

Clearing Debt: Eliminating the Emotional Burden of Debt to Finally Allow You to Move Forward

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The Burden of Debt

Debt can feel like a shameful secret.

If you are struggling with debt, you are not alone. With mortgages, credit card balances, and student loans, the average American household carries over \$200,000 in debt.

Having debt is not just a financial burden, but it carries heavy emotional consequences which, when not addressed, leaves us feeling overwhelmed and often resentful. The anxiety that often comes with even looking at this problem robs us of the ability to be resourceful and innovative. Problem solving is nearly impossible when emotions are weighing heavily on our shoulders. This is a big topic because so many people have debt and they need to understand the important emotional implications tied to debt.

That is where Tapping/EFT really comes in and makes the biggest difference. By shifting the emotion and even the nervous system reaction that you have around your debt, it can change your money situation forever. This is because there's an emotional healing that is taking place that enables a massive shift in your energy that will lead to what will feel like miracles in your life and in your money.

You might feel apprehensive at sitting down to spend time looking at your debt, but this session is designed to help shift your energy around money and that is going to create real dollars and cents miracles for you!

Why Debt Blocks Us

Debt triggers very negative emotions for us.

Do you know the number one feeling that comes up universally for people when they start talking about their debt or looking at it? It is the worst feeling that you could ever have blasting through your nervous system, and it is shame; shame and embarrassment.

Shame and embarrassment prevent you from feeling like you can ever move forward and actually change your financial picture, meaning you will never spend any time dealing with the debt that you want so badly to be rid of!

Many people falsely believe that letting go of the stress around debt is the last thing they should do; that if they really care about changing a problem, they should stress about it and feel this burden because they somehow feel they deserve it, or that the only way they are going to make a change is by putting this heavy, emotional weight on themselves.

The truth is: there is boundless resourcefulness and energy that you can bring to your financial situation when you shift the inner wall that's getting in your way.

The First Steps to Change

We come to new ways of being by really observing and starting to question our habitual reactions.

When most people think about their debt, (there will be an exercise later where we are going to walk you through this), they often feel shame, guilt or are sometimes reminded of an event from the past that they haven't forgiven themselves for.

Shame, guilt and thoughts like, "I should have known better. I should have made a different decision," together always++ mean one thing: It means, "I don't really deserve anything good because guilt says it is my fault. I didn't learn my lesson and I need to be punished still." Or, "I haven't really been punished enough yet."

Many times when people look at their debt and they feel like a failure or shame or guilty, what they are saying to themselves is, "I really don't deserve" – or, "I actually deserve what I am getting and I deserve to feel this guilt. I deserve to suffer. I deserve to be stressed."

So the a-ha moment is to observe this and take stock in this and observe what happens in your body when you are feeling those feelings and how that wall comes up over and over and over.

If you were to go to work tomorrow, you would bring your brilliant self, right? You wouldn't have any of this baggage with you as you are working on projects. You would do great and knock things out of the park. Yet when it comes to our debt and our finances, we feel blocked because of all of this negative emotion and it is exactly this wall inside and all of these feelings that we are not aware that actually make us incredibly stuck and unresourceful when it comes to our finances.

Of course when we think about them we go, “Wow, how am I going to change it? It is so overwhelming.” And it really is because, in that moment, we are not resourceful and this is so important to realize. You shift into a more resourceful person when you let go of some of this guilt and shame and fear.

Tapping also allows us to release the pressure of having to know all of the answers. Getting rid of debt isn't just one decision made. It is a daily commitment to make a difference and to be able to really look at the problem face to face and not let it emotionally drain you, but instead to feel empowered at the steps you're taking. This is why it's so important to have some kind of tapping practice and to approach this in a way where we feel like we can be consistent with taking steps forward, even though we don't know all of the answers.

Working with people on their debt, time and again their check-ins will reveal that looking at their debt starts to feel like planning a vacation! That excited, anything is possible, energy! They'll be doing things like researching, staying up late, looking at spreadsheets, coming up with new resources and ideas. You can actually see the change in energy. They become excited about the goal, which leads to curiosity. They become more open to helpful knowledge and reach out to people instead of shrinking in shame and getting more isolated.

