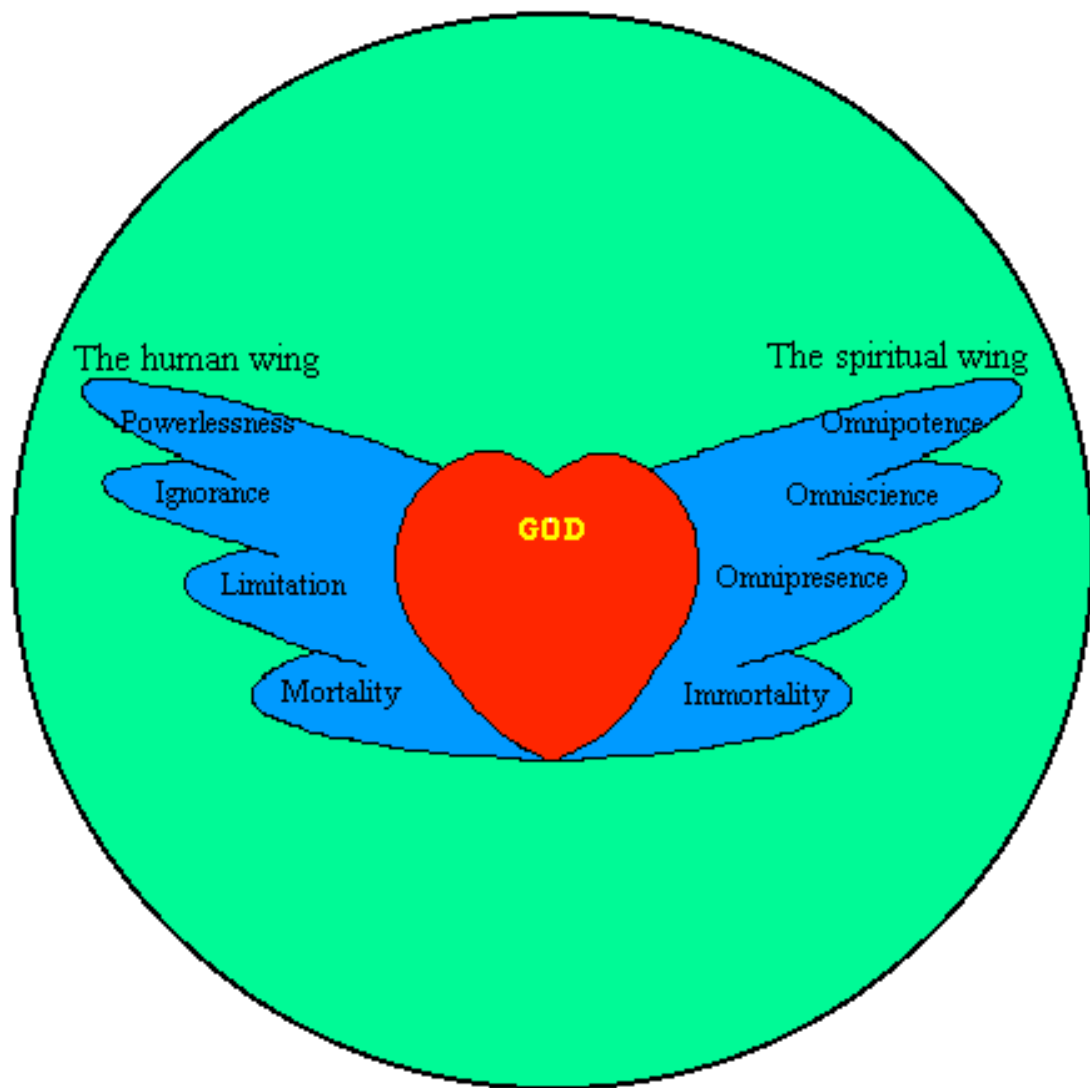


SIXTH STEP ANALYSIS FOR MEMBERS OF

CHRISTS ANONYMOUS



THE THIRTEENTH STEP

SIXTH STEP ANALYSIS FOR MEMBERS OF
CHRISTS ANONYMOUS – THE THIRTEENTH STEP
is createdmanifested by Harishchandra Sharma TuTu and Solvejg Sharma TuTu



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TABLES OF THE RINGS AND THE SUPERSTRINGS:

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

THE FOUR BIG RINGS OF PAIN AND THEIR SUPERSTRINGS				
	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 AND THEIR SUPERSTRINGS				
	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 AND THEIR SUPERSTRINGS				
	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 AND THEIR SUPERSTRINGS				
	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 AND THEIR SUPERSTRINGS				
	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 AND THEIR SUPERSTRINGS

THE FOUR BIG RINGS OF JOY AND THEIR SUPERSTRINGS				
	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 AND THEIR SUPERSTRINGS				
	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 AND THEIR SUPERSTRINGS				
	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 AND THEIR SUPERSTRINGS				
	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 AND THEIR SUPERSTRINGS				
	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, ENVY, HATRED AND ARROGANCE AND THEIR SUPERSTRINGS OF PAIN

THE FOUR BIG RINGS OF PAIN AND THEIR SUPERSTRINGS				
	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 AND THEIR SUPERSTRINGS				
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 AND THEIR SUPERSTRINGS				
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 AND THEIR SUPERSTRINGS				
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 AND THEIR SUPERSTRINGS				
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, HOPE, LOVE AND TRUTH AND THEIR SUPERSTRINGS OF JOY

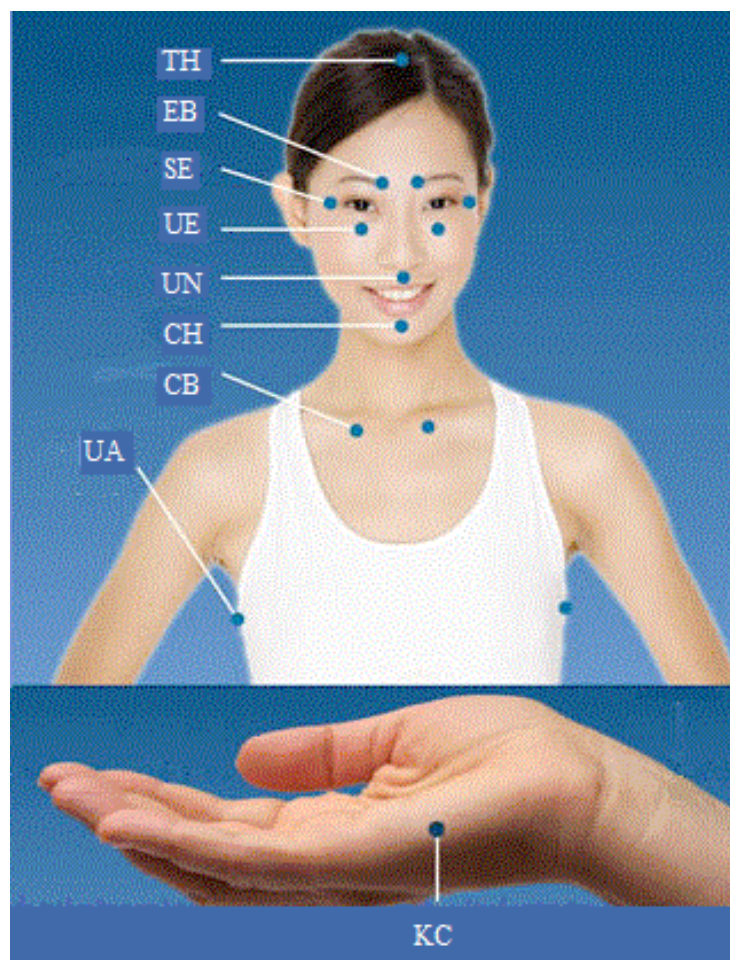
THE FOUR BIG RINGS OF JOY AND THEIR SUPERSTRINGS				
	North	South	East	West
Ring of Fulfillment	Fulfillment	Interest	Meaningfulness	Oneness
Ring of God-centeredness	Joy	Empowerment	Open-mindedness	Gratitude
Ring of Emotional Sobriety	Detachment	Integrity	Respect for self	Respect for others
The Big Ring of Joy	Faith	Hope	Love	Truth
THE FOUR RINGS OF FAITH AND THEIR SUPERSTRINGS				
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 AND THEIR SUPERSTRINGS				
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 AND THEIR SUPERSTRINGS				
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 AND THEIR SUPERSTRINGS				
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. Unclarity
- 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. Unclarity
- 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 **unclarity**, which (I choose to complete the sentence by writing down what I **believe** could make me let go consciously of my unclarity 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 **unclarity** and my **hoarding**, because (I choose to complete the sentence by writing down what I **believe** could make me recover from my unclarity and my hoarding in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Miniring 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 Miniring 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 Miniring of Envy** and thereby from using my **insecurity, confusion, unclarity** 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 Envy and thereby from using insecurity, confusion, unclarity 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 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 Miniring 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 Mining 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 Mining 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 Mining 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 Mining 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 Mining 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 Mining 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 Mining of Arrogance, and if I achieved it).

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

The Mining 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 Mining 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).

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).

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.

APPENDIX C

01. From **the Northern Vertical Superstring of Avarice** to the Northern Vertical Superstring of Faith.

Today I used

The Northern Vertical Superstring of Avarice with its:

- a. **Stinginess**
- b. **Pettiness**
- c. **Selfishness**

d. Inhibition

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

I write down how my use of **The Northern Vertical Superstring 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).

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).

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).

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).

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 Northern Vertical Superstring of Avarice, and if I achieved it).

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

The Northern Vertical Superstring of Faith with its

- a. Generosity
- b. Largesse
- c. Consideration
- d. Approachability

I choose to write down how I **believe** that my use of The Northern Vertical Superstring 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).

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).

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).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Northern Vertical Superstring of Faith** instead of **The Northern Vertical Superstring of Avarice**.

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

I believe that if instead I had used **The Northern Vertical Superstring 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 Northern Vertical Superstring 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 Northern Vertical Superstring of Faith in the situation, and if I do not think that I could more easily achieve what I wanted by using the Northern Vertical Superstring of Faith, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Northern Vertical Superstring of Avarice** to **The Northern Vertical Superstring of Faith**, I choose to move energetically from **The Northern Vertical Superstring of Avarice** to **The Northern Vertical Superstring 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 Northern Vertical Superstring of Avarice with its:

- a. Stinginess
- b. Pettiness
- c. Selfishness
- d. Inhibition

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in The Northern Vertical Superstring 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 Northern Vertical Superstring of Avarice today 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 Northern Vertical Superstring 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 Northern Vertical Superstring 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 Northern Vertical Superstring of Avarice today 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 Northern Vertical Superstring 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 Northern Vertical Superstring 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 left: Even though I chose to use **The Northern Vertical Superstring of Avarice** today 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 Northern Vertical Superstring 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 Northern Vertical Superstring 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 Northern Vertical Superstring of Avarice** today 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 Northern Vertical Superstring 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 Northern Vertical Superstring 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).

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

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

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

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

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

TH: My **inhibition** made me feel that (I choose to complete the sentence by writing down what my inhibition 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 of my stinginess consciously in a similar situation in the future).

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

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

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

CH: I **believe** that now I can recover from my **stinginess** and my **pettiness**, 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 pettiness

consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Northern Vertical Superstring 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 Northern Vertical Superstring of Avarice consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Northern Vertical Superstring of Avarice** and thereby from using my **stinginess, pettiness, selfishness** and **inhibition** consciously 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 Northern Vertical Superstring of Avarice and thereby from using stinginess, pettiness, selfishness and inhibition consciously 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 Northern Vertical Superstring 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 Northern Vertical Superstring of Faith with its

- a. Generosity
- b. Largesse
- c. Consideration
- d. Approachability

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Northern Vertical Superstring 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 Northern Vertical Superstring 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 left: I hereby choose to give myself permission to use **The Northern Vertical Superstring 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 consciously 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 Northern Vertical Superstring 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).

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 **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).

UE: 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).

UN: 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).

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 **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).

UA: 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).

TH: I hereby choose to give myself permission to consciously 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).

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 Northern Vertical Superstring 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 Northern Vertical Superstring 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 will 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 **largesse** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use Largesse consciously in a similar situation in the future).

UN: 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 will be to my advantage to use consideration 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 think it will be to my advantage to use approachability 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 **largesse** 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 Largesse consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **consideration** and **approachability** 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 approachability consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Northern Vertical Superstring of Faith** by choosing to consciously use **generosity, largesse, consideration and approachability consciously in a similar situation in the future**, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use The Northern Vertical Superstring of Faith consciously with its generosity, largesse, **consideration and approachability 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 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 Southern Vertical Superstring of Avarice** to **the Southern Vertical Superstring of Faith**.

Today I used

The Southern Vertical Superstring of Avarice with its:

- a. Greed
- b. Clinging
- c. Hardness

d. Nervousness

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

I write down how my use of **The Southern Vertical Superstring of Avarice** made me think, feel, act and relate to 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).

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).

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).

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).

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 Northern Vertical Superstring of Avarice, and if I achieved it).

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

The Southern Vertical Superstring of Faith with its

- a. Trust
- b. Letting go
- c. Ease
- d. Lightheartedness

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

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).

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).

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).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Southern Vertical Superstring of Faith** instead of **The Northern Vertical Superstring of Avarice**.

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

I believe that if instead I had used **The Southern Vertical Superstring 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 Northern Vertical Superstring 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 Southern Vertical Superstring of Faith in the situation, and if I do not think that I could more easily achieve what I wanted by using the Southern Vertical Superstring of Faith, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Southern Vertical Superstring of Avarice** to **The Southern Vertical Superstring of Faith**, I choose to move energetically from **The Southern Vertical Superstring of Avarice** to **The Southern Vertical Superstring 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 Southern Vertical Superstring of Avarice with its:

- a. Greed
- b. Clinging
- c. Hardness
- d. Nervousness

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Southern Vertical Superstring 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 Southern Vertical Superstring of Avarice** today 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 Southern Vertical Superstring 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 Southern Vertical Superstring 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 right: Even though I chose to use **The Southern Vertical Superstring of Avarice** today 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 Southern Vertical Superstring 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 Southern Vertical Superstring 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 Southern Vertical Superstring of Avarice** today 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 Southern Vertical Superstring 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 Southern Vertical Superstring 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 right: Even though I chose to use **The Southern Vertical Superstring of Avarice** today 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 Southern Vertical Superstring 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 Southern Vertical Superstring 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).

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

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

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

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

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

TH: My **nervousness** made me feel that (I choose to complete the sentence by writing down what my nervousness 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 **greed** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my greed consciously 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 of my clinging consciously in a similar situation in the future).

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

UN: 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 of my nervousness consciously in a similar situation in the future).

CH: I **believe** that now I can recover from my **greed** 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 greed and my clinging consciously in a similar situation in the future).

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

I **believe** could make me recover from my hardness and my nervousness consciously in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Southern Vertical Superstring 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 Southern Vertical Superstring of Avarice consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Southern Vertical Superstring of Avarice** and thereby from using my **greed, clinging, hardness** and **nervousness** consciously 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 Southern Vertical Superstring of Avarice and thereby from using **greed, clinging, hardness** and **nervousness** consciously 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 Southern Vertical Superstring 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 Southern Vertical Superstring of Faith with its

- a. Trust
- b. Letting go
- c. Ease
- d. Lightheartedness

The four setup statements for the two tapping rounds below:

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

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 **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).

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

CH: 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).

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 **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).

TH: I hereby choose to give myself permission to consciously use **lightheartedness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use lightheartedness 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 Southern Vertical Superstring 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 Southern Vertical Superstring of Faith 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, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use trust 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 will 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 **ease** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use ease consciously in a similar situation in the future).

CH: I hereby choose to give myself permission to use **lightheartedness** consciously in a similar situation in the future, because (I choose to complete

the sentence by writing down, why I think it will be to my advantage to use lightheartedness consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **trust** 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 trust 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 **ease** and **lightheartedness** 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 ease and lightheartedness consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Southern Vertical Superstring of Faith** by choosing to consciously use **trust, letting go, ease** and **lightheartedness consciously in a similar situation in the future**, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use The Southern Vertical Superstring of Faith consciously with its trust, letting go, meaningfulness and lightheartedness 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 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 Eastern Vertical Superstring of Avarice** to the Eastern Vertical Superstring of Faith.

Today I used

The Eastern Vertical Superstring of Avarice with its:

- a. **Poverty**
- b. **Malaise**
- c. **Unfreedom**
- d. **Complaining**

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

I write down how my use of **The Eastern Vertical Superstring of Avarice** made me think, feel, act and relate to 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).

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).

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).

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).

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 Northern Vertical Superstring of Avarice, and if I achieved it).

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

The Eastern Vertical Superstring of Faith with its

- a. Prosperity
- b. Wellbeing
- c. Action-freedom
- d. Validation

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

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).

Wellbeing:

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 wellbeing).

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 wellbeing).

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 wellbeing).

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 wellbeing).

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).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Eastern Vertical Superstring of Faith** instead of **The Eastern Vertical Superstring of Avarice**.

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

I believe that if instead I had used **The Eastern Vertical Superstring 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 Eastern Vertical Superstring 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 Eastern Vertical Superstring of Faith in the situation, and if I do not think that I could more easily achieve what I wanted by using the Eastern Vertical Superstring of Faith, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Eastern Vertical Superstring of Avarice** to **The Eastern Vertical Superstring of Faith**, I choose to move energetically from **The Eastern Vertical Superstring of Avarice** to **The Eastern Vertical Superstring 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 Eastern Vertical Superstring of Avarice with its:

- a. Poverty
- b. Malaise
- c. Unfreedom

d. Complaining

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Eastern Vertical Superstring 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 Eastern Vertical Superstring of Avarice** today 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 Eastern Vertical Superstring 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 Eastern Vertical Superstring 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 Eastern Vertical Superstring of Avarice** today 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 Eastern Vertical Superstring 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 Eastern Vertical Superstring 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 left: Even though I chose to use **The Eastern Vertical Superstring of Avarice** today 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 Eastern Vertical Superstring 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 Eastern Vertical Superstring 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 Eastern Vertical Superstring of Avarice** today 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 Eastern Vertical Superstring 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 Eastern Vertical Superstring 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).

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

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

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

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

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

TH: My **complaining** made me feel that (I choose to complete the sentence by writing down what my complaining 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 **poverty** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my poverty consciously in a similar situation in the future).

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

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

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

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

UA: Now, I open myself completely to let go of **The Eastern Vertical Superstring 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 Eastern Vertical Superstring of Avarice consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Eastern Vertical Superstring of Avarice** and thereby from using my **poverty, malaise, unfreedom** and **complaining** consciously 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 Eastern Vertical Superstring of Avarice and thereby from using poverty, malaise, unfreedom and complaining consciously 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 Eastern Vertical Superstring 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 Eastern Vertical Superstring of Faith with its

- a. Prosperity
- b. Wellbeing
- c. Action-freedom
- d. Validation

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Eastern Vertical Superstring 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 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).

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

KC left: I hereby choose to give myself permission to use **The Eastern Vertical Superstring 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 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).

KC right: I hereby choose to give myself permission to use **The Eastern Vertical Superstring 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 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).

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

EB: 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).

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

CH: 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).

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

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 Eastern Vertical Superstring 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 Eastern Vertical Superstring of Faith consciously in a similar situation in the future).

SE: 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 will be to my advantage to use prosperity consciously in a similar situation in the future).

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

CB: I really feel that it would bring me joy, if I chose to use **prosperity** and **wellbeing** 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 wellbeing 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 **validation** 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 validation consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Eastern Vertical Superstring of Faith** by choosing to consciously use **prosperity, wellbeing, action-freedom** and **validation consciously in a similar situation in the future**, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use The Eastern Vertical Superstring of Faith consciously with its prosperity, wellbeing, meaningfulness and validation 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 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 Western Vertical Superstring of Avarice** to **the Western Vertical Superstring of Faith**.

Today I used

The Western Vertical Superstring of Avarice with its:

- a. Gluttony
- b. Hoarding
- c. Negligence
- d. Indifference

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

I write down how my use of **The Western Vertical Superstring of Avarice** made me think, feel, act and relate to 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).

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).

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).

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 Northern Vertical Superstring of Avarice, and if I achieved it).

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

The Western Vertical Superstring of Faith with its

- a. Accountability
- b. Sharing
- c. Contributing
- d. Involvement

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

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).

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).

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).

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 be easier for me to achieve what I wanted by using **The Western Vertical Superstring of Faith** instead of **The Eastern Vertical Superstring of Avarice**.

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

I believe that if instead I had used **The Western Vertical Superstring 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 Western Vertical Superstring 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 Western Vertical Superstring of Faith in the situation, and if I do not think that I could more easily achieve what I wanted by using the Western Vertical Superstring of Faith, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Western Vertical Superstring of Avarice** to **The Western Vertical Superstring of Faith**, I choose to move energetically from **The Western Vertical Superstring of Avarice** to **The Western Vertical Superstring 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 Western Vertical Superstring of Avarice with its:

- a. Gluttony
- b. Hoarding
- c. Negligence
- d. Indifference

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Western Vertical Superstring 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 Western Vertical Superstring of Avarice** today 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 Western Vertical Superstring 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 Western Vertical Superstring 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).

KC right: Even though I chose to use **The Western Vertical Superstring of Avarice** today 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 Western Vertical Superstring 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 Western Vertical Superstring 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).

KC left: Even though I chose to use **The Western Vertical Superstring of Avarice** today 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 Western Vertical Superstring 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 Western Vertical Superstring 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).

KC right: Even though I chose to use **The Western Vertical Superstring of Avarice** today 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 Western Vertical Superstring 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 Western Vertical Superstring 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 **gluttony** made me think that (I choose to complete the sentence by writing down what my gluttony made me think in the situation).

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

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

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

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

CB: My **negligence** made me feel that (I choose to complete the sentence by writing down what my negligence 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 **gluttony** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my gluttony consciously in a similar situation in the future).

SE: 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 of my hoarding consciously in a similar situation in the future).

