I begin with:

The Microring of Arrogance with its:

- a. Disrespect
- b. Craftiness
- c. Distortion
- d. Separateness

First I take a deep breath to feel into how the intensity of my pain was in Step One by using **The Microring of Arrogance** on a scale from 0-10.

The pain was at (I choose to complete the sentence by writing that number down, which I **believe**, was my pain number, when I began writing Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Microring of Arrogance** in the situation by using **disrespect** to (I choose to complete the sentence by writing down, what I used disrespect for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using disrespect in the situation), and I also completely and totally love and accept **The Microring of Arrogance** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Microring of Arrogance in spite of the pain, it inflicted on me in context with my use of disrespect in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Microring of Arrogance** in the situation by using **craftiness** to (I choose to complete the sentence by writing down, what I used **craftiness** for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using **craftiness** in the situation), and I also completely and totally love and accept **The Microring of Arrogance** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Microring of Arrogance** in spite of the pain, it inflicted on me in context with my use of **craftiness** in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC left: Even though I chose to use **The Microring of Arrogance** in the situation by using **distortion** to (I choose to complete the sentence by writing down, what I used **distortion** for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using **distortion** in the situation), and I also completely and totally love and accept **The Microring of Arrogance** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Microring of Arrogance** in spite of the pain, it inflicted on me in context with my use of **distortion** in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Microring of Arrogance** in the situation by using **separateness** to (I choose to complete the sentence by writing down, what I used **separateness** for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using **separateness** in the situation), and I also completely and totally love and accept **The Microring of Arrogance** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Microring of Arrogance** in spite of the pain, it inflicted on me in context with my use of **separateness** in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

The two times eight reminder statements for the two tapping rounds below:

EB: My **disrespect** made me think that (I choose to complete the sentence by writing down what my disrespect made me think in the situation).

SE: My **disrespect** made me feel that (I choose to complete the sentence by writing down what my disrespect made me feel in the situation).

UE: My **craftiness** made me think that (I choose to complete the sentence by writing down what my craftiness made me think in the situation).

UN: My **craftiness** made me feel that (I choose to complete the sentence by writing down what my craftiness made me feel in the situation).

CH: My **distortion** made me think that (I choose to complete the sentence by writing down what my distortion made me think in the situation).

CB: My **distortion** made me feel that (I choose to complete the sentence by writing down what my distortion made me feel in the situation).

UA: My **separateness** made me think that (I choose to complete the sentence by writing down what my separateness made me think in the situation).

TH: My **separateness** made me feel that (I choose to complete the sentence by writing down what my separateness made me feel in the situation).

Then I take a deep breath and feel how the intensity of my pain is now on a scale from 0-10.

The pain is (I choose to complete the sentence by writing the number, I **believe**, is my pain-number now).

Then I choose to continue to tap on like suggested below.

EB: Maybe I could open up to let go of my **disrespect** if (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my disrespect in a similar situation in the future).

SE: Then I could also let go of my **craftiness** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my craftiness in a similar situation in the future).

UE: If I did that I might no longer need to hold on to my **distortion**, which (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my distortion in a similar situation in the future).

UN: Then I could also let go of my **separateness** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my separateness in a similar situation in the future).

CH: I **believe** that now I can recover from my **disrespect** and my **craftiness**, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to recover from my disrespect and my craftiness in a similar situation in the future).

CB: Yes, actually, I begin to **believe** that I can let go of my **distortion** and my **separateness**, because (I choose to complete the sentence by writing down what I **believe** could make me recover from my distortion and my separateness in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Microring of Arrogance** because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to let go completely of using The Microring of Arrogance in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Microring of Arrogance** and thereby from using my **disrespect**, **craftiness**, **distortion** and **separateness** in a similar situation in the future, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to allow my Higher Power to liberate me from using The Microring of Arrogance and thereby from using disrespect, craftiness, distortion and separateness in a similar situation in the future).

Then I take a deep breath and feel into how the intensity of my pain is now on a scale of 0-10.

The pain is at (I choose to complete the sentence by writing the number, I **believe**, is my pain number now).

I continue my tapping rounds until my pain of being in **The Microring of Arrogance** is tapped down to minimum half of the number, which I gave the intensity of the original pain and preferably a number that is even smaller, before I choose to go on tapping as suggested below on:

The Microring of Truth with its

- a. **Respectfulness**
- b. **Straightforwardness**
- c. **Precision**
- d. **Togetherness**

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Microring of Truth** by using **respectfulness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use respectfulness consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use respectfulness consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Microring of Truth** by using **straightforwardness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use straightforwardness consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use straightforwardness consciously in a similar situation in the future).

KC left: I hereby choose to give myself permission to use **The Microring of Truth** by using **precision** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously use precision in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use precision consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Microring of Truth** by using **togetherness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use togetherness consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use togetherness consciously in a similar situation in the future).

The two times eight reminder statements for the tapping rounds below:

EB: I hereby choose to give myself permission to use **respectfulness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use respectfulness consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **straightforwardness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use straightforwardness consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **precision** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use precision consciously in a similar situation in the future).

future).

UN: I hereby choose to give myself permission to use **togetherness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use togetherness consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **respectfulness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use respectfulness consciously in a similar situation in the future).

CB: I hereby choose to give myself permission to use **straightforwardness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use straightforwardness consciously in a similar situation in the future).

UA: I hereby choose to give myself permission to use **precision** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use precision consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to consciously use **togetherness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use togetherness consciously in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale of 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

Then I choose to continue to tap on as suggested below.

EB: I hereby choose to give myself permission to use **The Microring of Truth** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Microring of Truth consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **respectfulness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use respectfulness consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **straightforwardness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use straightforwardness consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **precision** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use precision consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **togetherness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use togetherness consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **respectfulness** and **straightforwardness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use respectfulness and straightforwardness consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **precision** and **togetherness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use precision and togetherness consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Microring of Truth** by choosing to consciously use **respectfulness**, **straightforwardness**, **precision** and **togetherness** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Microring of Truth consciously with its respectfulness, straightforwardness, precision and togetherness in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale from 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

When my joy has gone up to minimum 5 on a scale from 0-10, or even more, I perceive my tapping to be completed.