You need to have a process of being open and curious and willing to see, “What else I can do? What else can support me? Where can a miracle unfold for me? Where is there a resource I already have?” You become a completely different person in the process of tapping and as you work towards a goal around your finances, which can include a goal around your debt, it becomes something exciting that you are enthusiastically doing and creating. And that is just an awesome place to be. That is a huge shift away from denial and shame!

This is what's so great about tapping. As you are reading this, you logically know that it makes sense to begin to have emotional shifts to feel a little bit better in order to address your debt. And even if you think that this is a really great idea, the reality of feeling a physical difference and feeling this emotional shift can seem very far-fetched because you are still feeling that fear and overwhelm of looking at the bills and the situation.

The very first step that we can take to begin to address this challenge is to jump in and tap!

Looking at Your Debt

The way we are going to get started now is really for you to get out a piece of paper and actually

start to write down the number that you have of your debt. What is that number and if you are not quite sure because you haven't been opening those letters – I can't tell you how many people tell me that, where they haven't opened them in months or sometimes years--take your best guess because just looking at the number and getting clear about it, even if it is a guesstimate, starts the process of shifting your energy. Because avoiding is like a vacuum and that tends to be really common around this topic.

And again, why wouldn't you avoid something that makes you feel awful? It makes you feel ashamed or embarrassed or that you failed or got betrayed at one time in your life. Why wouldn't you avoid that? You would be crazy to put a lot of time and energy and focus on it and that is the mind, body, money connection. When we shift the inner stuff your outer actions will be able to shift in a way that is much more open, inspired, and powerful.

It reminds me of my favorite quote from Brad Yates when he says, "Self-sabotage is simply misguided self-love." The idea of beating yourself up for the way that you are acting is not effective but actually understanding that the reason you have been avoiding the debt is because there is a part of you that doesn't feel like it is safe to take an honest look at it. So here we are and we are going to make it a safe environment for you to do just that.

When it comes to debt, people often have an old story regarding how the debt was created where they say, "I actually haven't forgiven myself for that and I don't deserve to forgive myself or someone else."

There are often a lot of unforgiven feelings around debt. I have had people say to me, "Margaret, the very reason I didn't start tapping on this was because I didn't feel like I deserved to let it go and forgive myself and move on because I knew that would happen if I started tapping on it."

We want to get you started and that is why we are going to actually lead you through this process.

Exercise

Write down the total amount of your debt.

If your mortgage feels okay to you, as that feels like good debt for some people, then you can leave that out but I want you to really focus on the debt that feels bad to you, that is sitting there. Maybe it is a debt from a mistake or some kind of a business gone bad or just credit card debt? Really focus on debt that makes you feel yucky when you lay in bed at night and put that number down on the page.

How Does it Feel?

Then I actually want you to say it out loud. Look at the number and say, “This is my debt,” and then say the number out loud.

As you say it, I want you to pay attention to the feelings and the raw sensations that arise when you speak that number and just notice how that feels. I want you to guess if you were to sit here in this moment and really keep looking at it and really keep saying it, on a scale of one to ten with ten being the highest, how high would the feelings coming up right now get? And sometimes people say to me, “Margaret, it is a five right now, but if I keep sitting with this it is going to be a ten.” And that can be fear mixed with shame.

As you look at it, I want you to finish this sentence, because this reveals another piece of it:

This debt means I’m

Bring in the Clarity

Commonly, the way that people fill in the blank on this is some of the darkest stuff you can ever hear someone say. This is when you hear people say, “I’m an idiot,” or, “I’m a failure,” or, “nothing I do ever matters.” Or they’ll say something about the world, like, “I can never get ahead, the world is unfair. People betray you.”

So when you fill in this sentence this is a big a-ha moment for you.

When you think about the feelings and the sensations that came up and then you will look at the sentence – “This means I’m _____,” I want you to take a breath and have a-ha moment that when you think about or you are reminded of your debt, this is what happens inside of you.

There is a blast of negative emotion and this phrase pops into your head.

Do you see why you haven’t spent a lot of time focusing on your debt? So just give yourself that little bit of acceptance and say, “Okay, I am going to let myself off the hook a little bit because it is painful.”