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

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

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

UA: Now, I open myself completely to let go of **The Western Vertical Superstring 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 Western Vertical Superstring of Avarice consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Western Vertical Superstring of Avarice** and thereby from using my **gluttony, hoarding, negligence** and **indifference** consciously 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 Western Vertical Superstring of Avarice and thereby from using gluttony, hoarding, negligence and indifference consciously 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 Western Vertical Superstring 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 Western Vertical Superstring of Faith with its

- a. Accountability
- b. Sharing
- c. Contributing
- d. Involvement

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Western Vertical Superstring 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).

KC right: I hereby choose to give myself permission to use **The Western Vertical Superstring 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).

KC left: I hereby choose to give myself permission to use **The Western Vertical Superstring 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

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).

KC right: I hereby choose to give myself permission to use **The Western Vertical Superstring 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 **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).

SE: 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).

UE: 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).

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 **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).

CB: 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 want to use sharing consciously in a similar situation in the future).

UA: 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 want to use contributing 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 Western Vertical Superstring 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 Western Vertical Superstring of Faith consciously in a similar situation in the future).

SE: 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 will be to my advantage to use accountability consciously in a similar situation in the future).

UE: 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 will be to my advantage to use sharing 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, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use contributing 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 will 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 **accountability** 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 accountability and sharing consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **contributing** 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 contributing and involvement consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Western Vertical Superstring of Faith** by choosing to consciously use **accountability, sharing, contributing** 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 be to my advantage to use The Western Vertical Superstring of Faith consciously with its accountability, sharing, meaningfulness and 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 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 Downward Diagonal Superstring of Avarice from the North** to the **Downward Diagonal Superstring of Faith from the North**.

Today I used

The Downward Diagonal Superstring of Avarice from the North with its:

- a. Stinginess
- b. Clinging
- c. Unfreedom
- d. Indifference

Today I used **The Downward Diagonal Superstring of Avarice from the North**, because (I choose to complete the sentence by writing down, why I used the **Downward Diagonal Superstring of Avarice from the North**).

I write down how my use of **The Downward Diagonal Superstring of Avarice from the North** 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).

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).

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).

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 Northern Vertical Superstring of Avarice, and if I achieved it).

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

The Downward Diagonal Superstring of Faith from the North with its

- a. Generosity
- b. Letting go
- c. Action-freedom
- d. Involvement

I choose to write down how I **believe** that my use of **The Downward Diagonal Superstring of Faith from the North** 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).

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).

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).

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 be easier for me to achieve what I wanted by using **The Downward Diagonal Superstring of Faith from the North** instead of **The Eastern Vertical Superstring of Avarice**.

If yes, why and if no, why would I anyway choose to use **The Downward Diagonal Superstring of Faith from the North** instead of **The Downward Diagonal Superstring of Avarice from the North** in the situation.

I believe that if instead I had used **The Downward Diagonal Superstring of Faith from the North** 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 Downward Diagonal Superstring of Faith from the North 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 Downward Diagonal Superstring of Faith from the North in the situation, and if I do not think that I could more easily achieve what I wanted by using the Downward Diagonal Superstring of Faith from the North, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Downward Diagonal Superstring of Avarice from the North** to **The Downward Diagonal Superstring of Faith from the North**, I choose to move energetically from **The Downward Diagonal Superstring of Avarice from the North** to **The Downward Diagonal Superstring of Faith from the North** 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 Downward Diagonal Superstring of Avarice from the North with its:

- a. Stinginess
- b. Clinging
- c. Unfreedom
- d. Indifference

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Downward Diagonal Superstring of Avarice from the North** 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 Downward Diagonal Superstring of Avarice from the North** today 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 Downward Diagonal Superstring of Avarice from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Downward Diagonal Superstring of Avarice from the North 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 Downward Diagonal Superstring of Avarice from the North** today 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 Downward Diagonal Superstring of Avarice from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Downward Diagonal Superstring of Avarice from the North 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 Downward Diagonal Superstring of Avarice from the North** today 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 Downward Diagonal Superstring of Avarice from the North** for being

exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Downward Diagonal Superstring of Avarice from the North 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 Downward Diagonal Superstring of Avarice from the North** today 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 Downward Diagonal Superstring of Avarice from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Downward Diagonal Superstring of Avarice from the North 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 **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 **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 **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 **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 **stinginess** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my stinginess consciously 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 of my clinging consciously 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 of my unfreedom consciously 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 of my indifference consciously in a similar situation in the future).

CH: I **believe** that now I can recover from my **stinginess** 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 stinginess and my clinging consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Downward Diagonal Superstring of Avarice from the North** 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 Downward Diagonal Superstring of Avarice from the North consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Downward Diagonal Superstring of Avarice from the North** and thereby from using my **stinginess, clinging, unfreedom and indifference** consciously 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 Downward Diagonal Superstring of Avarice from the North and thereby from using stinginess, clinging, unfreedom and indifference consciously 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 Downward Diagonal Superstring of Avarice from the North** 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 Downward Diagonal Superstring of Faith from the North with its

- a. Generosity
- b. Letting go
- c. Action-freedom
- d. Involvement

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Downward Diagonal Superstring of Faith from the North** 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 Downward Diagonal Superstring of Faith from the North** 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 Downward Diagonal Superstring of Faith from the North** 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 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).

KC right: I hereby choose to give myself permission to use **The Downward Diagonal Superstring of Faith from the North** 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 **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 **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 **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 **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 **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 **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).

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 **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 Downward Diagonal Superstring of Faith from the North** 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 Downward Diagonal Superstring of Faith from the North 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 will 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 **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 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 **action-freedom** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **involvement** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **generosity** 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 generosity 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 **action-freedom** 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 action-freedom and involvement consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Downward Diagonal Superstring of Faith from the North** by choosing to consciously use **generosity, letting go, action-freedom 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 be to my advantage to use The Downward Diagonal Superstring of Faith from the North consciously with its generosity, letting go, meaningfulness and 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 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 Upward Diagonal Superstring of Avarice from the North** to the **Upward Diagonal Superstring of Faith from the North**.

Today I used

The Upward Diagonal Superstring of Avarice from the North with its:

- a. **Inhibition**
- b. **Hardness**
- c. **Malaise**
- d. **Gluttony**

Today I used **The Upward Diagonal Superstring of Avarice from the North**, because (I choose to complete the sentence by writing down, why I used the **Upward Diagonal Superstring of Avarice from the North**).

I write down how my use of **The Upward Diagonal Superstring of Avarice from the North** 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).

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).

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).

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 Northern Vertical Superstring of Avarice, and if I achieved it).

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

The Upward Diagonal Superstring of Faith from the North with its

- a. Approachability
- b. Ease
- c. Wellbeing
- d. Accountability

I choose to write down how I **believe** that my use of **The Upward Diagonal Superstring of Faith from the North** 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).

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).

Wellbeing:

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 wellbeing).

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 wellbeing).

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 wellbeing).

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 wellbeing).

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 be easier for me to achieve what I wanted by using **The Upward Diagonal Superstring of Faith from the North** instead of **The Eastern Vertical Superstring of Avarice**.

If yes, why and if no, why would I anyway choose to use **The Upward Diagonal Superstring of Faith from the North** instead of **The Upward Diagonal Superstring of Avarice from the North** in the situation.

I believe that if instead I had used **The Upward Diagonal Superstring of Faith from the North** 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 Upward Diagonal Superstring of Faith from the North 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 Upward Diagonal Superstring of Faith from the North in the situation, and if I do not think that I could more easily achieve what I wanted by using the Upward Diagonal Superstring of Faith from the North, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Upward Diagonal Superstring of Avarice from the North** to **The Upward Diagonal Superstring of Faith from the North**, I choose to move energetically from **The Upward Diagonal Superstring of Avarice from the North** to **The Upward Diagonal Superstring of Faith from the North** 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 Upward Diagonal Superstring of Avarice from the North with its:

a. Inhibition

- b. Hardness
- c. Malaise
- d. Gluttony

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Upward Diagonal Superstring of Avarice from the North** 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 Upward Diagonal Superstring of Avarice from the North** today 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 Upward Diagonal Superstring of Avarice from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Upward Diagonal Superstring of Avarice from the North** 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 Upward Diagonal Superstring of Avarice from the North** today 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 Upward Diagonal Superstring of Avarice from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Upward Diagonal Superstring of Avarice from the North** 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 Upward Diagonal Superstring of Avarice from the North** today 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 Upward Diagonal Superstring of Avarice from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of Avarice from the North 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 Upward Diagonal Superstring of Avarice from the North** today 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 Upward Diagonal Superstring of Avarice from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of Avarice from the North 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 **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 **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 **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 **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 **inhibition** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my inhibition consciously 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 of my hardness consciously 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 of my malaise consciously 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 of my gluttony consciously in a similar situation in the future).

CH: I **believe** that now I can recover from my **inhibition** 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 inhibition and my hardness consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Upward Diagonal Superstring of Avarice from the North** 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 Upward Diagonal Superstring of Avarice from the North consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Upward Diagonal Superstring of Avarice from the North** and thereby from using my **inhibition, hardness, malaise** and **gluttony** consciously 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 Upward Diagonal Superstring of Avarice from the North and thereby from using inhibition, hardness, malaise and gluttony consciously 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 Upward Diagonal Superstring of Avarice from the North** 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 Upward Diagonal Superstring of Faith from the North with its

- a. **Approachability**
- b. **Ease**
- c. **Wellbeing**
- d. **Accountability**

The four setup statements for the two tapping rounds below:

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

KC right: I hereby choose to give myself permission to use **The Upward Diagonal Superstring of Faith from the North** 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 **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 **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 **wellbeing** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use wellbeing 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 **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 **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 **wellbeing** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use wellbeing 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 Upward Diagonal Superstring of Faith from the North** 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 Upward Diagonal Superstring of Faith from the North 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 will 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 **ease** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **wellbeing** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use wellbeing 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 will 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 **approachability** 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 approachability 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 **wellbeing** 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 wellbeing and accountability consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Upward Diagonal Superstring of Faith from the North** by choosing to consciously use **approachability, ease, wellbeing 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 be to my advantage to use The Upward Diagonal Superstring of Faith from the North consciously with its approachability, ease, meaningfulness and 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 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 Northern Vertical Superstring of Envy** to **the Northern Vertical Superstring of Hope**.

Today I used

The Northern Vertical Superstring of Envy with its:

- a. Disbelief
- b. Insecurity
- c. Denigration
- d. Uncertainty

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

I write down how my use of **The Northern Vertical Superstring 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).

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).

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).

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).

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 Northern Vertical Superstring of Avarice, and if I achieved it).

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

The Northern Vertical Superstring of Hope with its

- a. Credence
- b. Safety
- c. Appreciation
- d. Certainty

I choose to write down how I **believe** that my use of **The Northern Vertical Superstring 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).

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).

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).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Northern Vertical Superstring of Hope** instead of **The Eastern Vertical Superstring of Avarice**.

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

I believe that if instead I had used **The Northern Vertical Superstring 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 Northern Vertical Superstring 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 Northern Vertical Superstring of Hope in the situation, and if I do not think that I could more easily achieve what I wanted by using the Northern Vertical Superstring of Hope, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Northern Vertical Superstring of Envy** to **The Northern Vertical Superstring of Hope**, I choose to move energetically from **The Northern Vertical Superstring of Envy** to **The Northern Vertical Superstring 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 Northern Vertical Superstring of Envy with its:

- a. Disbelief
- b. Insecurity

c. Denigration

d. Uncertainty

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Northern Vertical Superstring 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 Northern Vertical Superstring of Envy** today 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 Northern Vertical Superstring 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 Northern Vertical Superstring 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 Northern Vertical Superstring of Envy** today 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 Northern Vertical Superstring 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 Northern Vertical Superstring 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 left: Even though I chose to use **The Northern Vertical Superstring of Envy** today 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 Northern Vertical Superstring 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 Northern Vertical Superstring 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 Northern Vertical Superstring of Envy** today 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 Northern Vertical Superstring 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 Northern Vertical Superstring 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).

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

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

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

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

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

TH: My **uncertainty** made me feel that (I choose to complete the sentence by writing down what my uncertainty 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 of my disbelief consciously in a similar situation in the future).

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

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

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

CH: I **believe** that now I can recover from my **disbelief** and my **insecurity**, 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 insecurity consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Northern Vertical Superstring 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 Northern Vertical Superstring of Envy consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Northern Vertical Superstring of Envy** and thereby from using my **disbelief, insecurity, denigration and uncertainty** consciously 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 Northern Vertical Superstring of Envy and thereby from using disbelief, insecurity, denigration and uncertainty consciously 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 Northern Vertical Superstring 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 Northern Vertical Superstring of Hope with its

- a. Credence
- b. Safety
- c. Appreciation
- d. Certainty

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Northern Vertical Superstring 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 Northern Vertical Superstring 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 left: I hereby choose to give myself permission to use **The Northern Vertical Superstring 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 consciously 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 Northern Vertical Superstring 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).

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 **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).

UE: 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).

UN: 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).

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 **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).

UA: 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).

TH: I hereby choose to give myself permission to consciously 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).

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 Northern Vertical Superstring 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 Northern Vertical Superstring 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 will 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 **safety** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use safety consciously in a similar situation in the future).

UN: 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 will be to my advantage to use appreciation 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 think it will be to my advantage to use certainty 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 **safety** 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 safety consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **appreciation** and **certainty** 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 certainty consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Northern Vertical Superstring of Hope** by choosing to consciously use **credence, safety, appreciation** and **certainty consciously in a similar situation in the future**, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use The Northern Vertical Superstring of Hope consciously with its credence, safety, meaningfulness and certainty 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 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 Southern Vertical Superstring of Envy** to **the Southern Vertical Superstring of Hope**.

Today I used

The Southern Vertical Superstring of Envy with its:

- a. Superstition
- b. Confusion
- c. Insusceptibility
- d. Uncultivatedness

Today I used **The Southern Vertical Superstring of Envy**, because (I choose to complete the sentence by writing down, why I used the Eastern Vertical Superstring of Envy).

I write down how my use of **The Southern Vertical Superstring of Envy** made me think, feel, act and relate to 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).

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).

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).

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).

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 Northern Vertical Superstring of Avarice, and if I achieved it).

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

The Southern Vertical Superstring of Hope with its

- a. Information
- b. Well-informedness
- c. Teachableness
- d. Cultivatedness

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

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).

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).

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).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Southern Vertical Superstring of Hope** instead of **The Eastern Vertical Superstring of Avarice**.

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

I believe that if instead I had used **The Southern Vertical Superstring 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 Southern Vertical Superstring 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 Southern Vertical Superstring of Hope in the situation, and if I do not think that I could more easily achieve what I wanted by using the Southern Vertical Superstring of Hope, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Southern Vertical Superstring of Envy** to **The Southern Vertical Superstring of Hope**, I choose to move energetically from **The Southern Vertical Superstring of Envy** to **The Southern Vertical Superstring 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 Southern Vertical Superstring of Envy with its:

- a. Superstition
- b. Confusion
- c. Insusceptibility
- d. Uncultivatedness

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Southern Vertical Superstring 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 Southern Vertical Superstring of Envy** today 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 Southern Vertical Superstring 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 Southern Vertical Superstring 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 right: Even though I chose to use **The Southern Vertical Superstring of Envy** today 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 Southern Vertical Superstring 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 Southern Vertical Superstring 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 Southern Vertical Superstring of Envy** today 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 Southern Vertical Superstring 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 Southern Vertical Superstring 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 right: Even though I chose to use **The Southern Vertical Superstring of Envy** today 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 Southern Vertical Superstring 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 Southern Vertical Superstring 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).

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

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

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

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

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

TH: My **uncultivatedness** made me feel that (I choose to complete the sentence by writing down what my uncultivatedness 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 **superstition** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my superstition consciously 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 of my confusion consciously in a similar situation in the future).

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

UN: 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 of my uncultivatedness consciously in a similar situation in the future).

CH: I **believe** that now I can recover from my **superstition** 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 superstition and my confusion consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Southern Vertical Superstring 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 Southern Vertical Superstring of Envy consciously in a similar

situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Southern Vertical Superstring of Envy** and thereby from using my **superstition, confusion, insusceptibility** and **uncultivatedness** consciously 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 Southern Vertical Superstring of Envy and thereby from using superstition, confusion, insusceptibility and uncultivatedness consciously 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 Southern Vertical Superstring 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 Southern Vertical Superstring of Hope with its

- a. Information
- b. Well-informedness
- c. Teachableness
- d. Cultivatedness

The four setup statements for the two tapping rounds below:

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

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 **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).

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

CH: 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).

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 **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).

TH: I hereby choose to give myself permission to consciously use **cultivatedness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use cultivatedness 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 Southern Vertical Superstring 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 Southern Vertical Superstring of Hope 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, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use information 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 will 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 **teachableness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use teachableness consciously in a similar situation in the future).

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

CB: I really feel that it would bring me joy, if I chose to use **information** 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 information 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 **teachableness** and **cultivatedness** 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 teachableness and cultivatedness consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Southern Vertical Superstring of Hope** by choosing to consciously use **information, well-informedness, teachableness** and **cultivatedness consciously in a similar situation in the future**, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use The Southern Vertical Superstring of Hope consciously with its information, well-informedness, meaningfulness and cultivatedness 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 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 Eastern Vertical Superstring of Envy** to **the Eastern Vertical Superstring of Hope**.

Today I used

The Eastern Vertical Superstring of Envy with its:

- a. Submission
- b. Unclarity
- c. Narrowmindedness
- d. Indecision

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

I write down how my use of **The Eastern Vertical Superstring of Envy** made me think, feel, act and relate to 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).

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).

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).

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).

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 Northern Vertical Superstring of Avarice, and if I achieved it).

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

The Eastern Vertical Superstring of Hope with its

- a. Discernment
- b. Clarity
- c. Openness
- d. Resoluteness

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

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).

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).

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).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Eastern Vertical Superstring of Hope** instead of **The Eastern Vertical Superstring of Avarice**.

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

I believe that if instead I had used **The Eastern Vertical Superstring 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 Eastern Vertical Superstring 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 Eastern Vertical Superstring of Hope in the situation, and if I do not think that I could more easily achieve what I wanted by using the Eastern Vertical Superstring of Hope, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Eastern Vertical Superstring of Envy** to **The Eastern Vertical Superstring of Hope**, I choose to move energetically from **The Eastern Vertical Superstring of Envy** to **The Eastern Vertical Superstring 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 Eastern Vertical Superstring of Envy with its:

- a. Submission
- b. Uncertainty
- c. Narrowmindedness
- d. Indecision

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Eastern Vertical Superstring 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 Eastern Vertical Superstring of Envy** today 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 Eastern Vertical Superstring 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 Eastern Vertical Superstring 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 Eastern Vertical Superstring of Envy** today 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 Eastern Vertical Superstring 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 Eastern Vertical Superstring 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 left: Even though I chose to use **The Eastern Vertical Superstring of Envy** today 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 Eastern Vertical Superstring 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 Eastern Vertical Superstring 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 Eastern Vertical Superstring of Envy today 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 Eastern Vertical Superstring 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 Eastern Vertical Superstring 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).

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

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

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

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

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

TH: My **indecision** made me feel that (I choose to complete the sentence by writing down what my **indecision** 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 **submission** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my **submission** consciously in a similar situation in the future).

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

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

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

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

UA: Now, I open myself completely to let go of **The Eastern Vertical Superstring 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 Eastern Vertical Superstring of Envy** consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Eastern Vertical Superstring of Envy** and thereby from using my

submission, unclarity, narrowmindedness and indecision consciously 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 Eastern Vertical Superstring of Envy and thereby from using submission, unclarity, narrowmindedness and indecision consciously 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 Eastern Vertical Superstring 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 Eastern Vertical Superstring of Hope with its

- a. Discernment
- b. Clarity
- c. Openness
- d. Resoluteness

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use The Eastern Vertical Superstring 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 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).

KC right: I hereby choose to give myself permission to use The Eastern Vertical Superstring 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 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).

KC left: I hereby choose to give myself permission to use The Eastern Vertical Superstring 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 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).

KC right: I hereby choose to give myself permission to use **The Eastern Vertical Superstring 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 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).

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

EB: 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).

SE: 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).

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 **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).

CH: 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).

CB: 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).

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 **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).

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 Eastern Vertical Superstring 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 Eastern Vertical Superstring of Hope consciously in a similar situation in the future).

SE: 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 will be to my advantage to use discernment 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, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use clarity 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 will 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 **resoluteness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use resoluteness consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **discernment** and **clarity** 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 clarity 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 **resoluteness** 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 resoluteness consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Eastern Vertical Superstring of Hope** by choosing to consciously use **discernment, clarity, openness and resoluteness consciously in a similar situation in the future**, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use The Eastern Vertical Superstring of Hope consciously with its discernment, clarity, meaningfulness and resoluteness 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 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 Western Vertical Superstring of Envy** to the **Western Vertical Superstring of Hope**.

Today I used

The Western Vertical Superstring of Envy with its:

- a. **Defiance**
- b. **Wretchedness**
- c. **Unworthiness**
- d. **Rashness**

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

I write down how my use of **The Western Vertical Superstring of Envy** made me think, feel, act and relate to 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).

Wretchedness:

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

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

3. I acted by (I choose to complete the sentence by writing down, how my wretchedness 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 wretchedness 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).

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 Northern Vertical Superstring of Avarice, and if I achieved it).

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

The Western Vertical Superstring of Hope with its

- a. Serenity
- b. Nobleness
- c. Worthiness
- d. Levelheadedness

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

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).

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).

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).

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 be easier for me to achieve what I wanted by using **The Western Vertical Superstring of Hope** instead of **The Eastern Vertical Superstring of Avarice**.