17. From **the Nanoring of Avarice** to **the Nanoring of Faith**.

Today I used

The Nanoring of Avarice with its:

- a. Inhibition
- b. Nervousness
- c. Complaining
- d. Indifference

Today I used The Nanoring of Envy, because (I choose to complete the sentence by writing down, why I used The Nanoring of Envy).

I write down how my use of The Nanoring of Avarice made me think, feel, act and relate to others in the situation.

Inhibition:

1. I thought that (I choose to complete the sentence by writing down, how my inhibition made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my inhibition made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my inhibition made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my inhibition made me relate to the other/the others in the situation).

Nervousness:

1. I thought that (I choose to complete the sentence by writing down, how my nervousness made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my nervousness made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my nervousness made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my nervousness made me relate to the other/the others in the situation).

Complaining:

1. I thought that (I choose to complete the sentence by writing down, how my complaining made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my complaining made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my complaining made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my complaining made me relate to the other/the others in the situation).

Indifference:

1. I thought that (I choose to complete the sentence by writing down, how my indifference made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my indifference made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my indifference made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my indifference made me relate to the other/the others in the situation).

Furthermore, I write down what I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that (I choose to complete the sentence by writing down, what I hoped to achieve by using The Nanoring of Envy, and if I achieved it).

Then, I describe how I **believe** the situation could have transpired if instead I had used:

The Nanoring of Faith with its

- a. Approachability
- b. Lightheartedness
- c. Validation
- d. Involvement

I choose to write down how I **believe** that my use of **The Nanoring of Faith** could have made me think, feel, act and relate to others in the situation.

Approachability:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used approachability).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used approachability).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used approachability).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used approachability).

Lightheartedness:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used lightheartedness).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used lightheartedness).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used lightheartedness).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used lightheartedness).

Validation:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used validation).
2. I **believe** I would feel that (I choose to complete the sentence by writing

down, how I **believe** I would have felt the situation, if I had used validation).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used validation).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used validation).

Involvement:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used involvement).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used involvement).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used involvement).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used involvement).

In the end, I write down, if I **believe** it would have been easier for me to achieve what I wanted by using **The Nanoring of Faith** instead of **The Nanoring of Envy**.

If yes, why and if no, why would I anyway choose to use **The Nanoring of Faith** instead of **The Nanoring of Avarice** in the situation.

I believe that if instead I had used **The Nanoring of Faith** on (I choose to complete the sentence by writing that problem down, I described in Step One), then (I choose to complete the sentence by writing down, what I **believe** would be the outcome of using The Nanoring of Faith in the situation), because (I choose to complete the sentence by writing down, why I **believe** that this would be the outcome of using The Nanoring of Faith in the situation, and if I do not think that I could more easily achieve what I wanted by using The Nanoring of Hope, why then would I anyway choose to use it in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Nanoring of Avarice** to **The Nanoring of Hope**, I choose to move energetically from **The Nanoring of Avarice** to **The Nanoring of Faith** as described below by first

inserting my answers in the tapping protocol and then I complete my Sixth Step analysis by tapping through the protocol I have written.

I begin with:

The Nanoring of Avarice with its:

- a. Inhibition
- b. Nervousness
- c. Complaining
- d. Indifference

First I take a deep breath to feel into how the intensity of my pain was in Step One by using **The Nanoring of Avarice** on a scale from 0-10.

The pain was at (I choose to complete the sentence by writing that number down, which I **believe**, was my pain number, when I began writing Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Nanoring of Avarice** in the situation by using **inhibition** to (I choose to complete the sentence by writing down, what I used **inhibition** for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using **inhibition** in the situation), and I also completely and totally love and accept **The Nanoring of Avarice** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Nanoring of Avarice** in spite of the pain, it inflicted on me in context with my use of **inhibition** in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Nanoring of Avarice** in the situation by using **nervousness** to (I choose to complete the sentence by writing down, what I used **nervousness** for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using **nervousness** in the situation), and I also completely and totally love and accept **The Nanoring of Avarice** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Nanoring of Avarice** in spite of the pain, it inflicted on me in context with my use of **nervousness** in the situation), and I also completely and totally love and accept **the pain** for

being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC left: Even though I chose to use **The Nanoring of Avarice** in the situation by using **complaining** to (I choose to complete the sentence by writing down, what I used complaining for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using complaining in the situation), and I also completely and totally love and accept **The Nanoring of Avarice** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Nanoring of Avarice in spite of the pain, it inflicted on me in context with my use of complaining in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Nanoring of Avarice** in the situation by using **indifference** to (I choose to complete the sentence by writing down, what I used indifference for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using indifference in the situation), and I also completely and totally love and accept **The Nanoring of Avarice** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Nanoring of Avarice in spite of the pain, it inflicted on me in context with my use of indifference in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

The two times eight reminder statements for the two tapping rounds below:

EB: My **inhibition** made me think that (I choose to complete the sentence by writing down what my inhibition made me think in the situation).

SE: My **inhibition** made me feel that (I choose to complete the sentence by writing down what my inhibition made me feel in the situation).

UE: My **nervousness** made me think that (I choose to complete the sentence by writing down what my nervousness made me think in the situation).

UN: My **nervousness** made me feel that (I choose to complete the sentence by writing down what my nervousness made me feel in the situation).

CH: My **complaining** made me think that (I choose to complete the sentence by writing down what my complaining made me think in the situation).

CB: My **complaining** made me feel that (I choose to complete the sentence by writing down what my complaining made me feel in the situation).

UA: My **indifference** made me think that (I choose to complete the sentence by writing down what my indifference made me think in the situation).

TH: My **indifference** made me feel that (I choose to complete the sentence by writing down what my indifference made me feel in the situation).

Then I take a deep breath and feel how the intensity of my pain is now on a scale from 0-10.

The pain is (I choose to complete the sentence by writing the number, I **believe**, is my pain-number now).

Then I choose to continue to tap on like suggested below.

EB: Maybe I could open up to let go of my **inhibition** if (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my inhibition in a similar situation in the future).

SE: Then I could also let go of my **nervousness** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my nervousness in a similar situation in the future).

UE: If I did that I might no longer need to hold on to my **complaining**, which (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my complaining in a similar situation in the future).