Before we start tapping, just look at a different perspective. Energetically, debt means someone has lent you credit. It is you being lent credit by a third party and so when you think about this energy and the form of money coming into your life, which is actually credit, it triggers a lot of negative emotions. So for you law of attraction people, think about that. It is another level of saying, “Wow, when I think about any kind of money, I have a really negative vibration.” In

general, when we are considering our own creditworthiness, we want to feel great about that. So there's another sort of subtle reason shifting this energy is important.

So as you look at these emotions coming up, the first thing is to just have an a-ha moment to acknowledge that this is your wiring right now. It is not resourceful. It is not supporting you. You don't deserve to be punished anymore because I want you to think back about all of the years that have gone by since you have had this debt and how many times you have said this sentence to yourself.

Do you really need to keep punishing yourself or is it time to move on?

With that energy, let's move into tapping.

I am going to walk through the tapping points starting with the eyebrow point. I am actually going to skip the whole karate chop point setup because sometimes when you are really feeling the emotions in the moment, you want to jump right into tapping.

Tapping Round 1: Clarifying and Eliminating the Negative

Starting with the eyebrow point:

Eyebrow	There is my debt
Side of Eye	It does not feel good
Under Eye	And I am feeling it
Under Nose	The shame
Under Mouth	The failure
Collarbone	I have really failed
Under arm	There it is in black and white
Top of Head	All of this feeling It is so dark, so heavy.

EB	There is my debt
SE	I don't want to look at it, it is painful
UE	I don't want to think about it, it reminds me
UN	Of something painful, I am failing, I am not enough
UM	What I do isn't enough and it's always the same
CB	It is all of this feeling, so heavy
UA	All of this fear and sadness, and it feels like it is all my fault. I mean, isn't it?
TH	All of this debt is all my fault

EB I honor my feelings
SE I am just going to honor my feelings
UE This is really heavy
UN I am breathing light into it
UM All of this old shame, unforgiven shame
CB Unforgiven debt, shameful debt
UA I am breathing light into it, it is time for a change
TH I have been punished enough.

Now take a deep breath.

Some people might want to keep tapping through that multiple times until their feelings become less intense.

It is also okay to shift the words to words that resonate with you even more. We wanted to at least address all of that and show you that is how honestly we voice the emotions that come up when it comes to debt. The most effective way to move the emotion is to verbalize your most honest feelings.

Honoring the Pain

If the tears are flowing or a lot of emotions came up for you, this is typically what happens when we have avoided something for a long time. We never really allow ourselves to sit with it, so just know that this is a healing moment. It isn't about making you feel bad and suffering. Tapping is a clearing technique, so we are trying to find this negative feeling and the nervous system component of it because your feelings are blasting through your nervous system and we release them when we voice and we tap and that is what tapping is proven to do.

It is okay to keep tapping while you are reading this. Tap a couple of the tapping points with the intention of, "I am honoring and releasing all of this heaviness."

Shift the Energy

After that first round when you start to feel a little more calm, it is good to start to shift into a different "who am I" energy because people fill in that sentence that says, "This debt means I'm _____," and it is often something super negative about themselves or what they have done or who they are. So we want to start shifting that.

I want you to look at your debt again. Just look at the number. It hasn't changed, magically, right? But notice how it feels when you look at the debt now.

People find that after even one round of tapping, they feel a lot more neutral. But we can go better than neutral!

I want you to look at the debt again. Is it your intention to repay the debt? Not everyone has that intention, right? We often find that people who are doing this personal development work are very high integrity. And I can't believe how people forget that about themselves, so I always try to point it out!

So we are going to start tapping again on the eyebrow point.

Tapping Round 2: Positive Vibes, Saying YES!

Eyebrow There is my debt, it hasn't changed
 Side of Eye It feels a little calmer. I mean, I don't like it, but it is what it is
 Under Eye I honor all the shame I had about it
 Under Nose And how hard I have been on myself, I totally get it. I am really hard on myself about this
 Under Mouth I honor all the stories and things that happened
 Collarbone That led to this debt. Some of them I have let go of and some of them still hurt
 Under arm I honor how this debt came to be and my role in it, but it is time to move forward
 Top of Head The truth is I am a person of high integrity