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

I believe that if instead I had used **The Western Vertical Superstring 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 Western Vertical Superstring 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 Western Vertical Superstring of Hope in the situation, and if I do not think that I could more easily achieve what I wanted by using the Western Vertical Superstring of Hope, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Western Vertical Superstring of Envy** to **The Western Vertical Superstring of Hope**, I choose to move energetically from **The Western Vertical Superstring of Envy** to **The Western Vertical Superstring 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 Western Vertical Superstring of Envy with its:

- a. Defiance
- b. Wretchedness
- c. Unworthiness
- d. Rashness

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Western Vertical Superstring 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 Western Vertical Superstring of Envy** today 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 Western Vertical Superstring 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 Western Vertical Superstring 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).

KC right: Even though I chose to use **The Western Vertical Superstring of Envy** today by using **wretchedness** to (I choose to complete the sentence by writing down, what I used wretchedness 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 wretchedness in the situation), and I also completely and totally love and accept **The Western Vertical Superstring 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 Western Vertical Superstring of Envy in spite of the pain , it inflicted on me in context with my use of wretchedness 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 Western Vertical Superstring of Envy** today 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 Western Vertical Superstring 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 Western Vertical Superstring 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).

KC right: Even though I chose to use **The Western Vertical Superstring of Envy** today 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 Western Vertical Superstring 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 Western Vertical Superstring 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 **defiance** made me think that (I choose to complete the sentence by writing down what my **defiance** made me think in the situation).

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

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

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

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

CB: My **unworthiness** made me feel that (I choose to complete the sentence by writing down what my **unworthiness** 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 **defiance** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my defiance consciously in a similar situation in the future).

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

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

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

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

UA: Now, I open myself completely to let go of **The Western Vertical Superstring 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 Western Vertical Superstring of Envy consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Western Vertical Superstring of Envy** and thereby from using my **defiance**, **wretchedness**, **unworthiness** and **rashness** consciously 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 Western Vertical Superstring of Envy and thereby from using defiance, wretchedness, unworthiness and rashness consciously 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 Western Vertical Superstring 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 Western Vertical Superstring of Hope with its

- a. Serenity
- b. Nobleness
- c. Worthiness
- d. Levelheadedness

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Western Vertical Superstring 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).

KC right: I hereby choose to give myself permission to use **The Western Vertical Superstring 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).

KC left: I hereby choose to give myself permission to use **The Western Vertical Superstring 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 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).

KC right: I hereby choose to give myself permission to use **The Western Vertical Superstring 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 resoluteness 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 **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).

SE: 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).

UE: 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).

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 **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).

CB: 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 want to use nobleness consciously in a similar situation in the future).

UA: 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 want to use worthiness 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 Western Vertical Superstring 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 Western Vertical Superstring of Hope consciously in a similar situation in the future).

SE: 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 will be to my advantage to use serenity consciously in a similar situation in the future).

UE: 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 will be to my advantage to use nobleness 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, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use worthiness 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 will 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 **serenity** 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 serenity and nobleness consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **worthiness** 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 worthiness and levelheadedness consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Western Vertical Superstring of Hope** by choosing to consciously use **serenity, nobleness, worthiness 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 be to my advantage to use The Western Vertical Superstring of Hope consciously with its serenity, nobleness, meaningfulness and 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 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 Downward Diagonal Superstring of Envy from the North to the Downward Diagonal Superstring of Hope from the North.

Today I used

The Downward Diagonal Superstring of Envy from the North with its:

- a. Disbelief
- b. Confusion
- c. Narrowmindedness
- d. Rashness

Today I used The Downward Diagonal Superstring of Envy from the North, because (I choose to complete the sentence by writing down, why I used The Downward Diagonal Superstring of Envy from the North).

I write down how my use of The Downward Diagonal Superstring of Envy from the North 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).

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).

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).

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).

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 Northern Vertical Superstring of Avarice, and if I achieved it).

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

The Downward Diagonal Superstring of Hope from the North with its

- a. Credence
- b. Well-informedness
- c. Openness
- d. Levelheadedness

I choose to write down how I **believe** that my use of **The Downward Diagonal Superstring of Hope from the North** 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).

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).

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).

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 be easier for me to achieve what I

wanted by using **The Downward Diagonal Superstring of Hope from the North** instead of **The Downward Diagonal Superstring of Envy from the North**.

If yes, why and if no, why would I anyway choose to use **The Downward Diagonal Superstring of Hope from the North** instead of **The Downward Diagonal Superstring of Envy from the North** in the situation.

I believe that if instead I had used **The Downward Diagonal Superstring of Hope from the North** 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 Downward Diagonal Superstring of Hope from the North 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 Downward Diagonal Superstring of Hope from the North in the situation, and if I do not think that I could more easily achieve what I wanted by using the Downward Diagonal Superstring of Hope from the North, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Downward Diagonal Superstring of Envy from the North** to **The Downward Diagonal Superstring of Hope from the North**, I choose to move energetically from **The Downward Diagonal Superstring of Envy from the North** to **The Downward Diagonal Superstring of Hope from the North** 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 Downward Diagonal Superstring of Envy from the North with its:

- a. Disbelief
- b. Confusion
- c. Narrowmindedness
- d. Rashness

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Downward Diagonal Superstring of Envy from the North** 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 Downward Diagonal Superstring of Envy from the North** today 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 Downward Diagonal Superstring of Envy from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Downward Diagonal Superstring of Envy from the North** 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 Downward Diagonal Superstring of Envy from the North** today 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 Downward Diagonal Superstring of Envy from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Downward Diagonal Superstring of Envy from the North** 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 Downward Diagonal Superstring of Envy from the North** today 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 Downward Diagonal Superstring of Envy from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Downward Diagonal Superstring of Envy from the North** 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 Downward Diagonal Superstring of Envy from the North** today 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 Downward Diagonal Superstring of Envy from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Downward Diagonal Superstring of Envy from the North 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 **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 **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 **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 **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 **disbelief** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my disbelief consciously 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 of my confusion consciously 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 of my narrowmindedness consciously 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 of my rashness consciously in a similar situation in the future).

CH: I **believe** that now I can recover from my **disbelief** 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 disbelief and my confusion consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Downward Diagonal Superstring of Envy from the North** 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 Downward Diagonal Superstring of Envy from the North consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Downward Diagonal Superstring of Envy from the North** and

thereby from using my **disbelief, confusion, narrowmindedness** and **rashness** consciously 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 Downward Diagonal Superstring of Envy from the North and thereby from using disbelief, confusion, narrowmindedness and rashness consciously 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 Downward Diagonal Superstring of Envy from the North** 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 Downward Diagonal Superstring of Hope from the North with its

- a. **Credence**
- b. **Well-informedness**
- c. **Openness**
- d. **Levelheadedness**

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Downward Diagonal Superstring of Hope from the North** 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 Downward Diagonal Superstring of Hope from the North** 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 Downward Diagonal Superstring of Hope from the North** 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 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).

KC right: I hereby choose to give myself permission to use **The Downward Diagonal Superstring of Hope from the North** 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 **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 **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 **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 **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 **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 **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 **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 **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 Downward Diagonal Superstring of Hope from the North** 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 Downward Diagonal Superstring of Hope from the North 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 will 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 **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 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 **openness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **levelheadedness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **credence** 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 credence 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 **openness** 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 openness and levelheadedness consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Downward Diagonal Superstring of Hope from the North** by choosing to consciously use **credence, well-informedness, openness 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 be to my advantage to use The Downward Diagonal Superstring of Hope from the North consciously with its credence, well-informedness, meaningfulness and 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 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 Upward Diagonal Superstring of Envy from the North** to the **Upward Diagonal Superstring of Hope from the North**.

Today I used

The Upward Diagonal Superstring of Envy from the North with its:

- a. **Uncertainty**
- b. **Insusceptibility**
- c. **Unclarity**
- d. **Defiance**

Today I used **The Downward Diagonal Superstring of Envy from the North**, because (I choose to complete the sentence by writing down, why I used The Downward Diagonal Superstring of Envy from the North).

I write down how my use of **The Upward Diagonal Superstring of Envy from the North** 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).

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).

Unclarity:

1. I thought that (I choose to complete the sentence by writing down, how my unclarity made me think in the situation).
2. I felt that (I choose to complete the sentence by writing down, how my unclarity made me feel in the situation).
3. I acted by (I choose to complete the sentence by writing down, how my unclarity 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 unclarity 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 Northern Vertical Superstring of Avarice, and if I achieved it).

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

The Upward Diagonal Superstring of Hope from the North with its

- a. Certainty
- b. Teachableness
- c. Clarity
- d. Serenity

I choose to write down how I **believe** that my use of **The Upward Diagonal Superstring of Hope from the North** 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).

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).

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).

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 be easier for me to achieve what I wanted by using **The Upward Diagonal Superstring of Hope from the North** instead of **The Downward Diagonal Superstring of Envy from the North**.

If yes, why and if no, why would I anyway choose to use **The Upward Diagonal Superstring of Hope from the North** instead of **The Upward Diagonal Superstring of Envy from the North** in the situation.

I believe that if instead I had used **The Upward Diagonal Superstring of Hope from the North** 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 Upward Diagonal Superstring of Hope from the North 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 Upward Diagonal Superstring of Hope from the North in the situation, and if I do not think that I could more easily achieve what I wanted by using the Upward Diagonal Superstring of Hope from the North, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Upward Diagonal Superstring of Envy from the North** to **The Upward Diagonal Superstring of Hope from the North**, I choose to move energetically from **The Upward Diagonal Superstring of Envy from the North** to **The Upward Diagonal Superstring of Hope from the North** 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 Upward Diagonal Superstring of Envy from the North with its:

- a. Uncertainty
- b. Insusceptibility
- c. Unclarity
- d. Defiance

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Upward Diagonal Superstring of Envy from the North** 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 Upward Diagonal Superstring of Envy from the North** today 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 Upward Diagonal Superstring of Envy from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Upward Diagonal Superstring of Envy from the North** 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 Upward Diagonal Superstring of Envy from the North** today 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 Upward Diagonal Superstring of Envy from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Upward Diagonal Superstring of Envy from the North** 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 Upward Diagonal Superstring of Envy from the North** today 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 Upward Diagonal Superstring of Envy from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of Envy from the North 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 Upward Diagonal Superstring of Envy from the North** today 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 Upward Diagonal Superstring of Envy from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of Envy from the North 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 **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 **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 **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 **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 **uncertainty** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my uncertainty consciously 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 of my insusceptibility consciously in a similar situation in the future).

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

CH: I **believe** that now I can recover from my **uncertainty** 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 uncertainty and my insusceptibility consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Upward Diagonal Superstring of Envy from the North** 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 Upward Diagonal Superstring of Envy from the North consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Upward Diagonal Superstring of Envy from the North** and thereby from using my **uncertainty, insusceptibility, unclarity** and **defiance** consciously 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 Upward Diagonal Superstring of Envy from the North and thereby from using uncertainty, insusceptibility, unclarity and defiance consciously 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 Upward Diagonal Superstring of Envy from the North** 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 Upward Diagonal Superstring of Hope from the North with its

- a. Certainty
- b. Teachableness
- c. Clarity
- d. Serenity

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Upward Diagonal Superstring of Hope from the North** 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 Upward Diagonal Superstring of Hope from the North** 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 Upward Diagonal Superstring of Hope from the North** 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 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).

KC right: I hereby choose to give myself permission to use **The Upward Diagonal Superstring of Hope from the North** 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 **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 **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 **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 **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 **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 **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 **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 **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 Upward Diagonal Superstring of Hope from the North** 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 Upward Diagonal Superstring of Hope from the North 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 will 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 **teachableness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **clarity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **serenity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **certainty** 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 certainty 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 **clarity** 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 clarity and serenity consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Upward Diagonal Superstring of Hope from the North** by choosing to consciously use **certainty, teachableness, clarity 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 be to my advantage to use The Upward Diagonal Superstring of Hope from the North consciously with its certainty, teachableness, meaningfulness and 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 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 Northern Vertical Superstring of Hatred** to the Northern Vertical Superstring of Love.

Today I used

The Northern Vertical Superstring of Hatred with its:

- a. Denial
- b. Ill will
- c. Indignation
- d. Resentment

Today I used **The Northern Vertical Superstring of Hatred**, because (I choose to complete the sentence by writing down, why I used The Northern Vertical Superstring of Hatred).

I write down how my use of **The Northern Vertical Superstring of Hatred** 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).

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).

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).

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).

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 Northern Vertical Superstring of Avarice, and if I achieved it).

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

The Northern Vertical Superstring of Love with its

- a. Admitting
- b. Goodwill
- c. Mercy
- d. Acceptance

I choose to write down how I **believe** that my use of **The Northern Vertical Superstring 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).

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).

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).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Northern Vertical Superstring of Love** instead of **The Northern Vertical Superstring of Hatred**.

If yes, why and if no, why would I anyway choose to use **The Northern Vertical Superstring of Love** instead of **The Northern Vertical Superstring of Hatred** in the situation.

I believe that if instead I had used **The Northern Vertical Superstring 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 Northern Vertical Superstring 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 Northern Vertical Superstring of Love in the situation, and if I do not think that I could more easily achieve what I wanted by using the Northern Vertical Superstring of Love, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Northern Vertical Superstring of Hatred** to **The Northern Vertical Superstring of Love**, I choose to move energetically from **The Northern Vertical Superstring of Hatred** to **The Northern Vertical Superstring 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 Northern Vertical Superstring of Hatred with its:

- a. Denial
- b. Ill will
- c. Indignation
- d. Resentment

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Northern Vertical Superstring of Hatred** 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 Northern Vertical Superstring of Hatred** today 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 Northern Vertical Superstring of Hatred** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Northern Vertical Superstring of Hatred 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 Northern Vertical Superstring of Hatred** today 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 Northern Vertical Superstring of Hatred** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Northern Vertical Superstring of Hatred 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 left: Even though I chose to use **The Northern Vertical Superstring of Hatred** today 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 Northern Vertical Superstring of Hatred** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Northern Vertical Superstring of Hatred 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 Northern Vertical Superstring of Hatred** today 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 Northern Vertical Superstring of Hatred** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Northern Vertical Superstring of Hatred 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).

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 **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).

UN: 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).

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

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

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

TH: My **resentment** made me feel that (I choose to complete the sentence by writing down what my resentment 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 of my denial consciously in a similar situation in the future).

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

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

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

CH: I **believe** that now I can recover from my **denial** and my **ill will**, 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 ill will consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Northern Vertical Superstring of Hatred** 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 Northern Vertical Superstring of Hatred consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Northern Vertical Superstring of Hatred** and thereby from using my **denial**, **ill will**, **indignation** and **resentment** consciously 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 Northern Vertical Superstring of Hatred and thereby from

using denial, ill will, indignation and resentment consciously 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 Northern Vertical Superstring of Hatred** 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 Northern Vertical Superstring of Love with its

- a. Admitting
- b. Goodwill
- c. Mercy
- d. Acceptance

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Northern Vertical Superstring 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 Northern Vertical Superstring 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 left: I hereby choose to give myself permission to use **The Northern Vertical Superstring 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 consciously 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 Northern Vertical Superstring 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).

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 **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).

UE: 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).

UN: 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).

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 **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).

UA: 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).

TH: I hereby choose to give myself permission to consciously 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).

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 Northern Vertical Superstring 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 Northern Vertical Superstring 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 will 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 **goodwill** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use goodwill consciously in a similar situation in the future).

UN: 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 will be to my advantage to use mercy 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 think it will be to my advantage to use acceptance 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 **goodwill** 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 goodwill consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **mercy** and **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 mercy and acceptance consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Northern Vertical Superstring of Love** by choosing to consciously use **admitting, goodwill, mercy**

and acceptance consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use The Northern Vertical Superstring of Love consciously with its admitting, goodwill, meaningfulness and acceptance 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 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 Southern Vertical Superstring of Hatred to the Southern Vertical Superstring of Love.

Today I used

The Southern Vertical Superstring of Hatred with its:

- a. Manipulation
- b. Unkindness
- c. Vindictiveness
- d. Unwillingness

Today I used The Southern Vertical Superstring of Hatred, because (I choose to complete the sentence by writing down, why I used The Southern Vertical Superstring of Hatred).

I write down how my use of The Southern Vertical Superstring of Hatred made me think, feel, act and relate to 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).

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).

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).

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).

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 Northern Vertical Superstring of Avarice, and if I achieved it).

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

The Southern Vertical Superstring of Love with its

- a. Self-acceptance
- b. Kindness
- c. Forgiveness
- d. Willingness

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

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).

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).

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).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Southern Vertical Superstring of Love** instead of **The Southern Vertical Superstring of Hatred**.

If yes, why and if no, why would I anyway choose to use **The Southern Vertical Superstring of Love** instead of **The Southern Vertical Superstring of Hatred** in the situation.

I believe that if instead I had used **The Southern Vertical Superstring 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 Southern Vertical Superstring 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 Southern Vertical Superstring of Love in the situation, and if I do not think that I could more easily achieve what I wanted by using the Southern Vertical Superstring of Love, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Southern Vertical Superstring of Hatred** to **The Southern Vertical Superstring of Love**, I choose to move energetically from **The Southern Vertical Superstring of Hatred** to **The Southern Vertical Superstring 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 Southern Vertical Superstring of Hatred with its:

- a. Manipulation
- b. Unkindness
- c. Vindictiveness
- d. Unwillingness

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Southern Vertical Superstring of Hatred** 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 Southern Vertical Superstring of Hatred** today 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 Southern Vertical Superstring of Hatred** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Southern Vertical Superstring of Hatred** 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 right: Even though I chose to use **The Southern Vertical Superstring of Hatred** today 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 Southern Vertical Superstring of Hatred** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Southern Vertical Superstring of Hatred** 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 Southern Vertical Superstring of Hatred** today 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 Southern Vertical Superstring of Hatred** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Southern Vertical Superstring of Hatred** 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 right: Even though I chose to use **The Southern Vertical Superstring of Hatred** today 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 Southern Vertical Superstring of Hatred** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Southern Vertical Superstring of Hatred 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).

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

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

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

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

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

TH: My **unwillingness** made me feel that (I choose to complete the sentence by writing down what my unwillingness 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 **manipulation** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my manipulation consciously 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 of my unkindness consciously in a similar situation in the future).

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

UN: 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 of my unwillingness consciously in a similar situation in the future).

CH: I **believe** that now I can recover from my **manipulation** 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 manipulation and my unkindness consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Southern Vertical Superstring of Hatred** 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 Southern Vertical Superstring of Hatred consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Southern Vertical Superstring of Hatred** and thereby from using my **manipulation, unkindness, vindictiveness** and **unwillingness** consciously 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 Southern Vertical Superstring of Hatred and thereby from using manipulation, unkindness, vindictiveness and unwillingness consciously 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 Southern Vertical Superstring of Hatred** 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 Southern Vertical Superstring of Love with its

- a. Self-acceptance
- b. Kindness
- c. Forgiveness
- d. Willingness

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Southern Vertical Superstring 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 right: I hereby choose to give myself permission to use **The Southern Vertical Superstring 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 Southern Vertical Superstring 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 consciously 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 right: I hereby choose to give myself permission to use **The Southern Vertical Superstring 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).

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

EB: 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).

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 **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).

UN: 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).

CH: 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).

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 **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).

TH: I hereby choose to give myself permission to consciously 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).

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 Southern Vertical Superstring 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 Southern Vertical Superstring of Love 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, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use self-acceptance 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 will 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 **forgiveness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use forgiveness consciously in a similar situation in the future).

CH: 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 will be to my advantage to use willingness consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **self-acceptance** 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 self-acceptance 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 **forgiveness** 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 forgiveness and willingness consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Southern Vertical Superstring of Love** by choosing to consciously use **self-acceptance, kindness, forgiveness 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 be to my advantage to use The Southern Vertical Superstring of Love consciously with its self-acceptance, kindness, meaningfulness and willingness 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 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 Eastern Vertical Superstring of Hatred** to **the Eastern Vertical Superstring of Love**.

Today I used

The Eastern Vertical Superstring of Hatred with its:

- a. Disease
- b. Irritation
- c. Belligerence
- d. Vociferousness

Today I used **The Eastern Vertical Superstring of Hatred**, because (I choose to complete the sentence by writing down, why I used **The Eastern Vertical Superstring of Hatred**).

I write down how my use of **The Eastern Vertical Superstring of Hatred** made me think, feel, act and relate to 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).

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).

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).

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).

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 Northern Vertical Superstring of Avarice, and if I achieved it).

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

The Eastern Vertical Superstring of Love with its

- a. Health
- b. Calmness
- c. Conciliatory
- d. Quietness

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

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).

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).

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).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Eastern Vertical Superstring of Love** instead of **The Southern Vertical Superstring of Hatred**.

If yes, why and if no, why would I anyway choose to use **The Eastern Vertical Superstring of Love** instead of **The Eastern Vertical Superstring of Hatred** in the situation.

I believe that if instead I had used **The Eastern Vertical Superstring 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 Eastern Vertical Superstring 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 Eastern Vertical Superstring of Love in the situation, and if I do not think that I could more easily achieve what I wanted by using the Eastern Vertical Superstring of Love, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Eastern Vertical Superstring of Hatred** to **The Eastern Vertical Superstring of Love**, I choose to move energetically from **The Eastern Vertical Superstring of Hatred** to **The Eastern Vertical Superstring 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 Eastern Vertical Superstring of Hatred with its:

- a. Disease
- b. Irritation
- c. Belligerence
- d. Vociferousness

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Eastern Vertical Superstring of Hatred** 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 Eastern Vertical Superstring of Hatred** today 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 Eastern Vertical Superstring of Hatred** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Eastern Vertical Superstring of Hatred** 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 Eastern Vertical Superstring of Hatred** today 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 Eastern Vertical Superstring of Hatred** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Eastern Vertical Superstring of Hatred** 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 left: Even though I chose to use **The Eastern Vertical Superstring of Hatred** today 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 Eastern Vertical Superstring of Hatred** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Eastern Vertical Superstring of Hatred** 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 Eastern Vertical Superstring of Hatred** today 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 Eastern Vertical Superstring of Hatred** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Eastern Vertical Superstring of Hatred** 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).