UN: Then I could also let go of my **indifference** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my indifference in a similar situation in the future).

CH: I **believe** that now I can recover from my **inhibition** and my **nervousness**, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to recover from my inhibition and my nervousness in a similar situation in the future).

CB: Yes, actually, I begin to **believe** that I can let go of my **complaining** and my **indifference**, because (I choose to complete the sentence by writing down

what I **believe** could make me recover from my complaining and my indifference in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Nanoring of Avarice** because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to let go completely of using The Nanoring of Avarice in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Nanoring of Avarice** and thereby from using my **inhibition, nervousness, complaining** and **indifference** in a similar situation in the future, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to allow my Higher Power to liberate me from using The Nanoring of Avarice and thereby from using inhibition, nervousness, complaining and indifference in a similar situation in the future).

Then I take a deep breath and feel into how the intensity of my pain is now on a scale of 0-10.

The pain is at (I choose to complete the sentence by writing the number, I **believe**, is my pain number now).

I continue my tapping rounds until my pain of being in **The Nanoring of Avarice** is tapped down to minimum half of the number, which I gave the intensity of the original pain and preferably a number that is even smaller, before I choose to go on tapping as suggested below on:

The Nanoring of Faith with its

- a. Approachability
- b. Lightheartedness
- c. Validation
- d. Involvement

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Nanoring of Faith** by using **approachability** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use approachability consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use approachability consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Nanoring of Faith** by using **willingness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use willingness

consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use willingness consciously in a similar situation in the future).

KC left: I hereby choose to give myself permission to use **The Nanoring of Faith** by using **validation** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously use validation in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use validation consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Nanoring of Faith** by using **involvement** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use involvement consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use involvement consciously in a similar situation in the future).

The two times eight reminder statements for the tapping rounds below:

EB: I hereby choose to give myself permission to use **approachability** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use approachability consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **willingness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use willingness consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **validation** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use validation consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **involvement** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use involvement consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **approachability** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use approachability consciously in a similar situation in the future).

CB: I hereby choose to give myself permission to use **willingness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use willingness consciously in a similar situation in the future).

UA: I hereby choose to give myself permission to use **validation** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use validation consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to consciously use **involvement** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use involvement consciously in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale of 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

Then I choose to continue to tap on as suggested below.

EB: I hereby choose to give myself permission to use **The Nanoring of Faith** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Nanoring of Faith consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **approachability** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use approachability consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **willingness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use willingness consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **validation** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use validation consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **involvement** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use involvement

consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **approachability** and **willingness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use approachability and willingness consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **validation** and **involvement** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use validation and involvement consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Nanoring of Faith** by choosing to consciously use **approachability, willingness, validation** and **involvement** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Nanoring of Faith consciously with its approachability, willingness, validation and involvement in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale from 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

When my joy has gone up to minimum 5 on a scale from 0-10, or even more, I perceive my tapping to be completed.

18. From **the Nanoring of Envy** to **the Nanoring of Hope**.

Today I used

The Nanoring of Envy with its:

- a. **Uncertainty**
- b. **Uncultivatedness**
- c. **Indecision**
- d. **Rashness**

Today I used **The Nanoring of Envy**, because (I choose to complete the sentence by writing down, why I used The Nanoring of Envy).

I write down how my use of **The Nanoring of Envy** made me think, feel, act and relate to others in the situation.

Uncertainty:

1. I thought that (I choose to complete the sentence by writing down, how my uncertainty made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my uncertainty made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my uncertainty made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my uncertainty made me relate to the other/the others in the situation).

Uncultivatedness:

1. I thought that (I choose to complete the sentence by writing down, how my uncultivatedness made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my uncultivatedness made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my uncultivatedness made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my uncultivatedness made me relate to the other/the others in the situation).

Indecision:

1. I thought that (I choose to complete the sentence by writing down, how my indecision made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my indecision made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my indecision made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my indecision made me relate to the other/the others in the situation).

Rashness:

1. I thought that (I choose to complete the sentence by writing down, how my rashness made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my rashness made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my rashness made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my rashness made me relate to the other/the others in the situation).

Furthermore, I write down what I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that (I choose to complete the sentence by writing down, what I hoped to achieve by using The Nanoring of Envy, and if I achieved it).

Then, I describe how I **believe** the situation could have transpired if instead I had used:

The Nanoring of Hope with its

- a. Certainty
- b. Cultivatedness
- c. Resoluteness
- d. Levelheadedness

I choose to write down how I **believe** that my use of The Nanoring of Hope could have made me think, feel, act and relate to others in the situation.

Certainty:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used certainty).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used certainty).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used certainty).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used certainty).

Cultivatedness:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used cultivatedness).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used cultivatedness).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used cultivatedness).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used cultivatedness).

Resoluteness:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used resoluteness).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used resoluteness).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used resoluteness).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used resoluteness).

Levelheadedness:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used levelheadedness).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used

levelheadedness).

3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used levelheadedness).

4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used levelheadedness).

In the end, I write down, if I **believe** it would have been easier for me to achieve what I wanted by using **The Nanoring of Hope** instead of **The Nanoring of Envy**.

If yes, why and if no, why would I anyway choose to use **The Nanoring of Hope** instead of **The Nanoring of Envy** in the situation.

I believe that if instead I had used **The Nanoring of Hope** on (I choose to complete the sentence by writing that problem down, I described in Step One), then (I choose to complete the sentence by writing down, what I **believe** would be the outcome of using **The Nanoring of Hope** in the situation), because (I choose to complete the sentence by writing down, why I **believe** that this would be the outcome of using **The Nanoring of Hope** in the situation, and if I do not think that I could more easily achieve what I wanted by using **The Nanoring of Hope**, why then would I anyway choose to use it in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Nanoring of Envy** to **The Nanoring of Hope**, I choose to move energetically from **The Nanoring of Envy** to **The Nanoring of Hope** as described below by first inserting my answers in the tapping protocol and then I complete my Sixth Step analysis by tapping through the protocol I have written.