EB I really want to repay this debt. I want to eliminate it, and that means repay it.
 SE I am a person of integrity. Not everyone has that intention
 UE I feel good about that
 UN I love the idea of having fabulous credit, of being able to get credit when I need it
 UM I am grateful I have this line of credit
 CB I am proud of my goal to repay it
 UA So I am now open to being supported in that goal. I am open to this being easier than I thought
 TH I am actually a really smart person and there are lots of ways I can figure this out

EB So I am open to that
 SE I am open to resources and people helping me
 UE I am open to having an idea in the shower about this
 UN I am open to the entire universe supporting my repayment
 UM I am open to it happening quickly, so quickly I am amazed
 CB That sounds really fun. I have no idea how that could happen
 UA But I am open to it

TH I honor my integrity and character and I honor this debt as it disappears

Okay, and take a nice deep breath.

When you say, “I am open to having an idea around this,” one will literally show up. It will wake you up in the middle of the night or appear in your head when you are walking. Your mind is open to having ideas and by simply saying, “I am open to resources, I am open to people supporting me because as a person of integrity this is a goal that I have,” that is when miracles show up!

People will say, “I literally went out to the mailbox the next day and there was a check that I didn’t expect to get from an inheritance that was in probate and it paid off half of my debt in one shot!”

People are taking their life back and they are enjoying the process. That is what I think is so great about this work, that we don’t need to suffer in order to achieve. I think that is an old, outdated belief. It starts with you and as soon as you shift into enthusiasm the whole world will shift with you.

People will say, “I am a different person at work!” You wouldn’t believe how many CPAs, financial advisors and bankers have this exact same issue with debt even as they are advising others on theirs! This is because when they advise people at work, they don’t have this inner shame that they have in their own finances.

So it is not isolated to people who aren’t savvy with finances. It truly isn’t, and it cuts across all demographics and all people of all income levels, so we are sort of in this together and the common thread is that the heavy, negative emotions and the self-punishment have to go. You cannot keep those and move forward.

“I am a Great Money Manger!”

With debt, it is something that has actually materialized in your life, it is actually dollars and cents sitting out there in space right now. It is real and you have manifested it. It means that you have to go from doing this inner shift into action and in the actual world the way it happens is your inner shift creates new action, new activities, and new focus. Focus always creates new action and that is what actually makes the debt go away. Yes, sometimes things fall in your lap and we hear a lot of those crazy stories but in general to consistently clear the debt and consistently clear more money it is going to have to come from your actions.

So you first shift from debt into neutral, or zero debt and then you have the whole other side,

which is shifting into wealth and creating wealth even if that simply means, for now, a savings account! That is the opposite of debt and makes you feel safe, secure and supported.

This all means you have to shift into someone you may have never ever been your entire life up until now, which is to think of yourself as a good money manager. That is you stepping into the energy and the openness of becoming and growing into a good money manager and that starts right now.

Take a breath and feel that little challenge I just threw down. Go inside yourself and ask, “Am I open in this moment to saying I am open to growing myself into a better money manager?”

Because that is what life is calling you to do. I don’t care how spiritual or how selfless you are, if your money is a calling right now, it’s time to step into being a good money manager because that supports you in feeling secure, strong, and powerful in other areas in your life.

Go inside and see if that feels okay because that is what we are going to go do next.

This is where stuff gets good! And it doesn’t mean that you have to read a million books and become an expert overnight. It is a process and it starts just by being open.

This next tapping will bring that energy together because the number one thing people will say when they are dealing with this is, “I’m an idiot with money,” and we really want to shift that.

Tapping Round 3: Becoming a Good Money Manager

So, eyebrow point:

Eyebrow	The fact that I created this debt lets me often say
Side of Eye	I am bad with money, and I say that a lot
Under Eye	I am a terrible money manager. There is evidence everywhere
Under Nose	But the truth is I am pretty smart
Under Mouth	I have learned a lot of new things in my life and this actually is not rocket science
Collarbone	It seems my life is calling me to become a better money manager
Under arm	I don’t think of myself that way but I am open to it
Top of Head	I don’t know what that would look like but I am open to it

EB	I am open to learning what I need to learn
SE	To be a better money manager
UE	I am open for it to be easier than I think

UN Being a better money manager
UM I am open to learning whatever I need to learn
CB And finding people who will advise and teach me
UA Because that makes it sound easy
TH I am committing to put my focus and energy on this

EB Wow, that is a big statement
SE But it feels right
UE Putting my focus and intention
UN On being a better money manager
UM Maybe a million dollar money manager
CB I don't know
UA What that would be like
TH But I am open to it. My mind will support me every step of the way. Managing my own money like an empowered money manager - that feels good.