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

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

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

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

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

TH: My **vociferousness** made me feel that (I choose to complete the sentence by writing down what my vociferousness 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 **disease** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my disease consciously in a similar situation in the future).

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

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

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

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

UA: Now, I open myself completely to let go of **The Eastern Vertical Superstring of Hatred** 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 Eastern Vertical Superstring of Hatred consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Eastern Vertical Superstring of Hatred** and thereby from using my **disease, irritation, belligerence** and **vociferousness** consciously 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 Eastern Vertical Superstring of Hatred and thereby from using disease, irritation, belligerence and vociferousness consciously 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 Eastern Vertical Superstring of Hatred** 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 Eastern Vertical Superstring of Love with its

- a. Health
- b. Calmness
- c. Conciliatory
- d. Quietness

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Eastern Vertical Superstring 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 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).

KC right: I hereby choose to give myself permission to use **The Eastern Vertical Superstring 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 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).

KC left: I hereby choose to give myself permission to use **The Eastern Vertical Superstring 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 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).

KC right: I hereby choose to give myself permission to use **The Eastern Vertical Superstring 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 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).

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

EB: 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).

SE: 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).

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 **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).

CH: 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).

CB: 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).

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 **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).

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 Eastern Vertical Superstring 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 Eastern Vertical Superstring of Love consciously in a similar situation in the future).

SE: 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 will be to my advantage to use health 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, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use calmness 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 will 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 **quietness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use quietness consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **health** and **calmness** 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 calmness 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 **quietness** 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 quietness consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Eastern Vertical Superstring of Love** by choosing to consciously use **health, calmness, conciliatory and quietness consciously in a similar situation in the future**, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use The Eastern Vertical Superstring of Love consciously with its health, calmness, meaningfulness and quietness 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 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 Western Vertical Superstring of Hatred to the Western Vertical Superstring of Love.

Today I used

The Western Vertical Superstring of Hatred with its:

- a. Madness
- b. Impatience
- c. Bitterness
- d. Stiff-neckedness

Today I used The Western Vertical Superstring of Hatred , because (I choose to complete the sentence by writing down, why I used The Western Vertical Superstring of Hatred).

I write down how my use of The Western Vertical Superstring of Hatred made me think, feel, act and relate to 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).

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).

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).

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 Northern Vertical Superstring of Avarice, and if I achieved it).

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

The Western Vertical Superstring of Love with its

a. Sanity

- b. Patience
- c. Sweetness
- d. Flexibility

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

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).

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).

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).

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 be easier for me to achieve what I wanted by using **The Western Vertical Superstring of Love** instead of **The Western Vertical Superstring of Hatred**.

If yes, why and if no, why would I anyway choose to use **The Western Vertical Superstring of Love** instead of **The Western Vertical Superstring of Hatred** in the situation.

I believe that if instead I had used **The Western Vertical Superstring 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 Western Vertical Superstring 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 Western Vertical Superstring of Love in the situation, and if I do not think that I could more easily achieve what I wanted by using the Western Vertical Superstring of Love, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Western Vertical Superstring of Hatred** to **The Western Vertical Superstring of Love**, I

choose to move energetically from **The Western Vertical Superstring of Hatred** to **The Western Vertical Superstring 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 Western Vertical Superstring of Hatred with its:

- a. Madness
- b. Impatience
- c. Bitterness
- d. Stiff-neckedness

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Western Vertical Superstring of Hatred** 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 Western Vertical Superstring of Hatred** today 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 Western Vertical Superstring of Hatred** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Western Vertical Superstring of Hatred** 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).

KC right: Even though I chose to use **The Western Vertical Superstring of Hatred** today 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 Western Vertical Superstring of Hatred** for being exactly the way it is, because (I choose

to complete the sentence by writing down my reason for loving and accepting The Western Vertical Superstring of Hatred 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).

KC left: Even though I chose to use **The Western Vertical Superstring of Hatred** today 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 Western Vertical Superstring of Hatred** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Western Vertical Superstring of Hatred 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).

KC right: Even though I chose to use **The Western Vertical Superstring of Hatred** today 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 Western Vertical Superstring of Hatred** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Western Vertical Superstring of Hatred 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 **madness** made me think that (I choose to complete the sentence by writing down what my madness made me think in the situation).

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

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

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

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

CB: My **bitterness** made me feel that (I choose to complete the sentence by writing down what my bitterness 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 **madness** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my madness consciously in a similar situation in the future).

SE: 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 of my impatience consciously in a similar situation in the future).

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

CH: I **believe** that now I can recover from my **madness** and my **impatience**, because (I choose to complete the sentence by writing down what I **believe** could make it possible for me to recover from my madness and my impatience

consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Western Vertical Superstring of Hatred** 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 Western Vertical Superstring of Hatred consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Western Vertical Superstring of Hatred** and thereby from using my **madness, impatience, bitterness** and **stiff-neckedness** consciously 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 Western Vertical Superstring of Hatred and thereby from using madness, impatience, bitterness and stiff-neckedness consciously 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 Western Vertical Superstring of Hatred** 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 Western Vertical Superstring of Love with its

- a. **Sanity**
- b. **Patience**
- c. **Sweetness**
- d. **Flexibility**

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Western Vertical Superstring 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).

KC right: I hereby choose to give myself permission to use **The Western Vertical Superstring 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).

KC left: I hereby choose to give myself permission to use **The Western Vertical Superstring 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 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).

KC right: I hereby choose to give myself permission to use **The Western Vertical Superstring 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 **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).

SE: 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).

UE: 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).

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 **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).

CB: 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 want to use patience consciously in a similar situation in the future).

UA: 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 want to use sweetness 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 Western Vertical Superstring 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 Western Vertical Superstring of Love consciously in a similar situation in the future).

SE: 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 will be to my advantage to use sanity consciously in a similar situation in the future).

UE: 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 will be to my advantage to use patience 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, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use sweetness

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 will 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 **sanity** 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 sanity and patience consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **sweetness** 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 sweetness and flexibility consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Western Vertical Superstring of Love** by choosing to consciously use **sanity, patience, sweetness 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 be to my advantage to use The Western Vertical Superstring of Love consciously with its sanity, patience, meaningfulness and 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 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 Downward Diagonal Superstring of Hatred from the North to the Downward Diagonal Superstring of Love from the North**.

Today I used

The Downward Diagonal Superstring of Hatred from the North with its:

- a. Denial
- b. Unkindness
- c. Belligerence
- d. Stiff-neckedness

Today I used **The Downward Diagonal Superstring of Hatred from the North**, because (I choose to complete the sentence by writing down, why I used The Downward Diagonal Superstring of Hatred from the North).

I write down how my use of **The Downward Diagonal Superstring of Hatred from the North** 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).

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).

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).

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 Northern Vertical Superstring of Avarice, and if I achieved it).

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

The Downward Diagonal Superstring of Love from the North with its

- a. Admitting
- b. Kindness
- c. Conciliatory
- d. Flexibility

I choose to write down how I **believe** that my use of **The Downward Diagonal Superstring of Love from the North** 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).

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).

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).

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 be easier for me to achieve what I wanted by using **The Downward Diagonal Superstring of Love from the North** instead of **The Downward Diagonal Superstring of Hatred from the North** .

If yes, why and if no, why would I anyway choose to use **The Downward Diagonal Superstring of Love from the North** instead of **The Downward Diagonal Superstring of Hatred from the North** in the situation.

I believe that if instead I had used **The Downward Diagonal Superstring of Love from the North** 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 Downward Diagonal Superstring of Love from the North 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 Downward Diagonal Superstring of Love from the North in the situation, and if I do not think that I could more easily achieve what I wanted by using the Downward Diagonal Superstring of Love from the North, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Downward Diagonal Superstring of Hatred from the North** to **The Downward Diagonal Superstring of Love from the North**, I choose to move energetically from **The Downward Diagonal Superstring of Hatred from the North** to **The Downward Diagonal Superstring of Love from the North** 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 Downward Diagonal Superstring of Hatred from the North with its:

- a. Denial
- b. Unkindness
- c. Belligerence
- d. Stiff-neckedness

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Downward Diagonal Superstring of Hatred from the North** 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 Downward Diagonal Superstring of Hatred from the North** today 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 Downward Diagonal Superstring of Hatred from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Downward Diagonal Superstring of Hatred from the North** 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 Downward Diagonal Superstring of Hatred from the North** today 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 Downward Diagonal Superstring of Hatred from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Downward Diagonal Superstring of Hatred from the North** 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 Downward Diagonal Superstring of Hatred from the North** today 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 Downward Diagonal Superstring of Hatred from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Downward Diagonal Superstring of Hatred from the North 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 Downward Diagonal Superstring of Hatred from the North** today 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 Downward Diagonal Superstring of Hatred from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Downward Diagonal Superstring of Hatred from the North 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 **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 **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 **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 **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 **denial** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my denial consciously 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 of my unkindness consciously 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 of my belligerence consciously 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 of my stiff-neckedness consciously in a similar situation in the future).

CH: I **believe** that now I can recover from my **denial** 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 denial and my unkindness consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Downward Diagonal Superstring of Hatred from the North** 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 Downward Diagonal Superstring of Hatred from the North consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Downward Diagonal Superstring of Hatred from the North** and thereby from using my **denial, unkindness, belligerence** and **stiff-neckedness** consciously 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 Downward Diagonal Superstring of Hatred from the North and thereby from using denial, unkindness, belligerence and stiff-neckedness consciously 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 Downward Diagonal Superstring of Hatred from the North** 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 Downward Diagonal Superstring of Love from the North with its

- a. **Admitting**
- b. **Kindness**
- c. **Conciliatory**
- d. **Flexibility**

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Downward Diagonal Superstring of Love from the North** 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 Downward Diagonal Superstring of Love from the North** 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 Downward Diagonal Superstring of Love from the North** 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 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).

KC right: I hereby choose to give myself permission to use **The Downward Diagonal Superstring of Love from the North** 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 **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 **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 **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 **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 **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 **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 **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 **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 Downward Diagonal Superstring of Love from the North** 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 Downward Diagonal Superstring of Love from the North 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 will 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 **kindness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **conciliatory** consciously in a similar situation in the future, because (I choose to complete the sentence

by writing down, why I think it will 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 **flexibility** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **admitting** 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 admitting 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 **conciliatory** 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 conciliatory and flexibility consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Downward Diagonal Superstring of Love from the North** by choosing to consciously use **admitting, kindness, conciliatory 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 be to my advantage to use The Downward Diagonal Superstring of Love from the North consciously with its admitting, kindness, meaningfulness and 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 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 Upward Diagonal Superstring of Hatred from the North** to the **Upward Diagonal Superstring of Love from the North**.

Today I used

The Upward Diagonal Superstring of Hatred from the North with its:

- a. **Resentment**
- b. **Vindictiveness**
- c. **Irritation**
- d. **Madness**

Today I used **The Upward Diagonal Superstring of Hatred from the North**, because (I choose to complete the sentence by writing down, why I used The Upward Diagonal Superstring of Hatred from the North).

I write down how my use of **The Upward Diagonal Superstring of Hatred from the North** 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).

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).

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).

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 Northern Vertical Superstring of Avarice, and if I achieved it).

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

The Upward Diagonal Superstring of Love from the North with its

- a. Acceptance
- b. Forgiveness
- c. Calmness
- d. Sanity

I choose to write down how I **believe** that my use of **The Upward Diagonal Superstring of Love from the North** 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).

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).

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).

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 be easier for me to achieve what I wanted by using **The Upward Diagonal Superstring of Love from the North** instead of **The Upward Diagonal Superstring of Hatred from the North** .

If yes, why and if no, why would I anyway choose to use **The Upward Diagonal Superstring of Love from the North** instead of **The Upward Diagonal Superstring of Hatred from the North** in the situation.

I believe that if instead I had used **The Upward Diagonal Superstring of Love from the North** 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 Upward Diagonal Superstring of Love from the North 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 Upward Diagonal Superstring of Love from the North in the situation, and if I do not think that I could more easily achieve what I wanted by using the Upward Diagonal Superstring of Love from the North, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Upward Diagonal Superstring of Hatred from the North** to **The Upward Diagonal Superstring of Love from the North**, I choose to move energetically from **The Upward Diagonal Superstring of Hatred from the North** to **The Upward Diagonal Superstring of Love from the North** 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 Upward Diagonal Superstring of Hatred from the North with its:

- a. Resentment
- b. Vindictiveness
- c. Irritation
- d. Madness

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Upward Diagonal Superstring of Hatred from the North** 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 Upward Diagonal Superstring of Hatred from the North** today 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 Upward Diagonal Superstring of Hatred from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Upward Diagonal Superstring of Hatred from the North** 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 Upward Diagonal Superstring of Hatred from the North** today 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 Upward Diagonal Superstring of Hatred from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Upward Diagonal Superstring of Hatred from the North** 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 Upward Diagonal Superstring of Hatred from the North** today 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 Upward Diagonal Superstring of Hatred from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of Hatred from the North 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 Upward Diagonal Superstring of Hatred from the North** today 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 Upward Diagonal Superstring of Hatred from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of Hatred from the North 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 **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 **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 **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 **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 **resentment** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my resentment consciously 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 of my vindictiveness consciously 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 of my irritation consciously 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 of my madness consciously in a similar situation in the future).

CH: I **believe** that now I can recover from my **resentment** 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 resentment and my vindictiveness consciously in a similar situation in the future).

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

believe could make me recover from my irritation and my madness consciously in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Upward Diagonal Superstring of Hatred from the North** 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 Upward Diagonal Superstring of Hatred from the North consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Upward Diagonal Superstring of Hatred from the North** and thereby from using my **resentment, vindictiveness, irritation and madness** consciously 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 Upward Diagonal Superstring of Hatred from the North and thereby from using resentment, vindictiveness, irritation and madness consciously 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 Upward Diagonal Superstring of Hatred from the North** 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 Upward Diagonal Superstring of Love from the North with its

- a. Acceptance
- b. Forgiveness
- c. Calmness
- d. Sanity

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Upward Diagonal Superstring of Love from the North** 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 Upward Diagonal Superstring of Love from the North** 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 Upward Diagonal Superstring of Love from the North** 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 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).

KC right: I hereby choose to give myself permission to use **The Upward Diagonal Superstring of Love from the North** 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 **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 **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 **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 **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 **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 **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 **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 **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 Upward Diagonal Superstring of Love from the North** 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 Upward Diagonal Superstring of Love from the North 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 will 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 **forgiveness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **calmness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **sanity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **acceptance** 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 acceptance 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 **calmness** 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 calmness and sanity consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Upward Diagonal Superstring of Love from the North** by choosing to consciously use **acceptance, forgiveness, calmness 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 be to my advantage to use The Upward Diagonal Superstring of Love from the North consciously with its acceptance, forgiveness, meaningfulness and 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 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 Northern Vertical Superstring of Arrogance** to **the Northern Vertical Superstring of Truth**.

Today I used

The Northern Vertical Superstring of Arrogance with its:

- a. Superiority
- b. Condescension
- c. Disrespect
- d. Insincerity

Today I used **The Northern Vertical Superstring of Arrogance**, because (I choose to complete the sentence by writing down, why I used The Northern Vertical Superstring of Arrogance).

I write down how my use of **The Northern Vertical Superstring 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).

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).

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).

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).

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 Northern Vertical Superstring of Avarice, and if I achieved it).

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

The Northern Vertical Superstring of Truth with its

- a. Humility
- b. Equality
- c. Respectfulness
- d. Sincerity

I choose to write down how I **believe** that my use of **The Northern Vertical Superstring 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).

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).

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).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Northern Vertical Superstring of Truth** instead of **The Northern Vertical Superstring of Arrogance** .

If yes, why and if no, why would I anyway choose to use **The Northern Vertical Superstring of Truth** instead of **The Northern Vertical Superstring of Arrogance** in the situation.

I believe that if instead I had used **The Northern Vertical Superstring 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 Northern Vertical Superstring 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 Northern Vertical Superstring of Truth in the situation, and if I do not think that I could more easily achieve what I wanted by using the Northern Vertical Superstring of Truth, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Northern Vertical Superstring of Arrogance** to **The Northern Vertical Superstring of Truth**, I choose to move energetically from **The Northern Vertical Superstring of Arrogance** to **The Northern Vertical Superstring 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 Northern Vertical Superstring of Arrogance with its:

- a. Superiority
- b. Condescension
- c. Disrespect
- d. Insincerity

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Northern Vertical Superstring 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 Northern Vertical Superstring of Arrogance** today 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 Northern Vertical Superstring 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 Northern Vertical Superstring 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 Northern Vertical Superstring of Arrogance** today 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 Northern Vertical Superstring 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 Northern Vertical Superstring 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 left: Even though I chose to use **The Northern Vertical Superstring of Arrogance** today 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 Northern Vertical Superstring 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 Northern Vertical Superstring 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 Northern Vertical Superstring of Arrogance** today 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 Northern Vertical Superstring 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 Northern Vertical Superstring 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).

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

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

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

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

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

TH: My **insincerity** made me feel that (I choose to complete the sentence by writing down what my insincerity 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 of my superiority consciously in a similar situation in the future).

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

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

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

CH: I **believe** that now I can recover from my **superiority** and my **condescension**, 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 condescension consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Northern Vertical Superstring 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 Northern Vertical Superstring of Arrogance consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Northern Vertical Superstring of Arrogance** and thereby from using my **superiority, condescension, disrespect** and **insincerity** consciously 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 Northern Vertical Superstring of Arrogance and thereby from using superiority, condescension, disrespect and insincerity consciously 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 Northern Vertical Superstring 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 Northern Vertical Superstring of Truth with its

- a. Humility
- b. Equality
- c. Respectfulness
- d. Sincerity

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Northern Vertical Superstring 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 Northern Vertical Superstring 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 left: I hereby choose to give myself permission to use **The Northern Vertical Superstring 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 consciously 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 Northern Vertical Superstring 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).

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 **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).

UE: 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).

UN: 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).

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 **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).

UA: 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).

TH: I hereby choose to give myself permission to consciously 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).

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 Northern Vertical Superstring 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 Northern Vertical Superstring 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 will 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 **equality** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use equality consciously in a similar situation in the future).

UN: 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 will be to my advantage to use respectfulness 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 think it will be to my advantage to use sincerity 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 **equality** 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 equality consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **respectfulness** and **sincerity** 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 sincerity consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Northern Vertical Superstring of Truth** by choosing to consciously use **humility, equality, respectfulness** and **sincerity consciously in a similar situation in the future**, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use The Northern Vertical Superstring of Truth consciously with its humility, equality, meaningfulness and sincerity 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 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 Southern Vertical Superstring of Arrogance** to **the Southern Vertical Superstring of Truth**.

Today I used

The Southern Vertical Superstring of Arrogance with its:

- a. **Inferiority**
- b. **Intolerance**
- c. **Craftiness**
- d. **Cunning**

Today I used **The Southern Vertical Superstring of Arrogance**, because (I choose to complete the sentence by writing down, why I used The Southern Vertical Superstring of Arrogance).

I write down how my use of **The Southern Vertical Superstring of Arrogance** made me think, feel, act and relate to 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).

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).

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).

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).

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 Northern Vertical Superstring of Avarice, and if I achieved it).

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

The Southern Vertical Superstring of Truth with its

- a. Honesty
- b. Tolerance
- c. Straightforwardness
- d. Simplicity

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

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).

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).

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).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Southern Vertical Superstring of Truth** instead of **The Southern Vertical Superstring of Arrogance** .

If yes, why and if no, why would I anyway choose to use **The Southern Vertical Superstring of Truth** instead of **The Southern Vertical Superstring of Arrogance** in the situation.

I believe that if instead I had used **The Southern Vertical Superstring 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 Southern Vertical Superstring 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 Southern Vertical Superstring of Truth in the situation, and if I do not think that I could more easily achieve what I wanted by using the Southern Vertical Superstring of Truth, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Southern Vertical Superstring of Arrogance** to **The Southern Vertical Superstring of Truth**, I choose to move energetically from **The Southern Vertical Superstring of Arrogance** to **The Southern Vertical Superstring 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 Southern Vertical Superstring of Arrogance with its:

- a. Inferiority
- b. Intolerance
- c. Craftiness
- d. Cunning

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Southern Vertical Superstring 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 Southern Vertical Superstring of Arrogance** today 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 Southern Vertical Superstring 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 Southern Vertical Superstring 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 right: Even though I chose to use **The Southern Vertical Superstring of Arrogance** today 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 Southern Vertical Superstring 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 Southern Vertical Superstring 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 Southern Vertical Superstring of Arrogance** today 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 Southern Vertical Superstring 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 Southern Vertical Superstring 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 right: Even though I chose to use **The Southern Vertical Superstring of Arrogance** today 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 Southern Vertical Superstring 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 Southern Vertical Superstring 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).

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

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

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

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

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

TH: My **cunning** made me feel that (I choose to complete the sentence by writing down what my **cunning** 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 **inferiority** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my inferiority consciously 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 of my intolerance consciously in a similar situation in the future).

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

UN: 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 of my cunning consciously in a similar situation in the future).

CH: I **believe** that now I can recover from my **inferiority** 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 inferiority and my intolerance consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Southern Vertical Superstring 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 Southern Vertical Superstring of Arrogance consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Southern Vertical Superstring of Arrogance** and thereby from using my **inferiority, intolerance, craftiness** and **cunning** consciously 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 Southern Vertical Superstring of Arrogance and thereby from using inferiority, intolerance, craftiness and cunning consciously 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 Southern Vertical Superstring 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 Southern Vertical Superstring of Truth with its

- a. Honesty
- b. Tolerance
- c. Straightforwardness
- d. Simplicity

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Southern Vertical Superstring 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 right: I hereby choose to give myself permission to use **The Southern Vertical Superstring 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 Southern Vertical Superstring 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 consciously 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 right: I hereby choose to give myself permission to use **The Southern Vertical Superstring 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).