I begin with:

The Nanoring of Envy with its:

- a. Uncertainty
- b. Uncultivatedness
- c. Indecision
- d. Rashness

First I take a deep breath to feel into how the intensity of my pain was in Step One by using **The Nanoring of Envy** on a scale from 0-10.

The pain was at (I choose to complete the sentence by writing that number down, which I **believe**, was my pain number, when I began writing Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Nanoring of Envy** in the situation by using **uncertainty** to (I choose to complete the sentence by writing down, what I used **uncertainty** for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using **uncertainty** in the situation), and I also completely and totally love and accept **The Nanoring of Envy** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Nanoring of Envy** in spite of the pain, it inflicted on me in context with my use of **uncertainty** in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Nanoring of Envy** in the situation by using **uncultivatedness** to (I choose to complete the sentence by writing down, what I used **uncultivatedness** for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using **uncultivatedness** in the situation), and I also completely and totally love and accept **The Nanoring of Envy** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Nanoring of Envy** in spite of the pain, it inflicted on me in context with my use of **uncultivatedness** in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC left: Even though I chose to use **The Nanoring of Envy** in the situation by using **indecision** to (I choose to complete the sentence by writing down, what I used **indecision** for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using **indecision** in the situation), and I also completely and totally love and accept **The Nanoring of Envy** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Nanoring of Envy** in spite of the pain, it inflicted on me in context with my use of **indecision** in the situation), and I also

completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Nanoring of Envy** in the situation by using **rashness** to (I choose to complete the sentence by writing down, what I used rashness for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using rashness in the situation), and I also completely and totally love and accept **The Nanoring of Envy** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Nanoring of Envy in spite of the pain, it inflicted on me in context with my use of rashness in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

The two times eight reminder statements for the two tapping rounds below:

EB: My **uncertainty** made me think that (I choose to complete the sentence by writing down what my uncertainty made me think in the situation).

SE: My **uncertainty** made me feel that (I choose to complete the sentence by writing down what my uncertainty made me feel in the situation).

UE: My **uncultivatedness** made me think that (I choose to complete the sentence by writing down what my uncultivatedness made me think in the situation).

UN: My **uncultivatedness** made me feel that (I choose to complete the sentence by writing down what my uncultivatedness made me feel in the situation).

CH: My **indecision** made me think that (I choose to complete the sentence by writing down what my indecision made me think in the situation).

CB: My **indecision** made me feel that (I choose to complete the sentence by writing down what my indecision made me feel in the situation).

UA: My **rashness** made me think that (I choose to complete the sentence by writing down what my rashness made me think in the situation).

TH: My **rashness** made me feel that (I choose to complete the sentence by writing down what my rashness made me feel in the situation).

Then I take a deep breath and feel how the intensity of my pain is now on a scale from 0-10.

The pain is (I choose to complete the sentence by writing the number, I **believe**, is my pain-number now).

Then I choose to continue to tap on like suggested below.

EB: Maybe I could open up to let go of my **uncertainty** if (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my uncertainty in a similar situation in the future).

SE: Then I could also let go of my **uncultivatedness** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my uncultivatedness in a similar situation in the future).

UE: If I did that I might no longer need to hold on to my **indecision**, which (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my indecision in a similar situation in the future).

UN: Then I could also let go of my **rashness** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my rashness in a similar situation in the future).

CH: I **believe** that now I can recover from my **uncertainty** and my **uncultivatedness**, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to recover from my uncertainty and my uncultivatedness in a similar situation in the future).

CB: Yes, actually, I begin to **believe** that I can let go of my **indecision** and my **rashness**, because (I choose to complete the sentence by writing down what I **believe** could make me recover from my indecision and my rashness in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Nanoring of Envy** because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to let go completely of using The Nanoring of Envy in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Nanoring of Envy** and thereby from using my **uncertainty**, **uncultivatedness**, **indecision** and **rashness** in a similar situation in the future, because (I choose to complete the sentence by writing down what I **believe**

could make it possible for me to allow my Higher Power to liberate me from using The Nanoring of Envy and thereby from using uncertainty, uncultivatedness, indecision and rashness in a similar situation in the future).

Then I take a deep breath and feel into how the intensity of my pain is now on a scale of 0-10.

The pain is at (I choose to complete the sentence by writing the number, I **believe**, is my pain number now).

I continue my tapping rounds until my pain of being in **The Nanoring of Envy** is tapped down to minimum half of the number, which I gave the intensity of the original pain and preferably a number that is even smaller, before I choose to go on tapping as suggested below on:

The Nanoring of Hope with its

- a. Certainty
- b. Cultivatedness
- c. Resoluteness
- d. Levelheadedness

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Nanoring of Hope** by using **certainty** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use certainty consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use certainty consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Nanoring of Hope** by using **willingness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use willingness consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use willingness consciously in a similar situation in the future).

KC left: I hereby choose to give myself permission to use **The Nanoring of Hope** by using **resoluteness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously use resoluteness in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use resoluteness consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Nanoring of Hope** by using **levelheadedness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use levelheadedness consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use levelheadedness consciously in a similar situation in the future).

The two times eight reminder statements for the tapping rounds below:

EB: I hereby choose to give myself permission to use **certainty** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use certainty consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **willingness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use willingness consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **resoluteness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use resoluteness consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **levelheadedness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use levelheadedness consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **certainty** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use certainty consciously in a similar situation in the future).

CB: I hereby choose to give myself permission to use **willingness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use willingness consciously in a similar situation in the future).

UA: I hereby choose to give myself permission to use **resoluteness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use resoluteness consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to consciously use **levelheadedness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use

levelheadedness consciously in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale of 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

Then I choose to continue to tap on as suggested below.

EB: I hereby choose to give myself permission to use **The Nanoring of Hope** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use **The Nanoring of Hope** consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **certainty** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use **certainty** consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **willingness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use **willingness** consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **resoluteness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use **resoluteness** consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **levelheadedness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use **levelheadedness** consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **certainty** and **willingness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use **certainty** and **willingness** consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **resoluteness** and **levelheadedness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use **resoluteness** and **levelheadedness** consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Nanoring of Hope** by choosing to consciously use **certainty, willingness, resoluteness** and **levelheadedness** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Nanoring of Hope consciously with its certainty, willingness, resoluteness and levelheadedness in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale from 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

When my joy has gone up to minimum 5 on a scale from 0-10, or even more, I perceive my tapping to be completed.

