

# Getting Unstuck Second Class Welcome Back



with  
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EFT Master



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Watch the recorded VIDEO version  
of this session at  
<http://tinyurl.com/UnstuckRecordings>  
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## Did you do your homework?

### Remembering times when you:

- Felt hurt, disappointed, or betrayed
- Were criticized, judged or let down
- Were relying on a specific result that turned out very differently
- Felt like you had failed
- Were heart-broken
- Experienced deaths or other losses
- When you just wanted to give up or wanted to run away



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Neutralize failures and losses  
Reprogram your mind



**By Tapping!**

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**Steps to Getting Unstuck**

1. Find the cause of your “stuckness”
  - *When did this behavior start?*
  - *What was going on then?*
  - *When have I felt failure or loss?*
2. Do a reversal neutralization “Even though I don’t want to get over my failures...”
3. Tap away the causes

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**Golden Gate Technique**



1. Set-up statement “Even though I’ve failed at...”
2. 1<sup>st</sup> round: Use reminder phrase “my failure at...”
3. 2<sup>nd</sup> round- vent your feelings “I’m so mad at myself...” “what was I thinking?”...“how humiliating”
4. Reassess intensity (10-0)
5. If an 8 or below, repeat Step 1 and 2, then change 2<sup>nd</sup> round to “I want to let go of...”
6. Repeat 4 and 5 until intensity is 3 or less
7. When a 3 or below use *Choices...* “Even though I’m still a little upset by..., I choose to let it go.”
8. Keep going until all the charge is gone.
9. When at a zero, test yourself. Try to get upset.

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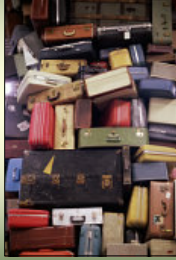
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## Bundling Baggage Technique



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## Neutralize & Reprogram...



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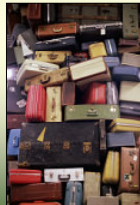
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## Steps to Eliminating Baggage

1. Bundle together past disappointments and failures...or, limiting beliefs, doubts and fears
2. Give the bundle a name

“The fear of failure, or my doubts and fears about starting a new business, or my beliefs that I can’t do anything right, or ALL of the above!”



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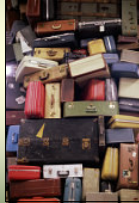
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## Steps to Eliminating Baggage

1. Bundle together similar, limiting beliefs, doubts and fears
2. Give the bundle a name
3. Assign an intensity of 10 to 1
4. Do a Reversal Neutralization
5. Tap away the baggage
6. When at a zero, test results



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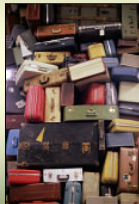
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## Steps to Eliminating Baggage

1. Bundle together similar, limiting beliefs, doubts and fears
2. Give the bundle a name
3. Assign an intensity of 10 to 1
4. Do a Reversal Neutralization

*"Even though I don't want to let go of these fears and beliefs..."*

*"Even though, for whatever reason, I don't want to get over my failures..."*



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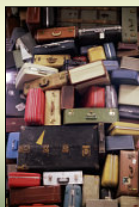
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## Steps to Eliminating Baggage

1. Bundle together similar, limiting beliefs, doubts and fears
2. Give the bundle a name
3. Assign an intensity of 10 to 1
4. Do a Reversal Neutralization
5. Tap away the baggage
6. When at a zero, test results  
(try to become fearful or justify any limiting beliefs)



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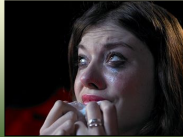
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Tap away ANY remaining failures, doubts  
fears, beliefs, obstacles, events,

Belief I don't deserve it  
Fear of failing, rejection, success  
Fear of becoming a target or criticism  
Belief I'm not good enough or smart enough  
Fear it won't last



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If there's a charge on any singular trauma,  
failure, event, disappointment, criticism, or  
*whatever...*

Such as "I still feel the pain from  
"THAT TIME" when..."

Tap on that separately

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Next time you'll learn how  
to focus on what you want...



Instead of on being stuck

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If you have questions or  
comments about this session or  
being stuck send them to:

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