



Rewriting the Rules: How to Release and Rewrite the Beliefs That Are Holding You Back

BRAD YATES

www.tapwithbrad.com

The results we get in our lives are mostly determined by the choices we make. And most, if not all, of those choices are based upon our beliefs – our beliefs about what is safe for us, what we can handle, what we deserve, what is right, etc. And many of our beliefs are not only not based on facts, they may be gross misunderstandings. And while that may have caused a lot of trouble in your life, it is also good news, because it means they can be changed.

Change your mind, change your life.

Being, Doing and Having

This is a well-known continuum – also often stated as:

Thoughts > Feelings > Actions > Results.

We know that doing leads to having, or action leads to results. If we aren't getting the results we want, we must decide to change the actions. Fortunately, there is plenty of information available on how to do just about anything. If you want a slimmer body, there is an overwhelming amount of information on how to do so – some of it truly valid. Same with getting better at your profession, or playing an instrument or just about anything else you might want to learn to do to get a desired result.

Unfortunately, if these actions – or the desired results - are not congruent with what you believe is right or possible for you, it will be difficult at best to start, much less continue, taking these actions.

Fortunately, you can change your beliefs – and reeducate yourself to be comfortable doing things that used to seem somehow wrong. The fact is, you have done so numerous times throughout your life. There was a time when you believed you needed to hold someone's hand in order to cross a road. If you hadn't changed your mind about this, you'd likely still



be standing at some street corner, waiting on the kindness of a stranger. With a little effort, I'm sure you could come up with many other examples.

Here are some ways to use tapping to clear the old programming, and replace them with more beneficial beliefs:

Cultivating Empowering Beliefs

1. Identify beliefs you would like to have ...
2. Ask yourself on a scale of 0-10 how strongly you believe this.
3. Identify what thoughts, beliefs, experiences keep any of these from being a 10. (It helps to also note evidence that you do have it.) List as many as you can think of.
4. Identify why you might block yourself from having this quality – what might be the negative consequences? List as many as you can think of.
5. Use the answers to form set-up phrases, and start tapping.

It may help to use a chart like this (with example included):

Desired Belief	How Strongly I Feel I Have it	Reasons why I don't have it	Reasons why I could have it a bit	Possible negative consequences
I'm good enough	3	I was told I was worthless.	I've done some good things in my life.	I might be put down if I put myself out there...
		I didn't always get good grades in school.	I didn't flunk out.	There might be higher expectations of me
I'm good with money	3	I'm in debt. I always spend more than I make.	I handle it well enough that I'm at least taking care of my basic needs.	I could become rich, and that would be wrong - people would hate me.



Use your answers to create a tapping round, such as:

- SH: Even though I doubt I'm good enough, I choose to love and accept myself.
Even though I doubt I'm good enough, I choose to love and honor myself.
Even though I doubt I'm good enough, I choose to love, honor and accept myself.
- EB: I doubt I'm good enough.
- SE: People have told me I'm not good enough.
- UE: Maybe I'm afraid to believe I am good enough.
- UN: What might I be afraid of?
- UM: I choose to clear that fear.
- CB: I must have some worth, or I wouldn't even bother tapping.
- UA: I choose to know that I am plenty good enough...
- TH: In body, mind and spirit.

Take a deep breath (and maybe a drink of water).

Note: It may be useful to use a role model:

1. Identify someone you admire (could even be a fictional character, like a superhero).
2. Identify what beliefs they might possess that make them the admirable person they are.
3. Ask yourself on a scale of 0-10 how strongly you feel you have each of these beliefs.
4. Identify what thoughts, beliefs or experiences keep any of these from being a 10. (It helps to also note evidence that you do have it.) List as many as you can think of.
5. Identify why you might block yourself from having this belief – what might be the negative consequences? List as many as you can think of.
6. Use the answers to form set-up phrases, and start tapping.

Let go of unwanted beliefs

You can also shift what you currently negatively believe about yourself.

1. Identify beliefs you have about yourself, but wish you didn't, such as that you are unlovable, lazy, stupid...
2. Ask yourself on a scale of 0-10 how strongly you believe it about yourself.
3. Identify what thoughts, beliefs, and experiences keep any of these from being a 0.
4. Identify why it might benefit you to hold on to this – what might be the negative



consequences of letting it go? List as many as you can think of.
5. Use the answers to form set-up phrases, and start tapping.

Undesirable Belief	How Strongly I Believe it	Evidence that I do have it	Possible imagined benefits
I'm Lazy	7	I rarely get anything done.	Without it, I might actually be successful... and that doesn't feel safe...

Use your answers to create a tapping round, such as:

SH: Even though I believe I'm lazy, I choose to love and accept myself.
Even though I believe I'm lazy, I choose to love and honor myself.
Even though I believe I'm lazy, I choose to love, honor and accept myself.

EB: I believe I'm lazy.
SE: I have lots of proof that I'm lazy.
UE: Maybe I'm afraid to take action.
UN: What might I be afraid of?
UM: I choose to clear that fear.
CB: I must have some ability to take action, or I wouldn't still be here.
UA: I choose to believe I'm motivated.
TH: In body, mind and spirit.

Take a deep breath (and maybe a drink of water).



Conclusion

Improving your beliefs about yourself will naturally improve your circumstances.

Be aware that we tend to be attached to our current beliefs, and will look for evidence to support them. Ask yourself what might be the negative consequences of changing your mind, such as a feeling that by changing you would betray yourself or others. But being less than you can be is not being true to yourself or others.

We are who we have chosen to be – not all at once, but by a series of small choices based on beliefs that have often been formed based on misunderstandings. You can clear up those misunderstandings and make new choices. Please do so. You deserve the best life has to offer. :)



Brad likes to think of himself as an Evolution Catalyst. He is known internationally for his creative and often humorous use of Emotional Freedom Techniques (EFT). He was trained and certified at the respected Hypnosis Motivation Institute in Tarzana, CA, where he served on staff. Combining this background with training in energy psychology and various schools of thought in the area of personal growth and achievement, he coaches groups and individuals in achieving greater success, health and happiness in their lives.

Brad has worked with a diverse group of clients, from CEO's to professional and NCAA athletes, from award-winning actors to clients in programs for homeless men and women and people in recovery from drugs. He has been a presenter at a number of events, including Jack Canfield's "Breakthrough to Success," several International Energy Psychology Conferences and the Walk On Water (WOW) Fest in Los Angeles. He is also the author of the best-selling children's book "The Wizard's Wish," the co-author of the best-seller "Freedom at Your Fingertips," and is a featured expert in the EFT movie "The Tapping Solution." Brad has partnered on teleseminars with Joe Vitale and Bob Doyle of "The Secret," and has been heard internationally on a number of internet radio talk shows. He also has over 750 videos on YouTube, that have been viewed over 22 million times, and is a contributing expert on the Huffington Post.

To learn more about Brad, please visit www.TapWithBrad.com.



Desired Belief	How Strongly I Feel I Have it	Reasons why I don't have it	Reasons why I could have it a bit	Possible negative consequences



Undesirable Belief	How Strongly I Believe it	Evidence that I do have it	Possible imagined benefits