19. From **the Nanoring of Hatred** to **the Nanoring of Love**.

Today I used

The Nanoring of Hatred/Suppressed Anger with its:

- a. **Resentment**
- b. **Unwillingness**
- c. **Vociferousness**
- d. **Stiff-neckedness**

Today I used **The Nanoring of Hatred/Suppressed Anger**, because (I choose to complete the sentence by writing down, why I used The Nanoring of Hatred/Suppressed Anger).

I write down how my use of **The Nanoring of Hatred/Suppressed Anger** made me think, feel, act and relate to others in the situation.

Resentment:

1. I thought that (I choose to complete the sentence by writing down, how my resentment made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my resentment made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my resentment made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my resentment made me relate to the other/the others in the situation).

Unwillingness:

1. I thought that (I choose to complete the sentence by writing down, how my unwillingness made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my unwillingness made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my unwillingness made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my unwillingness made me relate to the other/the others in the situation).

Vociferousness:

1. I thought that (I choose to complete the sentence by writing down, how my vociferousness made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my vociferousness made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my vociferousness made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my vociferousness made me relate to the other/the others in the situation).

Stiff-neckedness:

1. I thought that (I choose to complete the sentence by writing down, how my stiff-neckedness made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my stiff-neckedness made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my stiff-neckedness made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the

sentence by writing down, how my stiff-neckedness made me relate to the other/the others in the situation).

Furthermore, I write down what I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that (I choose to complete the sentence by writing down, what I hoped to achieve by using The Nanoring of Hatred/Suppressed Anger, and if I achieved it).

Then, I describe how I **believe** the situation could have transpired if instead I had used:

The Nanoring of Love with its

- a. Acceptance
- b. Willingness
- c. Quietness
- d. Flexibility

I choose to write down how I **believe** that my use of **The Nanoring of Love** could have made me think, feel, act and relate to others in the situation.

Acceptance:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used acceptance).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used acceptance).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used acceptance).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used acceptance).

Willingness:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used willingness).

2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used willingness).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used willingness).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used willingness).

Quietness:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used quietness).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used quietness).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used quietness).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used quietness).

Flexibility:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used flexibility).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used flexibility).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used flexibility).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used flexibility).

In the end, I write down, if I **believe** it would have been easier for me to achieve what I wanted by using **The Nanoring of Love** instead of **The Nanoring of Hatred/Suppressed Anger**.

If yes, why and if no, why would I anyway choose to use **The Nanoring of Love** instead of **The Nanoring of Hatred/Suppressed Anger** in the situation.

I believe that if instead I had used **The Nanoring of Love** on (I choose to complete the sentence by writing that problem down, I described in Step One), then (I choose to complete the sentence by writing down, what I **believe** would be the outcome of using The Nanoring of Love in the situation), because (I choose to complete the sentence by writing down, why I **believe** that this would be the outcome of using The Nanoring of Love in the situation, and if I do not think that I could more easily achieve what I wanted by using The Nanoring of Love, why then would I anyway choose to use it in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Nanoring of Hatred/Suppressed Anger** to **The Nanoring of Love**, I choose to move energetically from **The Nanoring of Hatred/Suppressed Anger** to **The Nanoring of Love** as described below by first inserting my answers in the tapping protocol and then I complete my Sixth Step analysis by tapping through the protocol I have written.

I begin with:

The Nanoring of Hatred/Suppressed Anger with its:

- a. Resentment
- b. Unwillingness
- c. Vociferousness
- d. Stiff-neckedness

First I take a deep breath to feel into how the intensity of my pain was in Step One by using **The Nanoring of Hatred/Suppressed Anger** on a scale from 0-10.

The pain was at (I choose to complete the sentence by writing that number down, which I **believe**, was my pain number, when I began writing Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Nanoring of Hatred/Suppressed Anger** in the situation by using **resentment** to (I choose to complete the sentence by writing down, what I used resentment for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using resentment in the situation), and I also completely and totally love and accept **The Nanoring of Hatred/Suppressed Anger** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and

accepting The Nanoring of Hatred/Suppressed Anger in spite of the pain, it inflicted on me in context with my use of resentment in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Nanoring of Hatred/Suppressed Anger** in the situation by using **unwillingness** to (I choose to complete the sentence by writing down, what I used unwillingness for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using **unwillingness** in the situation), and I also completely and totally love and accept **The Nanoring of Hatred/Suppressed Anger** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Nanoring of Hatred/Suppressed Anger in spite of the pain, it inflicted on me in context with my use of **unwillingness** in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC left: Even though I chose to use **The Nanoring of Hatred/Suppressed Anger** in the situation by using **vociferousness** to (I choose to complete the sentence by writing down, what I used vociferousness for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using **vociferousness** in the situation), and I also completely and totally love and accept **The Nanoring of Hatred/Suppressed Anger** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Nanoring of Hatred/Suppressed Anger in spite of the pain, it inflicted on me in context with my use of **vociferousness** in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Nanoring of Hatred/Suppressed Anger** in the situation by using **stiff-neckedness** to (I choose to complete the sentence by writing down, what I used stiff-neckedness for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using **stiff-neckedness** in the situation), and I also completely and totally love and

accept **The Nanoring of Hatred/Suppressed Anger** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Nanoring of Hatred/Suppressed Anger in spite of the pain, it inflicted on me in context with my use of stiff-neckedness in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

The two times eight reminder statements for the two tapping rounds below:

EB: My **resentment** made me think that (I choose to complete the sentence by writing down what my resentment made me think in the situation).

SE: My **resentment** made me feel that (I choose to complete the sentence by writing down what my resentment made me feel in the situation).

UE: My **unwillingness** made me think that (I choose to complete the sentence by writing down what my unwillingness made me think in the situation).

UN: My **unwillingness** made me feel that (I choose to complete the sentence by writing down what my unwillingness made me feel in the situation).

CH: My **vociferousness** made me think that (I choose to complete the sentence by writing down what my vociferousness made me think in the situation).

CB: My **vociferousness** made me feel that (I choose to complete the sentence by writing down what my vociferousness made me feel in the situation).