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

EB: 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).

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 **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).

UN: 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).

CH: 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).

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 **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).

TH: I hereby choose to give myself permission to consciously 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).

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 Southern Vertical Superstring 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 Southern Vertical Superstring of Truth 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, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use honesty 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 will 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 **straightforwardness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use straightforwardness consciously in a similar situation in the future).

CH: 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 will be to my advantage to use simplicity consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **honesty** 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 honesty 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 **straightforwardness** 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 straightforwardness and simplicity consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Southern Vertical Superstring of Truth** by choosing to consciously use **honesty, tolerance, straightforwardness** 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 be to my advantage to use The Southern Vertical Superstring of Truth consciously with its honesty, tolerance, meaningfulness and simplicity 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 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.

21. From **the Eastern Vertical Superstring of Arrogance** to the **Eastern Vertical Superstring of Truth**.

Today I used

The Eastern Vertical Superstring of Arrogance with its:

- a. **Overcrowding**
- b. **Exaggeration**
- c. **Distortion**
- d. **Unreliability**

Today I used **The Eastern Vertical Superstring of Arrogance**, because (I choose to complete the sentence by writing down, why I used The Eastern Vertical Superstring of Arrogance).

I write down how my use of **The Eastern Vertical Superstring of Arrogance** made me think, feel, act and relate to 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).

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).

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).

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).

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 Northern Vertical Superstring of Avarice, and if I achieved it).

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

The Eastern Vertical Superstring of Truth with its

- a. Individuality
- b. Accuracy
- c. Precision
- d. Reliability

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

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).

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).

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).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Eastern Vertical Superstring of Truth** instead of **The Eastern Vertical Superstring of Arrogance** .

If yes, why and if no, why would I anyway choose to use **The Eastern Vertical Superstring of Truth** instead of **The Eastern Vertical Superstring of Arrogance** in the situation.

I believe that if instead I had used **The Eastern Vertical Superstring 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 Eastern Vertical Superstring 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 Eastern Vertical Superstring of Truth in the situation, and if I do not think that I could more easily achieve what I wanted by using the Eastern Vertical Superstring of Truth, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Eastern Vertical Superstring of Arrogance** to **The Eastern Vertical Superstring of Truth**, I choose to move energetically from **The Eastern Vertical Superstring of Arrogance** to **The Eastern Vertical Superstring 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 Eastern Vertical Superstring of Arrogance with its:

- a. **Overcrowding**
- b. **Exaggeration**
- c. **Distortion**
- d. **Unreliability**

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Eastern Vertical Superstring 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 Eastern Vertical Superstring of Arrogance** today 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 Eastern Vertical Superstring 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 Eastern Vertical Superstring 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 Eastern Vertical Superstring of Arrogance** today 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 Eastern Vertical Superstring 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 Eastern Vertical Superstring 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 left: Even though I chose to use **The Eastern Vertical Superstring of Arrogance** today 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 Eastern Vertical Superstring 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 Eastern Vertical Superstring 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 Eastern Vertical Superstring of Arrogance** today 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 Eastern Vertical Superstring 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 Eastern Vertical Superstring 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).

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

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

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

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

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

TH: My **unreliability** made me feel that (I choose to complete the sentence by writing down what my unreliability 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 **overcrowding** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my overcrowding consciously in a similar situation in the future).

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

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

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

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

UA: Now, I open myself completely to let go of **The Eastern Vertical Superstring 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 Eastern Vertical Superstring of Arrogance consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Eastern Vertical Superstring of Arrogance** and thereby from using my **overcrowding**, **exaggeration**, **distortion** and **unreliability** consciously 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 Eastern Vertical Superstring of Arrogance

and thereby from using overcrowding, exaggeration, distortion and unreliability consciously 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 Eastern Vertical Superstring 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 Eastern Vertical Superstring of Truth with its

- a. Individuality
- b. Accuracy
- c. Precision
- d. Reliability

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Eastern Vertical Superstring 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 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).

KC right: I hereby choose to give myself permission to use **The Eastern Vertical Superstring 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 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).

KC left: I hereby choose to give myself permission to use **The Eastern Vertical Superstring 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 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).

KC right: I hereby choose to give myself permission to use **The Eastern Vertical Superstring 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 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).

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

EB: 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).

SE: 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).

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).

UN: 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).

CH: 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).

CB: 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).

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 **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).

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 Eastern Vertical Superstring 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 Eastern Vertical Superstring of Truth consciously in a similar situation in the future).

SE: 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 will be to my advantage to use individuality 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, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use accuracy 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 will 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 **reliability** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use reliability consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **individuality** and **accuracy** 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 accuracy 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 **reliability** 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 reliability consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Eastern Vertical Superstring of Truth** by choosing to consciously use **individuality**, **accuracy**,

precision and reliability consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use The Eastern Vertical Superstring of Truth consciously with its individuality, accuracy, meaningfulness and reliability 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 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.

22. From the Western Vertical Superstring of Arrogance to the Western Vertical Superstring of Truth.

Today I used

The Western Vertical Superstring of Arrogance with its:

- a. Isolation
- b. Seclusion
- c. Separateness
- d. Alienation

Today I used The Western Vertical Superstring of Arrogance, because (I choose to complete the sentence by writing down, why I used The Western Vertical Superstring of Arrogance).

I write down how my use of The Western Vertical Superstring of Arrogance made me think, feel, act and relate to 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).

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).

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).

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 Northern Vertical Superstring of Avarice, and if I achieved it).

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

The Western Vertical Superstring of Truth with its

- a. Fellowship
- b. Belongingness
- c. Togetherness
- d. Familiarity

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

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).

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).

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).

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 be easier for me to achieve what I wanted by using **The Western Vertical Superstring of Truth** instead of **The Western Vertical Superstring of Arrogance**.

If yes, why and if no, why would I anyway choose to use **The Western Vertical Superstring of Truth** instead of **The Western Vertical Superstring of Arrogance** in the situation.

I believe that if instead I had used **The Western Vertical Superstring 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 Western Vertical Superstring 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 Western Vertical Superstring of Truth in the situation, and if I do not think that I could more easily achieve what I wanted by using the Western Vertical Superstring of Truth, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Western Vertical Superstring of Arrogance** to **The Western Vertical Superstring of Truth**, I choose to move energetically from **The Western Vertical Superstring of Arrogance** to **The Western Vertical Superstring 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 Western Vertical Superstring of Arrogance with its:

- a. Isolation
- b. Seclusion
- c. Separateness
- d. Alienation

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Western Vertical Superstring 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 Western Vertical Superstring of Arrogance** today 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 Western Vertical Superstring 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 Western Vertical Superstring 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).

KC right: Even though I chose to use **The Western Vertical Superstring of Arrogance** today 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 Western Vertical Superstring 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 Western Vertical Superstring 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).

KC left: Even though I chose to use **The Western Vertical Superstring of Arrogance** today 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 Western Vertical Superstring 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 Western Vertical Superstring 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).

KC right: Even though I chose to use **The Western Vertical Superstring of Arrogance** today 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 Western Vertical Superstring 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 Western Vertical Superstring 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 **isolation** made me think that (I choose to complete the sentence by writing down what my isolation made me think in the situation).

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

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

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

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

CB: My **separateness** made me feel that (I choose to complete the sentence by writing down what my separateness 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 **isolation** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my isolation consciously in a similar situation in the future).

SE: 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 of my seclusion consciously in a similar situation in the future).

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

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

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

UA: Now, I open myself completely to let go of **The Western Vertical Superstring 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 Western Vertical Superstring of Arrogance consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Western Vertical Superstring of Arrogance** and thereby from using my **isolation**, **seclusion**, **separateness** and **alienation** consciously 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 Western Vertical Superstring of Arrogance and thereby from using isolation, seclusion, separateness and alienation consciously 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 Western Vertical Superstring 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 Western Vertical Superstring of Truth with its

- a. Fellowship
- b. Belongingness
- c. Togetherness
- d. Familiarity

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Western Vertical Superstring 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).

KC right: I hereby choose to give myself permission to use **The Western Vertical Superstring 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).

KC left: I hereby choose to give myself permission to use **The Western Vertical Superstring 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 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).

KC right: I hereby choose to give myself permission to use **The Western Vertical Superstring 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 **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).

SE: 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).

UE: 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).

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 **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).

CB: 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 want to use belongingness consciously in a similar situation in the future).

UA: 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 want to use togetherness 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 Western Vertical Superstring 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 Western Vertical Superstring of Truth consciously in a similar situation in the future).

SE: 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 will be to my advantage to use fellowship consciously in a similar situation in the future).

UE: 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 will be to my advantage to use belongingness consciously in a similar situation in the future).

UN: 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 will be to my advantage to use togetherness 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 will 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 **fellowship** 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 fellowship and belongingness consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **togetherness** 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 togetherness and familiarity consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Western Vertical Superstring of Truth** by choosing to consciously use **fellowship, belongingness, togetherness** 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 be to my advantage to use The Western Vertical Superstring of Truth

consciously with its fellowship, belongingness, meaningfulness and 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 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.

23. From **the Downward Diagonal Superstring of Arrogance from the North** to **the Downward Diagonal Superstring of Truth from the North**.

Today I used

The Downward Diagonal Superstring of Arrogance from the North with its:

- a. Superiority
- b. Intolerance
- c. Distortion
- d. Alienation

Today I used **The Downward Diagonal Superstring of Arrogance from the North**, because (I choose to complete the sentence by writing down, why I used **The Downward Diagonal Superstring of Arrogance from the North**).

I write down how my use of **The Downward Diagonal Superstring of Arrogance from the North** 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).

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).

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).

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 Northern Vertical Superstring of Avarice, and if I achieved it).

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

The Downward Diagonal Superstring of Truth from the North with its

- a. Humility
- b. Tolerance
- c. Precision
- d. Familiarity

I choose to write down how I **believe** that my use of **The Downward Diagonal Superstring of Truth from the North** 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).

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).

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).

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 be easier for me to achieve what I wanted by using **The Downward Diagonal Superstring of Truth from the North** instead of **The Downward Diagonal Superstring of Arrogance from the North**.

If yes, why and if no, why would I anyway choose to use **The Downward Diagonal Superstring of Truth from the North** instead of **The Downward Diagonal Superstring of Arrogance from the North** in the situation.

I believe that if instead I had used **The Downward Diagonal Superstring of Truth from the North** 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 Downward Diagonal Superstring of Truth from the North 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 Downward Diagonal Superstring of Truth from the North in the situation, and if I do not think that I could more easily achieve what I wanted by using the Downward Diagonal Superstring of Truth from the North, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Downward Diagonal Superstring of Arrogance from the North** to **The Downward Diagonal Superstring of Truth from the North**, I choose to move energetically from **The Downward Diagonal Superstring of Arrogance from the North** to **The Downward Diagonal Superstring of Truth from the North** 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 Downward Diagonal Superstring of Arrogance from the North with its:

- a. Superiority
- b. Intolerance
- c. Distortion
- d. Alienation

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Downward Diagonal Superstring of Arrogance from the North** 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 Downward Diagonal Superstring of Arrogance from the North** today 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 Downward Diagonal Superstring of Arrogance from the North for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Downward Diagonal Superstring of Arrogance from the North 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 Downward Diagonal Superstring of Arrogance from the North today 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 Downward Diagonal Superstring of Arrogance from the North for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Downward Diagonal Superstring of Arrogance from the North 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 Downward Diagonal Superstring of Arrogance from the North today 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 Downward Diagonal Superstring of Arrogance from the North for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Downward Diagonal Superstring of Arrogance from the North 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 Downward Diagonal Superstring of Arrogance from the North today 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 Downward Diagonal Superstring of Arrogance from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Downward Diagonal Superstring of Arrogance from the North 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 **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 **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 **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 **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 **superiority** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my superiority consciously 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 of my intolerance consciously 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 of my distortion consciously 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 of my alienation consciously in a similar situation in the future).

CH: I **believe** that now I can recover from my **superiority** 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 superiority and my intolerance consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Downward Diagonal Superstring of Arrogance from the North** 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 Downward Diagonal Superstring of Arrogance from the North consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Downward Diagonal Superstring of Arrogance from the North** and thereby from using my **superiority, intolerance, distortion and alienation** consciously 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 Downward Diagonal Superstring of Arrogance from the North and thereby from using superiority, intolerance, distortion and alienation consciously 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 Downward Diagonal Superstring of Arrogance from the North** 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 Downward Diagonal Superstring of Truth from the North with its

- a. Humility
- b. Tolerance
- c. Precision
- d. Familiarity

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Downward Diagonal Superstring of Truth from the North** 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 Downward Diagonal Superstring of Truth from the North** 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 Downward Diagonal Superstring of Truth from the North** 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 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).

KC right: I hereby choose to give myself permission to use **The Downward Diagonal Superstring of Truth from the North** 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 **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 **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 **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).

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 **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 **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 **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 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 Downward Diagonal Superstring of Truth from the North** 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 Downward Diagonal Superstring of Truth from the North 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 will 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 **tolerance** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **precision** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 familiarity consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **humility** 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 humility 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 **precision** 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 precision and familiarity consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Downward Diagonal Superstring of Truth from the North** by choosing to consciously use **humility, tolerance, precision** 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 be to my advantage to use The Downward Diagonal Superstring of Truth from the North consciously with its humility, tolerance, meaningfulness and 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 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.

24. From the Upward Diagonal Superstring of Arrogance from the North to the Upward Diagonal Superstring of Truth from the North.

Today I used

The Upward Diagonal Superstring of Arrogance from the North with its:

- a. Insincerity
- b. Craftiness
- c. Exaggeration
- d. Isolation

Today I used The Upward Diagonal Superstring of Arrogance from the North, because (I choose to complete the sentence by writing down, why I used The Upward Diagonal Superstring of Arrogance from the North).

I write down how my use of The Upward Diagonal Superstring of Arrogance from the North 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).

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).

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).

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 Northern Vertical Superstring of Avarice, and if I achieved it).

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

The Upward Diagonal Superstring of Truth from the North with its

- a. Sincerity
- b. Straightforwardness
- c. Accuracy
- d. Fellowship

I choose to write down how I **believe** that my use of **The Upward Diagonal Superstring of Truth from the North** 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).

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).

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).

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 be easier for me to achieve what I wanted by using **The Upward Diagonal Superstring of Truth from the North** instead of **The Upward Diagonal Superstring of Arrogance from the North**.

If yes, why and if no, why would I anyway choose to use **The Upward Diagonal Superstring of Truth from the North** instead of **The Upward Diagonal Superstring of Arrogance from the North** in the situation.

I believe that if instead I had used **The Upward Diagonal Superstring of Truth from the North** 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 Upward Diagonal Superstring of Truth from the North 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 Upward Diagonal Superstring of Truth from the North in the situation, and if I do not think that I could more easily achieve what I wanted by using the Upward Diagonal Superstring of Truth from the North, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Upward Diagonal Superstring of Arrogance from the North** to **The Upward Diagonal Superstring of Truth from the North**, I choose to move energetically from **The Upward Diagonal Superstring of Arrogance from the North** to **The Upward Diagonal Superstring of Truth from the North** 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 Upward Diagonal Superstring of Arrogance from the North with its:

- a. Insincerity
- b. Craftiness
- c. Exaggeration
- d. Isolation

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Upward Diagonal Superstring of Arrogance from the North** 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 Upward Diagonal Superstring of Arrogance from the North** today 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 Upward Diagonal Superstring of Arrogance from the North** for being

exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of Arrogance from the North 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 Upward Diagonal Superstring of Arrogance from the North** today 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 Upward Diagonal Superstring of Arrogance from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of Arrogance from the North 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 Upward Diagonal Superstring of Arrogance from the North** today 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 Upward Diagonal Superstring of Arrogance from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of Arrogance from the North 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 Upward Diagonal Superstring of Arrogance from the North** today 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 Upward Diagonal Superstring of Arrogance from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of Arrogance from the North 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 **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 **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 **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 **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 **insincerity** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my

insincerity consciously 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 of my craftiness consciously 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 of my exaggeration consciously 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 of my isolation consciously in a similar situation in the future).

CH: I **believe** that now I can recover from my **insincerity** 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 insincerity and my craftiness consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Upward Diagonal Superstring of Arrogance from the North** 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 Upward Diagonal Superstring of Arrogance from the North consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Upward Diagonal Superstring of Arrogance from the North** and thereby from using my **insincerity, craftiness, exaggeration and isolation** consciously 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 Upward Diagonal Superstring of Arrogance from the North and thereby from using insincerity, craftiness, exaggeration and isolation consciously 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 Upward Diagonal Superstring of Arrogance from the North** 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 Upward Diagonal Superstring of Truth from the North with its

- a. Sincerity
- b. Straightforwardness
- c. Accuracy
- d. Fellowship

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Upward Diagonal Superstring of Truth from the North** 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 Upward Diagonal Superstring of Truth from the North** 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 Upward Diagonal Superstring of Truth from the North** 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 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).

KC right: I hereby choose to give myself permission to use **The Upward Diagonal Superstring of Truth from the North** 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 **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 **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 **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 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 **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 **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 **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 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 Upward Diagonal Superstring of Truth from the North** 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 Upward Diagonal Superstring of Truth from the North 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 will 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 **straightforwardness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **accuracy** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 fellowship consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **sincerity** 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 sincerity 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 **accuracy** 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 accuracy and fellowship consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Upward Diagonal Superstring of Truth from the North** by choosing to consciously use **sincerity, straightforwardness, accuracy** 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 be to my advantage to use The Upward Diagonal Superstring of

Truth from the North consciously with its sincerity, straightforwardness, meaningfulness and 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 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.

APPENDIX D

01. From **the Northern Vertical Superstring of the Big Rings of Pain** to the **Northern Vertical Superstring of the Big Rings of Joy**.

Today I used

The Northern Vertical Superstring of the Big Rings of Pain with its:

- a. Emptiness
- b. Euphoria
- c. Savior-role
- d. Avarice

Today I used **The Northern Vertical Superstring of the Big Rings of Pain**, because (I choose to complete the sentence by writing down, why I used **The Northern Vertical Superstring of the Big Rings of Pain**).

I write down how my use of **The Northern Vertical Superstring of the Big Rings of Pain** 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).

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).

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).

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).

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 Northern Vertical Superstring of Avarice, and if I achieved it).

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

The Northern Vertical Superstring of the Big Rings of Joy with its

- a. Fulfillment
- b. Joy
- c. Detachment
- d. Faith

I choose to write down how I **believe** that my use of **The Northern Vertical Superstring of the Big Rings of Joy** 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).

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).

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).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Northern Vertical Superstring of the Big Rings of Joy** instead of **The Northern Vertical Superstring of the Big Rings of Pain**.

If yes, why and if no, why would I anyway choose to use **The Northern**

Vertical Superstring of the Big Rings of Joy instead of The Northern Vertical Superstring of the Big Rings of Pain in the situation.

I believe that if instead I had used The Northern Vertical Superstring of the Big Rings 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 Northern Vertical Superstring of the Big Rings 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 Northern Vertical Superstring of the Big Rings of Joy in the situation, and if I do not think that I could more easily achieve what I wanted by using the Northern Vertical Superstring of the Big Rings of Joy, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from The Northern Vertical Superstring of the Big Rings of Pain to The Northern Vertical Superstring of the Big Rings of Joy, I choose to move energetically from The Northern Vertical Superstring of the Big Rings of Pain to The Northern Vertical Superstring of the Big Rings 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 Northern Vertical Superstring of the Big Rings of Pain with its:

- a. Emptiness
- b. Euphoria
- c. Savior-role
- d. Avarice

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in The Northern Vertical Superstring of the Big Rings 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 Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use The Northern Vertical Superstring of the Big Rings of Pain today 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 Northern Vertical Superstring of the Big Rings 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 Northern Vertical Superstring of the Big Rings of Pain** 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 Northern Vertical Superstring of the Big Rings of Pain** today 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 Northern Vertical Superstring of the Big Rings 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 Northern Vertical Superstring of the Big Rings of Pain** 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 left: Even though I chose to use **The Northern Vertical Superstring of the Big Rings of Pain** today by using **savior-role** to (I choose to complete the sentence by writing down, what I used 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 savior-role in the situation), and I also completely and totally love and accept **The Northern Vertical Superstring of the Big Rings 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 Northern Vertical Superstring of the Big Rings of Pain** in spite of the pain , it inflicted on me in context with my use of 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 Northern Vertical Superstring of the Big Rings of Pain** today 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 Northern Vertical Superstring of the Big Rings 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 Northern Vertical Superstring of the Big Rings 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).

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

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

CH: 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).

CB: 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).

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

TH: My **avarice** made me feel that (I choose to complete the sentence by writing down what my avarice 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 of my emptiness consciously in a similar situation in the future).

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

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

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

CH: I **believe** that now I can recover from my **emptiness** and my **euphoria**, 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 euphoria consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Northern Vertical Superstring of the Big Rings 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 Northern Vertical Superstring of the Big Rings of Pain consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Northern Vertical Superstring of the Big Rings of Pain** and thereby from using my **emptiness**, **euphoria**, **savior-role** and **avarice** consciously 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 Northern Vertical Superstring of the Big Rings of Pain and thereby from using emptiness, euphoria, savior-role and avarice consciously 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 Northern Vertical Superstring of the Big Rings 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 Northern Vertical Superstring of the Big Rings of Joy with its

- a. Fulfillment
- b. Joy
- c. Detachment
- d. Faith

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Northern Vertical Superstring of the Big Rings of Joy** 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 Northern Vertical Superstring of the Big Rings of Joy** 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 left: I hereby choose to give myself permission to use **The Northern Vertical Superstring of the Big Rings of Joy** by using **detachment** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously 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 Northern Vertical Superstring of the Big Rings 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).

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 **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).

UE: 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).

UN: 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).

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 **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).

UA: 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).

TH: I hereby choose to give myself permission to consciously 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).