Okay, and take a breath.

This tapping is less about voicing deep emotion and as you hear it starts to shift when we come to the other side of an issue into becoming a little bit more of an affirmation about what we want and being open to being supported.

When there is something specific that we want, when it comes to money there is no real way to escape this part of it: you need to be willing to look at what money represents in your life because it represents many things. It is also kind of metaphorical for your empowerment and you need to be willing to put some focus and energy and intention on putting the best money manager you can be and becoming savvier around money or at least having advisors help and support you and when you have that energy you are going to feel fantastic and this is the other part of a shift.

In a day of people looking at their finances and making decisions and putting together a plan, people leave that activity and they feel like a million dollars even though they are like, "Wow, the plan hasn't even been enacted yet and I feel empowered and smart and savvy," and that is an incredible energy.

I'm thinking of a particular client's story. One of the funny things that this guy would do was make it a game to pay things off. He would go to the money machine and transfer funds or deposit a check and then he would come home and the kids and he would log online and look at the number and look at the debt getting lower.

That's the total opposite of avoiding the debt! It becomes this exciting thing where every time he went online and looked at that number, he thought, "I'm awesome. I am a great money manager, and I am teaching my kids something great, too." And that is just such a great example of how the energy shifts.

This shows, as well, that you could be reading all of these different books and getting different advice on how to manage your money but if you are just so overwhelmed and you feel like you are not good enough, you are not going to apply it and it is not enjoyable. So what I love about this tapping is you are not saying, "Oh, just tap, and suddenly everything will be okay," you are saying you are going to empower yourself in a way that this becomes an incredible experience.

The Importance of Taking Action

Something has to happen after the tapping. This is where personal development and inner transformation hits the real world and we actually start taking action with that new energy. When it comes to the dollars and cents reality of how your money is right now, it needs to also be dealt with in an action-oriented way and in the real world. It is like woo-woo married with actionable steps!

When you are open you are able to learn; the challenge is when you begin to learn something new, you are not a pro at it. You are kind of learning and figuring out what works and what doesn't work and if you always have this inner critic that criticizes you over every single mistake then you are going to take one step and maybe it doesn't work out, and then you will stop.

But if you are open, then you have the ability to take that one step and if it doesn't work out you can look at it and go, "Hmm, what can I do different? This is exciting, that didn't work so I can take that off, and I can focus on something else."

I like to use the metaphor of work and that is how people tend to be when they encounter a challenge at work in a project. They are like, "Okay, let me try something else!"

When it comes to your money and the issues that you have in your money, one of the things I say to people a lot is to be willing to focus and be relentless. If money is an area that you really want to shift and you probably wouldn't be reading this if you didn't really want to shift it, then be willing to leave no stone unturned. Be relentless when it comes to clearing out your blocks to wealth and when you hear your inner critic saying, "You're an idiot, that is never going to happen," I want you to stop in that moment and stamp your foot and go, "You know what? That is not helping me. I am going to relentlessly take action and figure out what I need to do about my money."

So whether it is clearing out actions or asking more questions, finding more experts and trying more things, be relentless because when you take that much energy and enthusiasm and courage towards something in your life, this is where you see such a massive shift.

I have been doing money work for eight years and if I find that I have a resistance to something on a scale of one to ten at a two, I still tap on it because I want to be relentless in clearing out anything that is going to stop me because I don't have time for fear! I don't have time to be stuck! I want to expand and I want to earn well and so I am relentless at going after things and I am so much more willing to ask questions than I used to be.

Moving Forward & Integrating this Work

You may feel incredibly inspired reading this. You may feel this new drive that wasn't there before but let's fast-forward a week from now.

Say you've been making great progress and then suddenly come across another block or feel like you are going back to that old pattern. When you catch yourself, and you are all alone without this workbook to lead you through the tapping, here's what you can do:

Simply start tapping on any of the tapping points.