UA: My **stiff-neckedness** made me think that (I choose to complete the sentence by writing down what my stiff-neckedness made me think in the situation).

TH: My **stiff-neckedness** made me feel that (I choose to complete the sentence by writing down what my stiff-neckedness made me feel in the situation).

Then I take a deep breath and feel how the intensity of my pain is now on a scale from 0-10.

The pain is (I choose to complete the sentence by writing the number, I **believe**, is my pain-number now).

Then I choose to continue to tap on like suggested below.

EB: Maybe I could open up to let go of my **resentment** if (I choose to complete the sentence by writing down what I **believe** could make me let go consciously

of my resentment in a similar situation in the future).

SE: Then I could also let go of my **unwillingness** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my unwillingness in a similar situation in the future).

UE: If I did that I might no longer need to hold on to my **vociferousness**, which (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my vociferousness in a similar situation in the future).

UN: Then I could also let go of my **stiff-neckedness** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my stiff-neckedness in a similar situation in the future).

CH: I **believe** that now I can recover from my **resentment** and my **unwillingness**, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to recover from my resentment and my unwillingness in a similar situation in the future).

CB: Yes, actually, I begin to **believe** that I can let go of my **vociferousness** and my **stiff-neckedness**, because (I choose to complete the sentence by writing down what I **believe** could make me recover from my vociferousness and my stiff-neckedness in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Nanoring of Hatred/Suppressed Anger** because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to let go completely of using The Nanoring of Hatred/Suppressed Anger in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Nanoring of Hatred/Suppressed Anger** and thereby from using my **resentment, unwillingness, vociferousness** and **stiff-neckedness** in a similar situation in the future, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to allow my Higher Power to liberate me from using The Nanoring of Hatred/Suppressed Anger and thereby from using resentment, unwillingness, vociferousness and stiff-neckedness in a similar situation in the future).

Then I take a deep breath and feel into how the intensity of my pain is now on a scale of 0-10.

The pain is at (I choose to complete the sentence by writing the number, I **believe**, is my pain number now).

I continue my tapping rounds until my pain of being in **The Nanoring of**

Hatred/Suppressed Anger is tapped down to minimum half of the number, which I gave the intensity of the original pain and preferably a number that is even smaller, before I choose to go on tapping as suggested below on:

The Nanoring of Love with its

- a. Acceptance
- b. Willingness
- c. Quietness
- d. Flexibility

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Nanoring of Love** by using **acceptance** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use acceptance consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use acceptance consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Nanoring of Love** by using **willingness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use willingness consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use willingness consciously in a similar situation in the future).

KC left: I hereby choose to give myself permission to use **The Nanoring of Love** by using **quietness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously use quietness in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use quietness consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Nanoring of Love** by using **flexibility** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use flexibility consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use flexibility consciously in a similar situation in the future).

The two times eight reminder statements for the tapping rounds below:

EB: I hereby choose to give myself permission to use **acceptance** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use acceptance consciously in a similar situation in the

future).

SE: I hereby choose to give myself permission to use **willingness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use willingness consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **quietness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use quietness consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **flexibility** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use flexibility consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **acceptance** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use acceptance consciously in a similar situation in the future).

CB: I hereby choose to give myself permission to use **willingness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use willingness consciously in a similar situation in the future).

UA: I hereby choose to give myself permission to use **quietness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use quietness consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to consciously use **flexibility** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use flexibility consciously in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale of 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

Then I choose to continue to tap on as suggested below.

EB: I hereby choose to give myself permission to use **The Nanoring of Love** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Nanoring of Love consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **acceptance** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use acceptance consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **willingness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use willingness consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **quietness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use quietness consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **flexibility** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use flexibility consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **acceptance** and **willingness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use acceptance and willingness consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **quietness** and **flexibility** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use quietness and flexibility consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Nanoring of Love** by choosing to consciously use **acceptance, willingness, quietness and flexibility** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Nanoring of Love consciously with its acceptance, willingness, quietness and flexibility in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale from 0-10.

The joy is at (I choose to complete the sentence by writing the number, I

believe, is my joy number now).

When my joy has gone up to minimum 5 on a scale from 0-10, or even more, I perceive my tapping to be completed.

20. From the Nanoring of Arrogance to the Nanoring of Truth.

Today I used

The Nanoring of Arrogance with its:

- a. Insincerity
- b. Cunning
- c. Unreliability
- d. Alienation

Today I used The Nanoring of Arrogance, because (I choose to complete the sentence by writing down, why I used The Nanoring of Arrogance).

I write down how my use of The Nanoring of Arrogance made me think, feel, act and relate to others in the situation.

Insincerity:

1. I thought that (I choose to complete the sentence by writing down, how my insincerity made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my insincerity made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my insincerity made me act in the situation).
4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my insincerity made me relate to the other/the others in the situation).

Cunning:

1. I thought that (I choose to complete the sentence by writing down, how my cunning made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my cunning made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my cunning made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my cunning made me relate to the other/the others in the situation).

Unreliability:

1. I thought that (I choose to complete the sentence by writing down, how my unreliability made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my unreliability made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my unreliability made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my unreliability made me relate to the other/the others in the situation).

Alienation:

1. I thought that (I choose to complete the sentence by writing down, how my alienation made me think in the situation).

2. I felt that (I choose to complete the sentence by writing down, how my alienation made me feel in the situation).

3. I acted by (I choose to complete the sentence by writing down, how my alienation made me act in the situation).

4. I related to the other/the others in the situation by (I choose to complete the sentence by writing down, how my alienation made me relate to the other/the others in the situation).

Furthermore, I write down what I hoped to achieve by using this Ring, and if I achieved it.

I hoped to achieve that (I choose to complete the sentence by writing down, what I hoped to achieve by using The Nanoring of Arrogance, and if I achieved it).

Then, I describe how I **believe** the situation could have transpired if instead I had used:

The Nanoring of Truth with its

- a. Sincerity
- b. Simplicity
- c. Reliability
- d. Familiarity

I choose to write down how I **believe** that my use of The Nanoring of Truth could have made me think, feel, act and relate to others in the situation.