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 Northern Vertical Superstring of the Big Rings 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 Northern Vertical Superstring of the Big Rings of Joy 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 will 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 **joy** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use joy consciously in a similar situation in the future).

UN: 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 will be to my advantage to use detachment 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 think it will be to my advantage to use faith 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 **joy** 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 joy consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **detachment** and **faith** 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 faith consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Northern Vertical Superstring of the Big Rings of Joy** by choosing to consciously use **fulfillment, joy, detachment** and **faith** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use The Northern Vertical Superstring of the Big Rings of Joy consciously with its fulfillment, joy, meaningfulness and faith 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 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 Southern Vertical Superstring of the Big Rings of Pain to the Southern Vertical Superstring of the Big Rings of Joy.

Today I used

The Southern Vertical Superstring of the Big Rings of Pain with its:

- a. Boredom
- b. Depression
- c. Seducer-role
- d. Envy

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

I write down how my use of The Southern Vertical Superstring of the Big Rings of Pain made me think, feel, act and relate to 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).

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).

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).

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).

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 Northern Vertical Superstring of Envy, and if I achieved it).

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

The Southern Vertical Superstring of the Big Rings of Joy with its

- a. Interest
- b. Empowerment
- c. Integrity
- d. Hope

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

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).

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).

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).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Southern Vertical Superstring of the Big Rings of Joy** instead of **The Southern Vertical Superstring of the Big Rings of Pain**.

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

I believe that if instead I had used **The Southern Vertical Superstring of the Big Rings 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 Southern Vertical Superstring of the Big Rings 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 Southern Vertical Superstring of the Big Rings of Joy in the situation, and if I do not think that I could more easily achieve what I wanted by using the Southern Vertical Superstring of the Big Rings of Joy, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Southern Vertical Superstring of the Big Rings of Pain** to **The Southern Vertical Superstring of the Big Rings of Joy**, I choose to move energetically from **The Southern Vertical Superstring of the Big Rings of Pain** to **The Southern Vertical Superstring of the Big Rings 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 Southern Vertical Superstring of the Big Rings of Pain with its:

- a. Boredom
- b. Depression
- c. Seducer-role
- d. Envy

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Southern Vertical Superstring of the Big Rings 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 Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Southern Vertical Superstring of the Big Rings of Pain** today 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 Southern Vertical Superstring of the Big Rings 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 Southern Vertical Superstring of the Big**

Rings of Pain 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 right: Even though I chose to use The Southern Vertical Superstring of the Big Rings of Pain today 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 Southern Vertical Superstring of the Big Rings 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 Southern Vertical Superstring of the Big Rings of Pain 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 Southern Vertical Superstring of the Big Rings of Pain today by using seducer-role to (I choose to complete the sentence by writing down, what I used 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 seducer-role in the situation), and I also completely and totally love and accept The Southern Vertical Superstring of the Big Rings 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 Southern Vertical Superstring of the Big Rings of Pain in spite of the pain , it inflicted on me in context with my use of 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 right: Even though I chose to use The Southern Vertical Superstring of the Big Rings of Pain today 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 Southern Vertical Superstring of the Big Rings 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 Southern Vertical Superstring of the Big Rings 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).

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

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

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

CB: 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).

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

TH: My **envy** made me feel that (I choose to complete the sentence by writing down what my envy 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 **boredom** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my boredom consciously 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 of my depression consciously in a similar situation in the future).

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

UN: 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 of my envy consciously in a similar situation in the future).

CH: I **believe** that now I can recover from my **boredom** 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 boredom and my depression consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Southern Vertical Superstring of the Big Rings 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 Southern Vertical Superstring of the Big Rings of Pain consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Southern Vertical Superstring of the Big Rings of Pain** and thereby from using my **boredom**, **depression**, **seducer-role** and **envy** consciously 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 Southern Vertical Superstring of the Big Rings of Pain and thereby from using boredom, depression, seducer-role and envy consciously 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 Southern Vertical Superstring of the Big Rings 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 Southern Vertical Superstring of the Big Rings of Joy with its

- a. Interest
- b. Empowerment
- c. Integrity
- d. Hope

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Southern Vertical Superstring of the Big Rings of Joy** 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 right: I hereby choose to give myself permission to use **The Southern Vertical Superstring of the Big Rings of Joy** 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 Southern Vertical Superstring of the Big Rings of Joy** by using **integrity** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously 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 right: I hereby choose to give myself permission to use **The Southern Vertical Superstring of the Big Rings 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).

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

EB: 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).

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 **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).

UN: 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).

CH: 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).

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 **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).

TH: I hereby choose to give myself permission to consciously 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).

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 Southern Vertical Superstring of the Big Rings 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 Southern Vertical Superstring of the Big Rings of Joy 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, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use interest 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 will 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 **integrity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use integrity consciously in a similar situation in the future).

CH: 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 will be to my advantage to use hope consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **interest** 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 interest 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 **integrity** 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 integrity and hope consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Southern Vertical Superstring of the Big Rings of Joy** by choosing to consciously use **interest, empowerment, integrity** 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 be to my advantage to use The Southern Vertical Superstring of the Big Rings of Joy consciously with its interest, empowerment, meaningfulness and hope 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 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 Eastern Vertical Superstring of the Big Rings of Pain to the Eastern Vertical Superstring of the Big Rings of Joy.

Today I used

The Eastern Vertical Superstring of the Big Rings of Pain with its:

- a. Meaninglessness
- b. Self-criticism
- c. Victim-role
- d. Hatred

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

I write down how my use of The Eastern Vertical Superstring of the Big Rings of Pain made me think, feel, act and relate to 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).

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).

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).

Hatred:

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

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

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

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

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Northern Vertical Superstring of Hatred, and if I achieved it).

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

The Eastern Vertical Superstring of the Big Rings of Joy with its

- a. Meaningfulness
- b. Open-mindedness
- c. Respect for self
- d. Love

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

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).

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).

Respect for 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 for 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 for 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 for 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 for self).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Eastern Vertical Superstring of the Big Rings of Joy** instead of **The Eastern Vertical Superstring of the Big Rings of Pain**.

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

I believe that if instead I had used **The Eastern Vertical Superstring of the Big Rings 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 Eastern Vertical Superstring of the Big Rings 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 Eastern Vertical Superstring of the Big Rings of Joy in the situation, and if I do not think that I could more easily achieve what I wanted by using the Eastern Vertical Superstring of the Big Rings of Joy, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Eastern Vertical Superstring of the Big Rings of Pain** to **The Eastern Vertical Superstring of the Big Rings of Joy**, I choose to move energetically from **The Eastern Vertical Superstring of the Big Rings of Pain** to **The Eastern Vertical Superstring of the Big Rings 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 Eastern Vertical Superstring of the Big Rings of Pain with its:

- a. Meaninglessness
- b. Self-criticism
- c. Victim-role
- d. Hatred

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Eastern Vertical Superstring of the Big Rings 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 Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Eastern Vertical Superstring of the Big Rings of Pain** today 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 Eastern Vertical Superstring of the Big Rings 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 Eastern Vertical Superstring of the Big Rings of Pain** 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 Eastern Vertical Superstring of the Big Rings of Pain** today 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 Eastern Vertical Superstring of the Big Rings 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 Eastern Vertical Superstring of the Big Rings of Pain 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 left: Even though I chose to use **The Eastern Vertical Superstring of the Big Rings of Pain** today by using **victim-role** to (I choose to complete the sentence by writing down, what I used 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 victim-role in the situation), and I also completely and totally love and accept **The Eastern Vertical Superstring of the Big Rings 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 Eastern Vertical Superstring of the Big Rings of Pain in spite of the pain , it inflicted on me in context with my use of 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 Eastern Vertical Superstring of the Big Rings of Pain** today by using **hatred** to (I choose to complete the sentence by writing down, what I used hatred 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 in the situation), and I also completely and totally love and accept **The Eastern Vertical Superstring of the Big Rings 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 Eastern Vertical Superstring of the Big Rings of Pain in spite of the pain , it inflicted on me in context with my use of hatred 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 **meaninglessness** made me think that (I choose to complete the sentence by writing down what my meaninglessness made me think in the situation).

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

UE: 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).

UN: 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).

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

TH: My **hatred** made me feel that (I choose to complete the sentence by writing down what my hatred 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 **meaninglessness** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my meaninglessness consciously in a similar situation in the future).

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

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

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

UA: Now, I open myself completely to let go of **The Eastern Vertical Superstring of the Big Rings 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 Eastern Vertical Superstring of the Big Rings of Pain consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Eastern Vertical Superstring of the Big Rings of Pain** and thereby from using my **meaninglessness**, **self-criticism**, **victim-role** and **hatred** consciously 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 Eastern Vertical Superstring of the Big Rings of Pain and thereby from using meaninglessness, self-criticism, victim-role and hatred consciously 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 Eastern Vertical Superstring of the Big Rings 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 Eastern Vertical Superstring of the Big Rings of Joy with its

- a. Meaningfulness
- b. Open-mindedness
- c. Respect for self
- d. Love

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Eastern Vertical Superstring of the Big Rings of Joy** by using **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), 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 Eastern Vertical Superstring of the Big Rings of Joy** 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 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).

KC left: I hereby choose to give myself permission to use **The Eastern Vertical Superstring of the Big Rings of Joy** by using **respect for 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 for 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 for self** consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Eastern Vertical Superstring of the Big Rings 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 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).

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

EB: 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).

SE: 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).

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

CH: 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).

CB: 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).

UA: I hereby choose to give myself permission to use **respect for 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 for self consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to consciously 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).

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 Eastern Vertical Superstring of the Big Rings 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 Eastern Vertical Superstring of the Big Rings of Joy consciously in a similar situation in the future).

SE: 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 will be to my advantage to use meaningfulness 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, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use open-mindedness consciously in a similar situation in the future).

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

CH: 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 will be to my advantage to use love consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **meaningfulness** and **open-mindedness** 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 open-mindedness consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **respect for self** and love 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 for self and love consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Eastern Vertical Superstring of the Big Rings of Joy** by choosing to consciously use **meaningfulness, open-mindedness, respect for self** and love **consciously in a similar situation in the future**, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use The Eastern Vertical Superstring of the Big Rings of Joy consciously with its **meaningfulness, open-mindedness, meaningfulness and love** 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 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 Western Vertical Superstring of the Big Rings of Pain** to the **Western Vertical Superstring of the Big Rings of Joy**.

Today I used

The Western Vertical Superstring of the Big Rings of Pain with its:

- a. Loneliness
- b. Self-praise
- c. Offender-role
- d. Arrogance

Today I used **The Western Vertical Superstring of the Big Rings of Pain**, because (I choose to complete the sentence by writing down, why I used **The Western Vertical Superstring of the Big Rings of Pain**).

I write down how my use of **The Western Vertical Superstring of the Big Rings of Pain** made me think, feel, act and relate to 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).

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).

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).

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 wanted to achieve by using this Ring, and if I achieved it.

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Northern Vertical Superstring of Arrogance, and if I achieved it).

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

The Western Vertical Superstring of the Big Rings of Joy with its

- a. Oneness
- b. Gratitude
- c. Respect for others
- d. Truth

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

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).

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).

Respect for 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 for 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 for 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 for 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 for others).

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 be easier for me to achieve what I wanted by using **The Western Vertical Superstring of the Big Rings of Joy** instead of **The Western Vertical Superstring of the Big Rings of Pain**.

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

I believe that if instead I had used **The Western Vertical Superstring of the Big Rings 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 Western Vertical Superstring of the Big Rings 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 Western Vertical Superstring of the Big Rings of Joy in the situation, and if I do not think that I could more easily achieve what I wanted by using the Western Vertical Superstring of the Big Rings of Joy, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Western Vertical Superstring of the Big Rings of Pain** to **The Western Vertical Superstring of the Big Rings of Joy**, I choose to move energetically from **The Western Vertical Superstring of the Big Rings of Pain** to **The Western Vertical Superstring of the Big Rings 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 Western Vertical Superstring of the Big Rings of Pain with its:

- a. Loneliness
- b. Self-praise
- c. Offender-role
- d. Arrogance

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Western Vertical Superstring of the Big Rings 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 Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Western Vertical Superstring of the Big Rings of Pain** today 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 Western Vertical Superstring of the Big Rings 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 Western Vertical Superstring of the Big Rings of Pain 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).

KC right: Even though I chose to use The Western Vertical Superstring of the Big Rings of Pain today 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 Western Vertical Superstring of the Big Rings 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 Western Vertical Superstring of the Big Rings of Pain 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).

KC left: Even though I chose to use The Western Vertical Superstring of the Big Rings of Pain today by using offender-role to (I choose to complete the sentence by writing down, what I used 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 offender-role in the situation), and I also completely and totally love and accept The Western Vertical Superstring of the Big Rings 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 Western Vertical Superstring of the Big Rings of Pain in spite of the pain , it inflicted on me in context with my use of 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).

KC right: Even though I chose to use The Western Vertical Superstring of the Big Rings of Pain today 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 Western Vertical Superstring of the Big Rings 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 Western Vertical Superstring of the Big Rings 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 **loneliness** made me think that (I choose to complete the sentence by writing down what my loneliness made me think in the situation).

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

UE: 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).

UN: 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).

CH: 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).

CB: 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).

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 **loneliness** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my

loneliness consciously in a similar situation in the future).

SE: 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 of my self-praise consciously in a similar situation in the future).

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

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

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

UA: Now, I open myself completely to let go of **The Western Vertical Superstring of the Big Rings 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 Western Vertical Superstring of the Big Rings of Pain consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Western Vertical Superstring of the Big Rings of Pain** and thereby from using my **loneliness**, **self-praise**, **offender-role** and **arrogance** consciously 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 Western Vertical Superstring of the Big Rings of Pain and thereby from using loneliness, self-praise, offender-role and arrogance consciously 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 Western Vertical**

Superstring of the Big Rings 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 Western Vertical Superstring of the Big Rings of Joy with its

- a. Oneness
- b. Gratitude
- c. Respect for others
- d. Truth

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Western Vertical Superstring of the Big Rings of Joy** 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).

KC right: I hereby choose to give myself permission to use **The Western Vertical Superstring of the Big Rings of Joy** 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).

KC left: I hereby choose to give myself permission to use **The Western Vertical Superstring of the Big Rings of Joy** by using **respect for others** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously use respect for 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 for others consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Western Vertical Superstring of the Big Rings 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 **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).

SE: 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).

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

CB: 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).

UA: I hereby choose to give myself permission to use **respect for 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 for others 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 Western Vertical Superstring of the Big Rings 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 Western Vertical Superstring of the Big Rings of Joy consciously in a similar situation in the future).

SE: 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 will be to my advantage to use oneness consciously in a similar situation in the future).

UE: 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 will be to my advantage to use gratitude consciously in a similar situation in the future).

UN: I hereby choose to give myself permission to use **respect for others** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use respect for others 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 will 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 **oneness** 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 oneness and gratitude consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **respect for others** 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 respect for others and truth consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Western Vertical Superstring of the Big Rings of Joy** by choosing to consciously use **oneness, gratitude, respect for others** 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 be to my advantage to use The Western Vertical Superstring of the Big Rings of Joy consciously with its oneness, gratitude, meaningfulness and 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 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 Downward Diagonal Superstring of the Big Rings of Pain from the North to the Downward Diagonal Superstring of the Big Rings of Joy from the North.

Today I used

The Downward Diagonal Superstring of the Big Rings of Pain from the North with its:

- a. Emptiness
- b. Depression
- c. Victim-role
- d. Arrogance

Today I used The Downward Diagonal Superstring of the Big Rings of Pain from the North, because (I choose to complete the sentence by writing down, why I used The Downward Diagonal Superstring of the Big Rings of Pain from the North).

I write down how my use of The Downward Diagonal Superstring of the Big Rings of Pain from the North 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).

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).

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).

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 wanted to achieve by using this Ring, and if I achieved it.

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Downward Diagonal Superstring of the Big Rings of Pain from the North, and if I achieved it).

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

The Downward Diagonal Superstring of the Big Rings of Joy from the North with its

- a. Fulfillment
- b. Empowerment
- c. Respect for self
- d. Truth

I choose to write down how I **believe** that my use of **The Downward Diagonal Superstring of the Big Rings of Joy from the North** 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).

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).

Respect for 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 for 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 for 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 for 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 for self).

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 be easier for me to achieve what I wanted by using **The Downward Diagonal Superstring of the Big Rings of Joy from the North** instead of **The Downward Diagonal Superstring of the Big Rings of Pain from the North**.

If yes, why and if no, why would I anyway choose to use **The Downward Diagonal Superstring of the Big Rings of Joy from the North** instead of **The**

Downward Diagonal Superstring of the Big Rings of Pain from the North in the situation.

I believe that if instead I had used The Downward Diagonal Superstring of the Big Rings of Joy from the North 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 Downward Diagonal Superstring of the Big Rings of Joy from the North 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 Downward Diagonal Superstring of the Big Rings of Joy from the North in the situation, and if I do not think that I could more easily achieve what I wanted by using the Downward Diagonal Superstring of the Big Rings of Joy from the North, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from The Downward Diagonal Superstring of the Big Rings of Pain from the North to The Downward Diagonal Superstring of the Big Rings of Joy from the North, I choose to move energetically from The Downward Diagonal Superstring of the Big Rings of Pain from the North to The Downward Diagonal Superstring of the Big Rings of Joy from the North 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 Downward Diagonal Superstring of the Big Rings of Pain from the North with its:

- a. Emptiness
- b. Depression
- c. Victim-role
- d. Arrogance

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in The Downward Diagonal Superstring of the Big Rings of Pain from the North 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 Downward Diagonal Superstring of the Big Rings of Pain from the North today 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 Downward Diagonal Superstring of the Big Rings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Downward Diagonal Superstring of the Big Rings of Pain from the North 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 Downward Diagonal Superstring of the Big Rings of Pain from the North** today 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 Downward Diagonal Superstring of the Big Rings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Downward Diagonal Superstring of the Big Rings of Pain from the North 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 Downward Diagonal Superstring of the Big Rings of Pain from the North** today by using **victim-role** to (I choose to complete the sentence by writing down, what I used 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 victim-role in the situation), and I also completely and totally love and accept **The Downward Diagonal Superstring of the Big Rings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Downward Diagonal Superstring of the Big Rings of Pain from the North in spite of the pain , it inflicted on me in context with my use of 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 Downward Diagonal Superstring of the Big Rings of Pain from the North** today 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 Downward Diagonal Superstring of the Big Rings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Downward Diagonal Superstring of the Big Rings of Pain from the North** 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 **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 **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 **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 **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 **emptiness** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my emptiness consciously 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 of my depression consciously 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 of my victim-role consciously 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 of my arrogance consciously in a similar situation in the future).

CH: I **believe** that now I can recover from my **emptiness** 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 emptiness and my depression consciously 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 **arrogance**, because (I choose to complete the sentence by writing down what I **believe** could make me recover from my victim-role and my arrogance consciously in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Downward Diagonal Superstring of the Big Rings of Pain from the North** 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 Downward Diagonal Superstring of the Big Rings of Pain from the North consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Downward Diagonal Superstring of the Big Rings of Pain from the North** and thereby from using my **emptiness**, **depression**, **victim-role** and **arrogance** consciously 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 Downward Diagonal Superstring of the Big Rings of Pain from the North and thereby from using emptiness, depression, victim-role and arrogance consciously 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 Downward Diagonal Superstring of the Big Rings of Pain from the North 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 Downward Diagonal Superstring of the Big Rings of Joy from the North with its

- a. Fulfillment
- b. Empowerment
- c. Respect for self
- d. Truth

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use The Downward Diagonal Superstring of the Big Rings of Joy from the North 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 Downward Diagonal Superstring of the Big Rings of Joy from the North 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 Downward Diagonal Superstring of the Big Rings of Joy from the North by using respect for 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 for 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 for self consciously in a similar situation in the future).

KC right: I hereby choose to give myself permission to use **The Downward Diagonal Superstring of the Big Rings of Joy from the North** 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 **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 **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 **respect for self** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use respect for self 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 **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 **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 **respect for 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 for self 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 Downward Diagonal Superstring of the Big Rings of Joy from the North** 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 Downward Diagonal Superstring of the Big Rings of Joy from the North 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 will 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 **empowerment** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **respect for self** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use respect for self 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 will 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 **fulfillment** 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 fulfillment 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 **respect for self** 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 respect for self and truth consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Downward Diagonal Superstring of the Big Rings of Joy from the North** by choosing to consciously use **fulfillment, empowerment, respect for self** 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 be to my advantage to use The Downward Diagonal Superstring of the Big Rings of Joy from the North consciously with its fulfillment, empowerment, meaningfulness and 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 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 Upward Diagonal Superstring of the Big Rings of Pain from the North** to **the Upward Diagonal Superstring of the Big Rings of Joy from the North**.

Today I used

The Upward Diagonal Superstring of the Big Rings of Pain from the North with its:

- a. Avarice
- b. Seducer-role
- c. Self-criticism
- d. Loneliness

Today I used **The Upward Diagonal Superstring of the Big Rings of Pain from the North**, because (I choose to complete the sentence by writing down, why I used **The Upward Diagonal Superstring of the Big Rings of Pain from the North**).

I write down how my use of **The Upward Diagonal Superstring of the Big Rings of Pain from the North** 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).

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).

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).

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 wanted to achieve by using this Ring, and if I achieved it.

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Upward Diagonal Superstring of the Big Rings of Pain from the North, and if I achieved it).

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

The Upward Diagonal Superstring of the Big Rings of Joy from the North with its

- a. Faith
- b. Integrity
- c. Open-mindedness
- d. Oneness

I choose to write down how I **believe** that my use of The Upward Diagonal Superstring of the Big Rings of Joy from the North 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).

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).

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).

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 be easier for me to achieve what I wanted by using **The Upward Diagonal Superstring of the Big Rings of Joy from the North** instead of **The Upward Diagonal Superstring of the Big Rings of Pain from the North**.