One hand, two hands, or any of them. Just start tapping and start voicing whatever is going on with you. So if you start to notice that you are in a negative place and you hear yourself saying, "I am such an idiot, I am such an idiot," I actually want you to tap and say that out loud and voice it because it will finally relent and release and you will finally shift out of that voice.

Don't even fight it, just start tapping on, "I'm an idiot, I'm an idiot, I'm an idiot." Just voice whatever it is.

Take a breath and notice if you feel calmer and then ask yourself this question, "What do I want? What do I really want?"

That is going to give you a more clear answer and put you back in the energy and the enthusiasm of going for what you really want instead of spiraling down from that inner critic or that fear.

Debit Repayment

Eventually, the actual debt repayment is a piece of it and when I look at the whole financial picture for people, I always encourage them to start setting goals. Eliminating your debt is a really big goal and you want to celebrate, just like that dad was doing. He would go on the

computer and he would celebrate – another \$500 knocked off the top.

Celebrate progress, not just the end. Celebrate the progress every step of the way. It is so important.

Then take the next step, which is to set a goal for financial solvency, even if it is six months of living expenses in the bank or something like that. Set goals for yourself so that you can get excited and can start to focus your money management activities.

Otherwise, we tend to just sort of randomly spend and not really think about our bigger goals so set a goal and then let your new money management activities and skills really rally around that goal.

That is why it's so important to celebrate the progress. If you put one dollar in your new savings account, celebrate like you cured cancer. Celebrate because the celebration is what is going to have you continuing towards that goal.

Affirmations for Money Tapping

It's funny because I went through engineering school, so I had lots of levels of calculus and if you put a dollar sign next to a number, I would panic and freeze. My CPA is my brother-in-law and I would be completely afraid and embarrassed and I would tap and be like, "What is wrong with me?"

Then I realized: I didn't have any role models around that and I never thought of myself as a competent money manager. I thought, "Well, I am not good with money. I am not good with money."

So I find that the affirmation that worked best for me and most people seem to love and it is also so wildly different from where they began is, "I am an awesome money manager. Money is flowing to me because I am a great money manager, I can handle it, I know what to do with it, and I am savvy."

It's a little more concrete than some of the typical money affirmations that people use like, "Money is manifesting and money is showing up." If the universe knows that you can handle a million dollars, maybe the universe is much more willing to send you a million dollars!

So play with the affirmation around being a great money manager and make it your own. It is fun

and it will actually encourage you to be more thoughtful and savvy.

When we begin to change our internal environment the shifts we see in the external world are just incredible!



The Wall Street Journal Calls her “The Wealth Manifestation Authority”! Margaret M. Lynch has x-ray vision for seeing the fears and limiting beliefs that keep coaches and experts limited in their money and personal power. An accomplished Transformational Coach, bestselling author and creator of the Tapping Into Wealth Coach Certification Program, Margaret delivers high-impact transformation that clears the inner blocks to wealth and success and creates the “on-fire enthusiasm and charisma” that is key to skyrocketing wealth.

After 18 years of engineering management and winning top sales awards at Fortune 500 companies, she left corporate America and to live her passion. In less than 4 short years, Margaret created a million dollar business using the exact techniques she teaches. She brings her transformational work to thousands of people from all over the globe through her wildly popular coaching programs, live events, on-line videos (almost 16K YouTube subscribers) and through her newsletter which goes out to over 170,000 raving fans.

Margaret has trained and certified hundreds of Transformational Coaches following the methods in her best-selling book *Tapping Into Wealth* (Penguin/Tarcher). She has been featured in *The Wall Street Journal*, *Boston Globe*, *Miami Herald*, *Houston Chronicle*, *San Francisco Chronicle*, *NBC*, *ABC*, *CBS News*, *FOX* and *CNN*.

Margaret’s draws on her rich experiential and educational background to bring a down to earth practical balance to her teachings. She earned a Bachelor of Science in Chemical Engineering from Worcester Polytechnic Institute and certifications in both EFT (Gary Craig Certification) and Hypnotherapy. She is an accomplished professional speaker, member of the National Guild of Hypnotists (NGH), the Association for Comprehensive Energy Psychology (ACEP) and a former member of Business Networking International (BNI).

For more information about Margaret’s transformational products and programs please visit www.MargaretMLynch.com.