Sincerity:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used sincerity).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used sincerity).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used sincerity).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used sincerity).

Simplicity:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used simplicity).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used simplicity).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used simplicity).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used simplicity).

Reliability:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used reliability).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used reliability).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used reliability).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used reliability).

Familiarity:

1. I **believe** I would think that (I choose to complete the sentence by writing down, how I **believe** I would have thought in the situation, if I had used familiarity).
2. I **believe** I would feel that (I choose to complete the sentence by writing down, how I **believe** I would have felt the situation, if I had used familiarity).
3. I **believe** I would act by (I choose to complete the sentence by writing down, how I **believe** I would have acted in the situation, if I had used familiarity).
4. I **believe** I would relate to the other/the others in the situation by (I choose to complete the sentence by writing down, how I **believe** I would have related to the other/the others in the situation, if I had used familiarity).

In the end, I write down, if I **believe** it would have been easier for me to achieve what I wanted by using **The Nanoring of Truth** instead of **The Nanoring of Arrogance**.

If yes, why and if no, why would I anyway choose to use **The Nanoring of Truth** instead of **The Nanoring of Arrogance** in the situation.

I believe that if instead I had used **The Nanoring of Truth** on (I choose to complete the sentence by writing that problem down, I described in Step One), then (I choose to complete the sentence by writing down, what I **believe** would be the outcome of using **The Nanoring of Truth** in the situation), because (I choose to complete the sentence by writing down, why I **believe** that this would be the outcome of using **The Nanoring of Truth** in the situation, and if I do not think that I could more easily achieve what I wanted by using **The Nanoring of Truth**, why then would I anyway choose to use it in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Nanoring of Arrogance** to **The Nanoring of Truth**, I choose to move energetically from **The Nanoring of Arrogance** to **The Nanoring of Truth** as described below by first inserting my answers in the tapping protocol and then I complete my Sixth Step analysis by tapping through the protocol I have written.

I begin with:

The Nanoring of Arrogance with its:

- a. Insincerity
- b. Cunning
- c. Unreliability
- d. Alienation

First I take a deep breath to feel into how the intensity of my pain was in Step One by using **The Nanoring of Arrogance** on a scale from 0-10.

The pain was at (I choose to complete the sentence by writing that number down, which I **believe**, was my pain number, when I began writing Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Nanoring of Arrogance** in the situation by using **insincerity** to (I choose to complete the sentence by writing down, what I used **insincerity** for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using **insincerity** in the situation), and I also completely and totally love and accept **The Nanoring of Arrogance** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Nanoring of Arrogance** in spite of the pain, it inflicted on me in context with my use of **insincerity** in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Nanoring of Arrogance** in the situation by using **cunning** to (I choose to complete the sentence by writing down, what I used **cunning** for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using **cunning** in the situation), and I also completely and totally love and accept **The Nanoring of**

Arrogance for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Nanoring of Arrogance in spite of the pain, it inflicted on me in context with my use of cunning in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC left: Even though I chose to use **The Nanoring of Arrogance** in the situation by using **unreliability** to (I choose to complete the sentence by writing down, what I used unreliability for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using unreliability in the situation), and I also completely and totally love and accept **The Nanoring of Arrogance** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Nanoring of Arrogance in spite of the pain, it inflicted on me in context with my use of unreliability in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

KC right: Even though I chose to use **The Nanoring of Arrogance** in the situation by using **alienation** to (I choose to complete the sentence by writing down, what I used alienation for in the situation), I completely and totally love and accept myself for being exactly the way I am, because (I choose to complete the sentence by writing down my reason for loving and accepting myself in spite of the pain I inflicted on myself by using alienation in the situation), and I also completely and totally love and accept **The Nanoring of Arrogance** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Nanoring of Arrogance in spite of the pain, it inflicted on me in context with my use of alienation in the situation), and I also completely and totally love and accept **the pain** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting the pain in spite of the discomfort it inflicted on me in the situation).

The two times eight reminder statements for the two tapping rounds below:

EB: My **insincerity** made me think that (I choose to complete the sentence by writing down what my insincerity made me think in the situation).

SE: My **insincerity** made me feel that (I choose to complete the sentence by writing down what my insincerity made me feel in the situation).

UE: My **cunning** made me think that (I choose to complete the sentence by writing down what my cunning made me think in the situation).

UN: My **cunning** made me feel that (I choose to complete the sentence by writing down what my cunning made me feel in the situation).

CH: My **unreliability** made me think that (I choose to complete the sentence by writing down what my unreliability made me think in the situation).

CB: My **unreliability** made me feel that (I choose to complete the sentence by writing down what my unreliability made me feel in the situation).

UA: My **alienation** made me think that (I choose to complete the sentence by writing down what my alienation made me think in the situation).

TH: My **alienation** made me feel that (I choose to complete the sentence by writing down what my alienation made me feel in the situation).

Then I take a deep breath and feel how the intensity of my pain is now on a scale from 0-10.

The pain is (I choose to complete the sentence by writing the number, I **believe**, is my pain-number now).

Then I choose to continue to tap on like suggested below.

EB: Maybe I could open up to let go of my **insincerity** if (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my insincerity in a similar situation in the future).

SE: Then I could also let go of my **cunning** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my cunning in a similar situation in the future).

UE: If I did that I might no longer need to hold on to my **unreliability**, which (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my unreliability in a similar situation in the future).

UN: Then I could also let go of my **alienation** by (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my alienation in a similar situation in the future).

CH: I **believe** that now I can recover from my **insincerity** and my **cunning**, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to recover from my insincerity and my cunning

in a similar situation in the future).

CB: Yes, actually, I begin to **believe** that I can let go of my **unreliability** and my **alienation**, because (I choose to complete the sentence by writing down what I **believe** could make me recover from my unreliability and my alienation in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Nanoring of Arrogance** because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to let go completely of using The Nanoring of Arrogance in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Nanoring of Arrogance** and thereby from using my **insincerity**, **cunning**, **unreliability** and **alienation** in a similar situation in the future, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to allow my Higher Power to liberate me from using The Nanoring of Arrogance and thereby from using insincerity, cunning, unreliability and alienation in a similar situation in the future).

Then I take a deep breath and feel into how the intensity of my pain is now on a scale of 0-10.