If yes, why and if no, why would I anyway choose to use **The Upward Diagonal Superstring of the Big Rings of Joy from the North** instead of **The Upward Diagonal Superstring of the Big Rings of Pain from the North** in the situation.

I believe that if instead I had used **The Upward Diagonal Superstring of the Big Rings of Joy from the North** 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 Upward Diagonal Superstring of the Big Rings of Joy from the North 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 Upward Diagonal Superstring of the Big Rings of Joy from the North in the situation, and if I do not think that I could more easily achieve what I wanted by using the Upward Diagonal Superstring of the Big Rings of Joy from the North, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Upward Diagonal Superstring of the Big Rings of Pain from the North** to **The Upward Diagonal Superstring of the Big Rings of Joy from the North**, I choose to move energetically from **The Upward Diagonal Superstring of the Big Rings of Pain from the North** to **The Upward Diagonal Superstring of the Big Rings of Joy from the North** 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 Upward Diagonal Superstring of the Big Rings of Pain from the North with its:

- a. Avarice
- b. Seducer-role
- c. Self-criticism
- d. Loneliness

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Upward Diagonal Superstring of the Big Rings of Pain from the North** 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 Upward Diagonal Superstring of the Big Rings of Pain from the North** today 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 Upward Diagonal Superstring of the Big Rings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of the Big Rings of Pain from the North 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 Upward Diagonal Superstring of the Big Rings of Pain from the North** today by using **seducer-role** to (I choose to complete the sentence by writing down, what I used 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 seducer-role in the situation), and I also completely and totally love and accept **The Upward Diagonal Superstring of the Big Rings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of the Big Rings of Pain from the North in spite of the pain , it inflicted on me in context with my use of 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 Upward Diagonal Superstring of the Big Rings of Pain from the North** today 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 Upward Diagonal Superstring of the Big Rings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of the Big Rings of Pain from the North 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 Upward Diagonal Superstring of the Big Rings of Pain from the North** today 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 Upward Diagonal Superstring of the Big Rings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of the Big Rings of Pain from the North 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 **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 **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 **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 **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 **avarice** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my avarice consciously 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 of my seducer-role consciously 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 of my self-criticism consciously 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 of my loneliness consciously in a similar situation in the future).

CH: I **believe** that now I can recover from my **avarice** 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 avarice and my seducer-role consciously 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 **loneliness**, because (I choose to complete the sentence by writing down what I **believe** could make me recover from my self-criticism and my loneliness consciously in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Upward Diagonal Superstring of the Big Rings of Pain from the North** 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 Upward Diagonal Superstring of the Big Rings of Pain from the North consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Upward Diagonal Superstring of the Big Rings of Pain from the North** and thereby from using my **avarice, seducer-role, self-criticism and loneliness** consciously 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 Upward Diagonal Superstring of the Big Rings of Pain from the North and thereby from using avarice, seducer-role, self-criticism and loneliness consciously 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 Upward Diagonal Superstring of the Big Rings of Pain from the North** 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 Upward Diagonal Superstring of the Big Rings of Joy from the North with its

- a. Faith
- b. Integrity
- c. Open-mindedness

d. Oneness

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Upward Diagonal Superstring of the Big Rings of Joy from the North** 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 Upward Diagonal Superstring of the Big Rings of Joy from the North** 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 Upward Diagonal Superstring of the Big Rings of Joy from the North** 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 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).

KC right: I hereby choose to give myself permission to use **The Upward Diagonal Superstring of the Big Rings of Joy from the North** 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 **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 **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 **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 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 **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 **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 **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 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 Upward Diagonal Superstring of the Big Rings of Joy from the North** 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 Upward Diagonal Superstring of the Big Rings of Joy from the North 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 will 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 **integrity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **open-mindedness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 oneness consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **faith** 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 faith 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 **open-mindedness** 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 open-mindedness and oneness consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Upward Diagonal Superstring of the Big Rings of Joy from the North** by choosing to consciously use **faith, integrity, open-mindedness** 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 be to my advantage to use The Upward Diagonal Superstring of the Big Rings of Joy from the North consciously with its faith, integrity, open-mindedness and 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 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 Northern Vertical Superstring of the Small Rings of Pain to the Northern Vertical Superstring of the Small Rings of Joy.

Today I used

The Northern Vertical Superstring of the Small Rings of Pain with its:

- a. Stinginess
- b. Disbelief
- c. Denial
- d. Superiority

Today I used The Northern Vertical Superstring of the Small Rings of Pain, because (I choose to complete the sentence by writing down, why I used The Northern Vertical Superstring of the Small Rings of Pain).

I write down how my use of The Northern Vertical Superstring of the Small Rings of Pain 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).

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).

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).

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).

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

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Northern Vertical Superstring of the Small Rings of Pain, and if I achieved it).

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

The Northern Vertical Superstring of the Small Rings of Joy with its

- a. Generosity
- b. Credence
- c. Admitting
- d. Humility

I choose to write down how I **believe** that my use of **The Northern Vertical Superstring of the Small Rings of Joy** 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).

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).

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).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Northern Vertical Superstring of the Small Rings of Joy** instead of **The Northern Vertical Superstring of the Small Rings of Pain**.

If yes, why and if no, why would I anyway choose to use **The Northern Vertical Superstring of the Small Rings of Joy** instead of **The Northern Vertical Superstring of the Small Rings of Pain** in the situation.

I believe that if instead I had used **The Northern Vertical Superstring of the Small Rings 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 Northern Vertical Superstring of the Small Rings 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 Northern Vertical Superstring of the Small Rings of Joy in the situation, and if I do not think that I could more easily achieve what I wanted by using the Northern Vertical Superstring of the Small Rings of Joy, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Northern Vertical Superstring of the Small Rings of Pain** to **The Northern Vertical Superstring of the Small Rings of Joy**, I choose to move energetically from **The Northern Vertical Superstring of the Small Rings of Pain** to **The Northern Vertical Superstring of the Small Rings 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 Northern Vertical Superstring of the Small Rings of Pain with its:

- a. Stinginess
- b. Disbelief
- c. Denial
- d. Superiority

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Northern Vertical Superstring of the Small Rings 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 Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Northern Vertical Superstring of the Small Rings of Pain** today 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 Northern Vertical Superstring of the Small Rings 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 Northern Vertical Superstring of the Small Rings of Pain** 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 Northern Vertical Superstring of the Small Rings of Pain** today 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 Northern Vertical Superstring of the Small Rings 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 Northern Vertical Superstring of the Small Rings of Pain 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 left: Even though I chose to use **The Northern Vertical Superstring of the Small Rings of Pain** today 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 Northern Vertical Superstring of the Small Rings 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 Northern Vertical Superstring of the Small Rings of Pain 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 Northern Vertical Superstring of the Small Rings of Pain** today 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 Northern Vertical Superstring of the Small Rings 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 Northern Vertical Superstring of the Small Rings of Pain 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).

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

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

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

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

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

TH: My **superiority** made me feel that (I choose to complete the sentence by writing down what my superiority 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 of my stinginess consciously in a similar situation in the future).

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

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

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

CH: I **believe** that now I can recover from my **stinginess** and my **disbelief**, 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 disbelief consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Northern Vertical Superstring of the Small Rings 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 Northern Vertical Superstring of the Small Rings of Pain consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Northern Vertical Superstring of the Small Rings of Pain** and thereby from using my **stinginess**, **disbelief**, **denial** and **superiority** consciously 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 Northern Vertical Superstring of the Small Rings of Pain and thereby from using stinginess, disbelief, denial and superiority consciously 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 Northern Vertical Superstring of the Small Rings 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 Northern Vertical Superstring of the Small Rings of Joy with its

- a. Generosity
- b. Credence
- c. Admitting

d. Humility

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Northern Vertical Superstring of the Small Rings of Joy** 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 Northern Vertical Superstring of the Small Rings of Joy** 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 left: I hereby choose to give myself permission to use **The Northern Vertical Superstring of the Small Rings of Joy** by using **admitting** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously 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 Northern Vertical Superstring of the Small Rings of Joy** 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).

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 **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).

UE: 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).

UN: 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).

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 **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).

UA: 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).

TH: 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).

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 Northern Vertical Superstring of the Small Rings 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 Northern Vertical Superstring of the Small Rings of Joy 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 will 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 **credence** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use credence consciously in a similar situation in the future).

UN: 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 will be to my advantage to use admitting 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 think it will be to my advantage to use humility 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 **credence** 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 credence consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **admitting** and humility 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 humility consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Northern Vertical Superstring of the Small Rings of Joy** by choosing to consciously use **generosity, credence, admitting** and humility **consciously in a similar situation in the future**, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use The Northern Vertical Superstring of the Small Rings of Joy consciously with its generosity, credence, meaningfulness and humility 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 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 Southern Vertical Superstring of the Small Rings of Pain** to the **Southern Vertical Superstring of the Small Rings of Joy**.

Today I used

The Southern Vertical Superstring of the Small Rings of Pain with its:

- a. Greed
- b. Superstition
- c. Manipulation
- d. Inferiority

Today I used The Southern Vertical Superstring of the Small Rings of Pain, because (I choose to complete the sentence by writing down, why I used The Southern Vertical Superstring of the Small Rings of Pain).

I write down how my use of The Southern Vertical Superstring of the Small Rings of Pain made me think, feel, act and relate to 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).

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).

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).

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).

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

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Southern Vertical Superstring of the Small Rings of Pain, and if I achieved it).

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

The Southern Vertical Superstring of the Small Rings of Joy with its

- a. Trust
- b. Information
- c. Self-acceptance

d. Honesty

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

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).

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).

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).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Southern Vertical Superstring of the Small Rings of Joy** instead of **The Southern Vertical Superstring of the Small Rings of Pain**.

If yes, why and if no, why would I anyway choose to use **The Southern Vertical Superstring of the Small Rings of Joy** instead of **The Southern Vertical Superstring of the Small Rings of Pain** in the situation.

I believe that if instead I had used **The Southern Vertical Superstring of the Small Rings 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 Southern Vertical Superstring of the Small Rings 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 Southern Vertical Superstring of the Small Rings of Joy in the situation, and if I do not think that I could more easily achieve what I wanted by using the Southern Vertical Superstring of the Small Rings of Joy, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Southern Vertical Superstring of the Small Rings of Pain** to **The Southern Vertical Superstring of the Small Rings of Joy**, I choose to move energetically from **The Southern Vertical Superstring of the Small Rings of Pain** to **The Southern Vertical Superstring of the Small Rings 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 Southern Vertical Superstring of the Small Rings of Pain with its:

- a. Greed
- b. Superstition
- c. Manipulation
- d. Inferiority

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Southern Vertical Superstring of the Small Rings 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 Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Southern Vertical Superstring of the Small Rings of Pain** today 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 Southern Vertical Superstring of the Small Rings 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 Southern Vertical Superstring of the Small Rings of Pain** 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 right: Even though I chose to use **The Southern Vertical Superstring of the Small Rings of Pain** today 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 Southern Vertical Superstring of the Small Rings 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 Southern Vertical Superstring of the Small Rings of Pain 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 Southern Vertical Superstring of the Small Rings of Pain** today 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 Southern Vertical Superstring of the Small Rings 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 Southern Vertical Superstring of the Small Rings of Pain 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 right: Even though I chose to use **The Southern Vertical Superstring of the Small Rings of Pain** today 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 Southern Vertical Superstring of the Small Rings 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 Southern Vertical Superstring of the Small Rings of Pain 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).

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

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

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

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

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

TH: My **inferiority** made me feel that (I choose to complete the sentence by writing down what my inferiority 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 **greed** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my greed consciously 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 of my superstition consciously in a similar situation in the future).

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

UN: 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 of my

inferiority consciously in a similar situation in the future).

CH: I **believe** that now I can recover from my **greed** 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 greed and my superstition consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Southern Vertical Superstring of the Small Rings 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 Southern Vertical Superstring of the Small Rings of Pain consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Southern Vertical Superstring of the Small Rings of Pain** and thereby from using my **greed, superstition, manipulation and inferiority** consciously 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 Southern Vertical Superstring of the Small Rings of Pain and thereby from using greed, superstition, manipulation and inferiority consciously 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 Southern Vertical Superstring of the Small Rings 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 Southern Vertical Superstring of the Small Rings of Joy with its

- a. Trust
- b. Information
- c. Self-acceptance
- d. Honesty

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Southern Vertical Superstring of the Small Rings of Joy** 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 right: I hereby choose to give myself permission to use **The Southern Vertical Superstring of the Small Rings of Joy** 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 Southern Vertical Superstring of the Small Rings of Joy** 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 consciously 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 right: I hereby choose to give myself permission to use **The Southern Vertical Superstring of the Small Rings of Joy** 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).

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

EB: 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).

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 **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).

UN: 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).

CH: 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).

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 **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).

TH: 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).

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 Southern Vertical Superstring of the Small Rings 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 Southern Vertical Superstring of the Small Rings of Joy 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, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use trust 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 will 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 **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 be to my advantage to use self-acceptance consciously in a similar situation in the future).

CH: 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 will be to my advantage to use honesty consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **trust** 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 trust 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 **self-acceptance** 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 self-acceptance and honesty consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Southern Vertical Superstring of the Small Rings of Joy** by choosing to consciously use **trust, information, self-acceptance** 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 be to my advantage to use The Southern Vertical Superstring of the Small Rings of Joy consciously with its trust, information, meaningfulness and honesty 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 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 Eastern Vertical Superstring of the Small Rings of Pain** to the **Eastern Vertical Superstring of the Small Rings of Joy**.

Today I used

The Eastern Vertical Superstring of the Small Rings of Pain with its:

- a. Poverty
- b. Submission
- c. Disease
- d. Overcrowding

Today I used The Eastern Vertical Superstring of the Small Rings of Pain, because (I choose to complete the sentence by writing down, why I used The Eastern Vertical Superstring of the Small Rings of Pain).

I write down how my use of The Eastern Vertical Superstring of the Small Rings of Pain made me think, feel, act and relate to 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).

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).

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).

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).

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

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Eastern Vertical Superstring of the Small Rings of Pain, and if I achieved it).

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

The Eastern Vertical Superstring of the Small Rings of Joy with its

- a. Prosperity
- b. Discernment
- c. Health

d. Individuality

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

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).

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).

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).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Eastern Vertical Superstring of the Small Rings of Joy** instead of **The Eastern Vertical Superstring of the Small Rings of Pain**.

If yes, why and if no, why would I anyway choose to use **The Eastern Vertical Superstring of the Small Rings of Joy** instead of **The Eastern Vertical Superstring of the Small Rings of Pain** in the situation.

I believe that if instead I had used **The Eastern Vertical Superstring of the Small Rings 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 Eastern Vertical Superstring of the Small Rings 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 Eastern Vertical Superstring of the Small Rings of Joy in the situation, and if I do not think that I could more easily achieve what I wanted by using the Eastern Vertical Superstring of the Small Rings of Joy, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Eastern Vertical Superstring of the Small Rings of Pain** to **The Eastern Vertical Superstring of the Small Rings of Joy**, I choose to move energetically from **The Eastern Vertical Superstring of the Small Rings of Pain** to **The Eastern Vertical Superstring of the Small Rings 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 Eastern Vertical Superstring of the Small Rings of Pain with its:

- a. Poverty
- b. Submission
- c. Disease
- d. Overcrowding

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Eastern Vertical Superstring of the Small Rings 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 Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Eastern Vertical Superstring of the Small Rings of Pain** today 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 Eastern Vertical Superstring of the Small Rings 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 Eastern Vertical Superstring of the Small Rings of Pain** 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 Eastern Vertical Superstring of the Small Rings of Pain** today 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 Eastern Vertical Superstring of the Small Rings 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 Eastern Vertical Superstring of the Small Rings of Pain 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 left: Even though I chose to use **The Eastern Vertical Superstring of the Small Rings of Pain** today 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 Eastern Vertical Superstring of the Small Rings 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 Eastern Vertical Superstring of the Small Rings of Pain 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 Eastern Vertical Superstring of the Small Rings of Pain** today 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 Eastern Vertical Superstring of the Small Rings 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 Eastern Vertical Superstring of the Small Rings of Pain 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).

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

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

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

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

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

TH: My **overcrowding** made me feel that (I choose to complete the sentence by writing down what my overcrowding 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 **poverty** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my poverty consciously in a similar situation in the future).

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

UN: Then I could also let go of my **overcrowding** by (I choose to complete the sentence by writing down what I **believe** could make me let go of my

overcrowding consciously in a similar situation in the future).

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

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

UA: Now, I open myself completely to let go of **The Eastern Vertical Superstring of the Small Rings 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 Eastern Vertical Superstring of the Small Rings of Pain consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Eastern Vertical Superstring of the Small Rings of Pain** and thereby from using my **poverty, submission, disease** and **overcrowding** consciously 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 Eastern Vertical Superstring of the Small Rings of Pain and thereby from using poverty, submission, disease and overcrowding consciously 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 Eastern Vertical Superstring of the Small Rings 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 Eastern Vertical Superstring of the Small Rings of Joy with its

- a. Prosperity
- b. Discernment
- c. Health
- d. Individuality

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Eastern Vertical Superstring of the Small Rings of Joy** by using **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), 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 Eastern Vertical Superstring of the Small Rings of Joy** by using **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), 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 left: I hereby choose to give myself permission to use **The Eastern Vertical Superstring of the Small Rings of Joy** 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 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).

KC right: I hereby choose to give myself permission to use **The Eastern Vertical Superstring of the Small Rings of Joy** by using 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), because (I choose to complete the sentence by writing down, why I want to use individuality 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 **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).

SE: 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).

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 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).

CH: 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).

CB: 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).

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 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).

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 Eastern Vertical Superstring of the Small Rings 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 Eastern Vertical Superstring of the Small Rings of Joy consciously in a similar situation in the future).

SE: 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 will be to my advantage to use prosperity 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, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use discernment 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 will 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 individuality consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use individuality consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **prosperity** and **discernment** 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 discernment 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 individuality 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 individuality consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Eastern Vertical Superstring of the Small Rings of Joy** by choosing to consciously use **prosperity, discernment, health** and individuality **consciously in a similar situation in the future**, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use The Eastern Vertical Superstring of the Small Rings of Joy consciously with its prosperity, discernment, meaningfulness and individuality 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 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 Western Vertical Superstring of the Small Rings of Pain** to the **Western Vertical Superstring of the Small Rings of Joy**.

Today I used

The Western Vertical Superstring of the Small Rings of Pain with its:

- a. Gluttony
- b. Defiance
- c. Madness
- d. Isolation

Today I used The Western Vertical Superstring of the Small Rings of Pain, because (I choose to complete the sentence by writing down, why I used The Western Vertical Superstring of the Small Rings of Pain).

I write down how my use of The Western Vertical Superstring of the Small Rings of Pain made me think, feel, act and relate to 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).

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).

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).

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 wanted to achieve by using this Ring, and if I achieved it.

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Western Vertical Superstring of the Small Rings of Pain, and if I achieved it).

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

The Western Vertical Superstring of the Small Rings of Joy with its

- a. Accountability
- b. Serenity
- c. Sanity

d. Fellowship

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

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).

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).

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).

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 be easier for me to achieve what I wanted by using **The Western Vertical Superstring of the Small Rings of Joy** instead of **The Western Vertical Superstring of the Small Rings of Pain**.

If yes, why and if no, why would I anyway choose to use **The Western Vertical Superstring of the Small Rings of Joy** instead of **The Western Vertical Superstring of the Small Rings of Pain** in the situation.

I believe that if instead I had used **The Western Vertical Superstring of the Small Rings 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 Western Vertical Superstring of the Small Rings 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 Western Vertical Superstring of the Small Rings of Joy in the situation, and if I do not think that I could more easily achieve what I wanted by using the Western Vertical Superstring of the Small Rings of Joy, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Western Vertical Superstring of the Small Rings of Pain** to **The Western Vertical Superstring of the Small Rings of Joy**, I choose to move energetically from **The Western Vertical Superstring of the Small Rings of Pain** to **The Western Vertical Superstring of the Small Rings 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 Western Vertical Superstring of the Small Rings of Pain with its:

- a. Gluttony
- b. Defiance
- c. Madness
- d. Isolation

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Western Vertical Superstring of the Small Rings 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 Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Western Vertical Superstring of the Small Rings of Pain** today 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 Western Vertical Superstring of the Small Rings 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 Western Vertical Superstring of the Small Rings of Pain** 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).

KC right: Even though I chose to use **The Western Vertical Superstring of the Small Rings of Pain** today 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 Western Vertical Superstring of the Small Rings 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 Western Vertical Superstring of the Small Rings of Pain 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).

KC left: Even though I chose to use **The Western Vertical Superstring of the Small Rings of Pain** today 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 Western Vertical Superstring of the Small Rings 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 Western Vertical Superstring of the Small Rings of Pain 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).

KC right: Even though I chose to use **The Western Vertical Superstring of the Small Rings of Pain** today 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 Western Vertical Superstring of the Small Rings 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 Western Vertical Superstring of the Small Rings of Pain 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 **gluttony** made me think that (I choose to complete the sentence by writing down what my gluttony made me think in the situation).

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

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

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

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

CB: My **madness** made me feel that (I choose to complete the sentence by writing down what my madness 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 **gluttony** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my gluttony consciously in a similar situation in the future).

SE: 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 of my defiance consciously in a similar situation in the future).

UE: If I did that I might no longer need to hold on to my **madness**, which (I choose to complete the sentence by writing down what I **believe** could make me let go of my madness consciously 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 of my isolation

consciously in a similar situation in the future).

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

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

UA: Now, I open myself completely to let go of **The Western Vertical Superstring of the Small Rings 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 Western Vertical Superstring of the Small Rings of Pain consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Western Vertical Superstring of the Small Rings of Pain** and thereby from using my **gluttony, defiance, madness** and **isolation** consciously 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 Western Vertical Superstring of the Small Rings of Pain and thereby from using gluttony, defiance, madness and isolation consciously 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 Western Vertical Superstring of the Small Rings 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 Western Vertical Superstring of the Small Rings of Joy with its

- a. **Accountability**
- b. **Serenity**
- c. **Sanity**
- d. **Fellowship**

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Western Vertical Superstring of the Small Rings of Joy** 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).