The pain is at (I choose to complete the sentence by writing the number, I **believe**, is my pain number now).

I continue my tapping rounds until my pain of being in **The Nanoring of Arrogance** is tapped down to minimum half of the number, which I gave the intensity of the original pain and preferably a number that is even smaller, before I choose to go on tapping as suggested below on:

The Nanoring of Truth with its

- a. Sincerity
- b. Simplicity
- c. Reliability
- d. Familiarity

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Nanoring of Truth** by using **sincerity** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use sincerity consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use sincerity consciously in a

similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Nanoring of Truth** by using **simplicity** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use simplicity consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use simplicity consciously in a similar situation in the future).

KC left: I hereby choose to give myself permission to use **The Nanoring of Truth** by using **reliability** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously use reliability in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use reliability consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Nanoring of Truth** by using **familiarity** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use familiarity consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use familiarity consciously in a similar situation in the future).

The two times eight reminder statements for the tapping rounds below:

EB: I hereby choose to give myself permission to use **sincerity** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use sincerity consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **simplicity** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use simplicity consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **reliability** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use reliability consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **familiarity** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use familiarity consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **sincerity** consciously in a similar situation in the future, because (I choose to complete the sentence by

writing down why I want to use sincerity consciously in a similar situation in the future).

CB: I hereby choose to give myself permission to use **simplicity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use simplicity consciously in a similar situation in the future).

UA: I hereby choose to give myself permission to use **reliability** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use reliability consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to consciously use **familiarity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use familiarity consciously in a similar situation in the future).

Then I take a deep breath and feel how the intensity of my joy is now on a scale of 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

Then I choose to continue to tap on as suggested below.

EB: I hereby choose to give myself permission to use **The Nanoring of Truth** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Nanoring of Truth consciously in a similar situation in the future).

SE: I hereby choose to give myself permission to use **sincerity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use sincerity consciously in a similar situation in the future).

UE: I hereby choose to give myself permission to use **simplicity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use simplicity consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **reliability** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use reliability consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **familiarity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use familiarity consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **sincerity** and **simplicity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use sincerity and simplicity consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **reliability** and **familiarity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will bring me joy to use reliability and familiarity consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Nanoring of Truth** by choosing to consciously use **sincerity, simplicity, reliability** and **familiarity** in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it would be to my advantage to use The Nanoring of Truth consciously with its sincerity, simplicity, reliability and familiarity in a similar situation in the future).

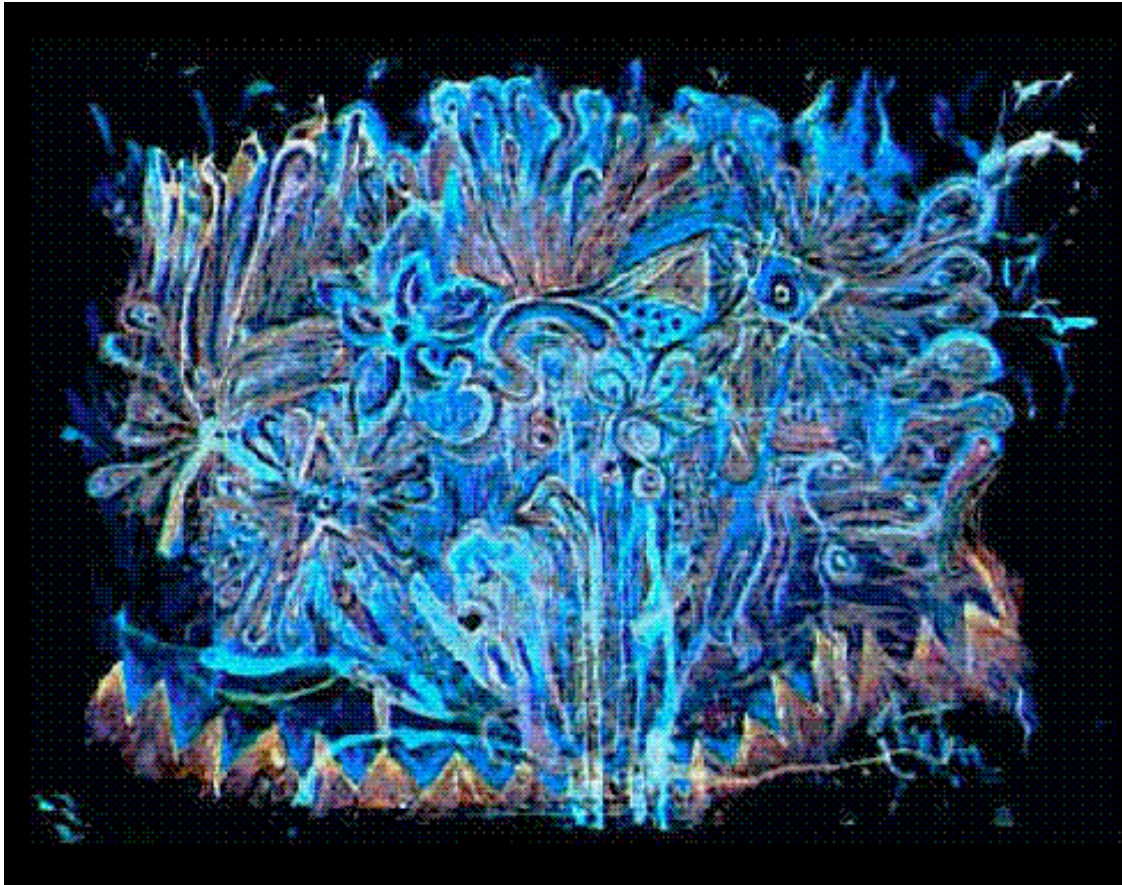
Then I take a deep breath and feel how the intensity of my joy is now on a scale from 0-10.

The joy is at (I choose to complete the sentence by writing the number, I **believe**, is my joy number now).

When my joy has gone up to minimum 5 on a scale from 0-10, or even more, I perceive my tapping to be completed.

SIXTH STEP ANALYSIS FOR MEMBERS OF

ACTIVE ADDICTIONS ANONYMOUS



THE WILD LIFE