KC right: I hereby choose to give myself permission to use **The Western Vertical Superstring of the Small Rings of Joy** 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).

KC left: I hereby choose to give myself permission to use **The Western Vertical Superstring of the Small Rings of Joy** by using **sanity** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will 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).

KC right: I hereby choose to give myself permission to use **The Western Vertical Superstring of the Small Rings of Joy** 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 **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).

SE: 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).

UE: 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).

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 **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).

CB: 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).

UA: 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 want to use sanity consciously in a similar situation in the future).

TH: 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 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 Western Vertical Superstring of the Small Rings 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 Western Vertical Superstring of the Small Rings of Joy consciously in a similar situation in the future).

SE: 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 will be to my advantage to use accountability consciously in a similar situation in the future).

UE: 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 will be to my advantage to use serenity 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, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use sanity 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 will 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 **accountability** 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 accountability and serenity consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **sanity** 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 sanity and fellowship consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Western Vertical Superstring of the Small Rings of Joy** by choosing to consciously use **accountability, serenity, sanity** 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 be to my advantage to use The Western Vertical Superstring of the Small Rings of Joy consciously with its accountability, serenity, meaningfulness and 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 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 Downward Diagonal Superstring of the Small Rings of Pain from the North** to **the Downward Diagonal Superstring of the Small Rings of Joy from the North**.

Today I used

The Downward Diagonal Superstring of the Small Rings of Pain from the North with its:

- a. Stinginess
- b. Superstition
- c. Disease
- d. Isolation

Today I used The Downward Diagonal Superstring of the Small Rings of Pain from the North, because (I choose to complete the sentence by writing down, why I used The Downward Diagonal Superstring of the Small Rings of Pain from the North).

I write down how my use of The Downward Diagonal Superstring of the Small Rings of Pain from the North 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).

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).

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).

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 wanted to achieve by using this Ring, and if I achieved it.

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Downward Diagonal Superstring of the Small Rings of Pain from the North, and if I achieved it).

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

The Downward Diagonal Superstring of the Small Rings of Joy from the North with its

- a. Generosity
- b. Information

- c. Health
- d. Fellowship

I choose to write down how I **believe** that my use of **The Downward Diagonal Superstring of the Small Rings of Joy from the North** 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).

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).

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).

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 be easier for me to achieve what I wanted by using **The Downward Diagonal Superstring of the Small Rings of Joy from the North** instead of **The Downward Diagonal Superstring of the Small Rings of Pain from the North**.

If yes, why and if no, why would I anyway choose to use **The Downward Diagonal Superstring of the Small Rings of Joy from the North** instead of **The Downward Diagonal Superstring of the Small Rings of Pain from the North** in the situation.

I believe that if instead I had used **The Downward Diagonal Superstring of the Small Rings of Joy from the North** 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 Downward Diagonal Superstring of the Small Rings of Joy from the North 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 Downward Diagonal Superstring of the Small Rings of Joy from the North in the situation, and if I do not think that I could more easily achieve what I wanted by using the Downward Diagonal Superstring of the Small Rings of

Joy from the North, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Downward Diagonal Superstring of the Small Rings of Pain from the North** to **The Downward Diagonal Superstring of the Small Rings of Joy from the North**, I choose to move energetically from **The Downward Diagonal Superstring of the Small Rings of Pain from the North** to **The Downward Diagonal Superstring of the Small Rings of Joy from the North** 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 Downward Diagonal Superstring of the Small Rings of Pain from the North with its:

- a. Stinginess
- b. Superstition
- c. Disease
- d. Isolation

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Downward Diagonal Superstring of the Small Rings of Pain from the North** 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 Downward Diagonal Superstring of the Small Rings of Pain from the North** today 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 Downward Diagonal Superstring of the Small Rings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Downward Diagonal Superstring of the Small Rings of Pain from the North** 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 Downward Diagonal Superstring of the Small Rings of Pain from the North** today 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 Downward Diagonal Superstring of the Small Rings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Downward Diagonal Superstring of the Small Rings of Pain from the North 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 Downward Diagonal Superstring of the Small Rings of Pain from the North** today 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 Downward Diagonal Superstring of the Small Rings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Downward Diagonal Superstring of the Small Rings of Pain from the North 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 Downward Diagonal Superstring of the Small Rings of Pain from the North** today 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 Downward Diagonal Superstring of the Small Rings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Downward

Diagonal Superstring of the Small Rings of Pain from the North 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 **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 **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 **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 **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 **stinginess** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my stinginess consciously 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 of my superstition consciously 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 of my disease consciously 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 of my isolation consciously in a similar situation in the future).

CH: I **believe** that now I can recover from my **stinginess** 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 stinginess and my superstition consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Downward Diagonal Superstring of the Small Rings of Pain from the North** 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 Downward Diagonal Superstring of the Small Rings of Pain from the North consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Downward Diagonal Superstring of the Small Rings of Pain from the North** and thereby from using my **stinginess**, **superstition**, **disease** and **isolation** consciously 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 Downward Diagonal Superstring of the Small Rings of Pain from the North and thereby from using stinginess, superstition, disease and isolation consciously 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 Downward**

Diagonal Superstring of the Small Rings of Pain from the North 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 Downward Diagonal Superstring of the Small Rings of Joy from the North with its

- a. Generosity
- b. Information
- c. Health
- d. Fellowship

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Downward Diagonal Superstring of the Small Rings of Joy from the North** 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 Downward Diagonal Superstring of the Small Rings of Joy from the North** 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 Downward Diagonal Superstring of the Small Rings of Joy from the North** 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 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).

KC right: I hereby choose to give myself permission to use **The Downward Diagonal Superstring of the Small Rings of Joy from the North** 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 **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 **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 **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 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 **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 **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 **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 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 Downward Diagonal Superstring of the Small Rings of Joy from the North** 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 Downward Diagonal Superstring of the Small Rings of Joy from the North 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 will 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 **information** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **health** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 fellowship consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **generosity** 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 generosity 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 **health** 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 health and fellowship consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Downward Diagonal Superstring of the Small Rings of Joy from the North** by choosing to consciously use **generosity, information, health** 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 be to my advantage to use The Downward

Diagonal Superstring of the Small Rings of Joy from the North consciously with its generosity, information, meaningfulness and 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 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 Upward Diagonal Superstring of the Small Rings of Pain from the North to the Upward Diagonal Superstring of the Small Rings of Joy from the North.

Today I used

The Upward Diagonal Superstring of the Small Rings of Pain from the North with its:

- a. Superiority
- b. Manipulation
- c. Submission
- d. Gluttony

Today I used The Upward Diagonal Superstring of the Small Rings of Pain from the North, because (I choose to complete the sentence by writing down, why I used The Upward Diagonal Superstring of the Small Rings of Pain from the North).

I write down how my use of The Upward Diagonal Superstring of the Small Rings of Pain from the North 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).

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).

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).

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 wanted to achieve by using this Ring, and if I achieved it.

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Upward Diagonal Superstring of the Small Rings of Pain from the North, and if I achieved it).

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

The Upward Diagonal Superstring of the Small Rings of Joy from the North with its

- a. Humility
- b. Self-acceptance
- c. Discernment
- d. Accountability

I choose to write down how I **believe** that my use of The Upward Diagonal Superstring of the Small Rings of Joy from the North 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).

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).

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).

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 be easier for me to achieve what I wanted by using **The Upward Diagonal Superstring of the Small Rings of Joy from the North** instead of **The Upward Diagonal Superstring of the Small Rings of Pain from the North**.

If yes, why and if no, why would I anyway choose to use **The Upward Diagonal Superstring of the Small Rings of Joy from the North** instead of **The Upward Diagonal Superstring of the Small Rings of Pain from the North** in the situation.

I believe that if instead I had used **The Upward Diagonal Superstring of the Small Rings of Joy from the North** 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 Upward Diagonal Superstring of the Small Rings of Joy from the North 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 Upward Diagonal Superstring of the Small Rings of Joy from the North in the situation, and if I do not think that I could more easily achieve what I wanted by using the Upward Diagonal Superstring of the Small Rings of Joy from the North, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Upward Diagonal Superstring of the Small Rings of Pain from the North** to **The Upward Diagonal Superstring of the Small Rings of Joy from the North**, I choose to move energetically from **The Upward Diagonal Superstring of the Small Rings of Pain from the North** to **The Upward Diagonal Superstring of the Small Rings of Joy from the North** 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 Upward Diagonal Superstring of the Small Rings of Pain from the North with its:

- a. Superiority
- b. Manipulation
- c. Submission
- d. Gluttony

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Upward Diagonal Superstring of the Small Rings of Pain from the North** 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 Upward Diagonal Superstring of the Small Rings of Pain from the North** today 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 Upward Diagonal Superstring of the Small Rings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of the Small Rings of Pain from the North 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 Upward Diagonal Superstring of the Small Rings of Pain from the North** today 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 Upward Diagonal Superstring of the Small Rings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of the Small Rings of Pain from the North 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 Upward Diagonal Superstring of the Small Rings of Pain from the North** today 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 Upward Diagonal Superstring of the Small Rings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of the Small Rings of Pain from the North 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 Upward Diagonal Superstring of the Small Rings of Pain from the North** today 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 Upward Diagonal Superstring of the Small Rings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of the Small Rings of Pain from the North 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 **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 **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 **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 **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 **superiority** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my superiority consciously 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 of my manipulation consciously 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 of my submission consciously 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 of my gluttony consciously in a similar situation in the future).

CH: I **believe** that now I can recover from my **superiority** 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 superiority and my manipulation consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Upward Diagonal Superstring of the Small Rings of Pain from the North** 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 Upward Diagonal Superstring of the Small Rings of Pain from the North consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using The Upward Diagonal Superstring of the Small Rings of Pain from the North and thereby from using my superiority, manipulation, submission and gluttony consciously 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 Upward Diagonal Superstring of the Small Rings of Pain from the North and thereby from using superiority, manipulation, submission and gluttony consciously 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 Upward Diagonal Superstring of the Small Rings of Pain from the North 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 Upward Diagonal Superstring of the Small Rings of Joy from the North with its

- a. Humility
- b. Self-acceptance
- c. Discernment
- d. Accountability

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use The Upward Diagonal Superstring of the Small Rings of Joy from the North 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 Upward Diagonal Superstring of the Small Rings of Joy from the North 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 Upward Diagonal Superstring of the Small Rings of Joy from the North** 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 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).

KC right: I hereby choose to give myself permission to use **The Upward Diagonal Superstring of the Small Rings of Joy from the North** 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 **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 **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 **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 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 **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 **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 **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 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 Upward Diagonal Superstring of the Small Rings of Joy from the North** 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 Upward Diagonal Superstring of the Small Rings of Joy from the North 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 will 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 **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 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 **discernment** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 accountability consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **humility** 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 humility 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 **discernment** 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 discernment and accountability consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Upward Diagonal Superstring of the Small Rings of Joy from the North** by choosing to consciously use **humility, self-acceptance, discernment** 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 be to my advantage to use The Upward Diagonal Superstring of the Small Rings of Joy from the North consciously with its humility, self-acceptance, meaningfulness and 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 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 Northern Vertical Superstring of the Minirings of Pain** to the **Northern Vertical Superstring of the Minirings of Joy**.

Today I used

The Northern Vertical Superstring of the Minirings of Pain with its:

- a. Pettiness
- b. Insecurity
- c. Ill will

d. Condescension

Today I used **The Northern Vertical Superstring of the Minirings of Pain**, because (I choose to complete the sentence by writing down, why I used The Northern Vertical Superstring of the Minirings of Pain).

I write down how my use of **The Northern Vertical Superstring of the Minirings of Pain** 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).

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).

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).

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).

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

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Northern Vertical Superstring of the Minirings of Pain, and if I achieved it).

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

The Northern Vertical Superstring of the Minirings of Joy with its

- a. Largesse
- b. Safety
- c. Goodwill
- d. Equality

I choose to write down how I **believe** that my use of **The Northern Vertical Superstring of the Minirings of Joy** 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).

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).

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).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Northern Vertical Superstring of the Minirings of Joy** instead of **The Northern Vertical Superstring of the Minirings of Pain**.

If yes, why and if no, why would I anyway choose to use **The Northern Vertical Superstring of the Minirings of Joy** instead of **The Northern Vertical Superstring of the Minirings of Pain** in the situation.

I believe that if instead I had used **The Northern Vertical Superstring of the Minirings 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 Northern Vertical Superstring of the Minirings 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 Northern Vertical Superstring of the Minirings of Joy in the situation, and if I do not think that I could more easily achieve what I wanted by using the Northern Vertical Superstring of the Minirings of Joy, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Northern Vertical Superstring of the Minirings of Pain** to **The Northern Vertical Superstring of the Minirings of Joy**, I choose to move energetically from **The Northern Vertical Superstring of the Minirings of Pain** to **The Northern Vertical Superstring of the Minirings 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 Northern Vertical Superstring of the Minirings of Pain with its:

- a. Pettiness
- b. Insecurity
- c. Ill will
- d. Condescension

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in The Northern Vertical Superstring of the Minirings 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 Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use The Northern Vertical Superstring of the Minirings of Pain today 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 Northern Vertical Superstring of the Minirings 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 Northern Vertical Superstring of the Minirings of Pain 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 Northern Vertical Superstring of the Minirings of Pain today 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 Northern Vertical Superstring of the Minirings 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 Northern Vertical Superstring of the Minirings of Pain 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 left: Even though I chose to use **The Northern Vertical Superstring of the Minirings of Pain** today 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 Northern Vertical Superstring of the Minirings 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 Northern Vertical Superstring of the Minirings of Pain** 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 Northern Vertical Superstring of the Minirings of Pain** today 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 Northern Vertical Superstring of the Minirings 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 Northern Vertical Superstring of the Minirings of Pain** 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).

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

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

CH: 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).

CB: 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).

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

TH: My **condescension** made me feel that (I choose to complete the sentence by writing down what my condescension 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 of my pettiness consciously in a similar situation in the future).

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

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

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

CH: I **believe** that now I can recover from my **pettiness** and my **insecurity**, 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 insecurity consciously in a similar situation in the future).

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

what I **believe** could make me recover from my ill will and my condescension consciously in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Northern Vertical Superstring of the Minirings 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 Northern Vertical Superstring of the Minirings of Pain consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Northern Vertical Superstring of the Minirings of Pain** and thereby from using my **pettiness, insecurity, ill will** and **condescension** consciously 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 Northern Vertical Superstring of the Minirings of Pain and thereby from using pettiness, insecurity, ill will and condescension consciously 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 Northern Vertical Superstring of the Minirings 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 Northern Vertical Superstring of the Minirings of Joy with its

- a. Largesse
- b. Safety
- c. Goodwill
- d. Equality

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Northern Vertical Superstring of the Minirings of Joy** 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 Northern Vertical Superstring of the Minirings of Joy** 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 left: I hereby choose to give myself permission to use **The Northern Vertical Superstring of the Minirings of Joy** by using **goodwill** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously 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 Northern Vertical Superstring of the Minirings of Joy** 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).

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 **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).

UE: 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).

UN: 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).

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 **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).

UA: 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).

TH: 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).

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 Northern Vertical Superstring of the Minirings 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 Northern Vertical Superstring of the Minirings of Joy 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 will 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 **safety** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use safety consciously in a similar situation in the future).

UN: 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 will be to my advantage to use goodwill 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 think it will be to my advantage to use equality

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 **safety** 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 safety consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **goodwill** and equality 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 equality consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Northern Vertical Superstring of the Minirings of Joy** by choosing to consciously use **largesse, safety, goodwill** and equality **consciously in a similar situation in the future**, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use The Northern Vertical Superstring of the Minirings of Joy consciously with its largesse, safety, meaningfulness and equality 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 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 Southern Vertical Superstring of the Minirings of Pain** to the **Southern Vertical Superstring of the Minirings of Joy**.

Today I used

The Southern Vertical Superstring of the Minirings of Pain with its:

- a. **Clinging**
- b. **Confusion**
- c. **Unkindness**
- d. **Intolerance**

Today I used **The Southern Vertical Superstring of the Minirings of Pain**, because (I choose to complete the sentence by writing down, why I used The Southern Vertical Superstring of the Minirings of Pain).

I write down how my use of **The Southern Vertical Superstring of the Minirings of Pain** made me think, feel, act and relate to 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).

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).

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).

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).

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

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Southern Vertical Superstring of the Minirings of Pain, and if I achieved it).

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

The Southern Vertical Superstring of the Minirings of Joy with its

- a. Letting go
- b. Well-informedness
- c. Kindness
- d. Tolerance

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

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-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).

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).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Southern Vertical Superstring of the Minirings of Joy** instead of **The Southern Vertical Superstring of the Minirings of Pain**.

If yes, why and if no, why would I anyway choose to use **The Southern Vertical Superstring of the Minirings of Joy** instead of **The Southern Vertical Superstring of the Minirings of Pain** in the situation.

I believe that if instead I had used **The Southern Vertical Superstring of the Minirings 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 Southern Vertical Superstring of the Minirings 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 Southern Vertical Superstring of the Minirings of Joy in the situation, and if I do not think that I could more easily achieve what I wanted by using the Southern Vertical Superstring of the Minirings of Joy, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Southern Vertical Superstring of the Minirings of Pain** to **The Southern Vertical Superstring of the Minirings of Joy**, I choose to move energetically from **The Southern Vertical Superstring of the Minirings of Pain** to **The Southern Vertical Superstring of the Minirings 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 Southern Vertical Superstring of the Minirings of Pain with its:

a. Clinging

- b. Confusion
- c. Unkindness
- d. Intolerance

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Southern Vertical Superstring of the Minirings 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 Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Southern Vertical Superstring of the Minirings of Pain** today 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 Southern Vertical Superstring of the Minirings 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 Southern Vertical Superstring of the Minirings of Pain 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 right: Even though I chose to use **The Southern Vertical Superstring of the Minirings of Pain** today 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 Southern Vertical Superstring of the Minirings 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 Southern Vertical Superstring of the Minirings of Pain 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 Southern Vertical Superstring of the Minirings of Pain** today 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 Southern Vertical Superstring of the Minirings 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 Southern Vertical Superstring of the Minirings of Pain 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 right: Even though I chose to use **The Southern Vertical Superstring of the Minirings of Pain** today 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 Southern Vertical Superstring of the Minirings 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 Southern Vertical Superstring of the Minirings of Pain 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).

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

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

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

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

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

TH: My **intolerance** made me feel that (I choose to complete the sentence by writing down what my intolerance 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 **clinging** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my clinging consciously 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 of my confusion consciously in a similar situation in the future).

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

UN: 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 of my intolerance consciously in a similar situation in the future).

CH: I **believe** that now I can recover from my **clinging** 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 clinging and my confusion consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Southern Vertical Superstring of the Minirings 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 Southern Vertical Superstring of the Minirings of Pain consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Southern Vertical Superstring of the Minirings of Pain** and thereby from using my **clinging, confusion, unkindness** and **intolerance** consciously 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 Southern Vertical Superstring of the Minirings of Pain and thereby from using clinging, confusion, unkindness and intolerance consciously 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 Southern Vertical Superstring of the Minirings 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 Southern Vertical Superstring of the Minirings of Joy with its

- a. Letting go
- b. Well-informedness
- c. Kindness
- d. Tolerance

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Southern Vertical Superstring of the Minirings of Joy** 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 right: I hereby choose to give myself permission to use **The Southern Vertical Superstring of the Minirings of Joy** 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 Southern Vertical Superstring of the Minirings of Joy** by using **kindness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously 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 right: I hereby choose to give myself permission to use **The Southern Vertical Superstring of the Minirings of Joy** 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).

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

EB: 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).

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 **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).

UN: 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).

CH: 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).

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 **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).

TH: 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).

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 Southern Vertical Superstring of the Minirings 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 Southern Vertical Superstring of the Minirings of Joy 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, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use letting go 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 will 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 **kindness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use kindness consciously in a similar situation in the future).

CH: 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 will be to my advantage to use tolerance

consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **letting go** 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 letting go 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 **kindness** 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 kindness and tolerance consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Southern Vertical Superstring of the Minirings of Joy** by choosing to consciously use **letting go**, **well-informedness**, **kindness** 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 be to my advantage to use The Southern Vertical Superstring of the Minirings of Joy consciously with its letting go, well-informedness, meaningfulness and tolerance 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 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 Eastern Vertical Superstring of the Minirings of Pain** to the **Eastern Vertical Superstring of the Minirings of Joy**.

Today I used

The Eastern Vertical Superstring of the Minirings of Pain with its:

- a. **Malaise**
- b. **Unclarity**
- c. **Irritation**
- d. **Exaggeration**

Today I used **The Eastern Vertical Superstring of the Minirings of Pain**, because (I choose to complete the sentence by writing down, why I used The Eastern Vertical Superstring of the Minirings of Pain).

I write down how my use of **The Eastern Vertical Superstring of the Minirings of Pain** made me think, feel, act and relate to 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).

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).

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).

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).

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

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Eastern Vertical Superstring of the Minirings of Pain, and if I achieved it).

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

The Eastern Vertical Superstring of the Minirings of Joy with its

- a. Wellbeing
- b. Clarity
- c. Calmness
- d. Accuracy

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

Wellbeing:

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 wellbeing).
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 wellbeing).

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 wellbeing).

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 wellbeing).

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).

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).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Eastern Vertical Superstring of the Minirings of Joy** instead of **The Eastern Vertical Superstring of the Minirings of Pain**.

If yes, why and if no, why would I anyway choose to use **The Eastern Vertical Superstring of the Minirings of Joy** instead of **The Eastern Vertical Superstring of the Minirings of Pain** in the situation.

I believe that if instead I had used **The Eastern Vertical Superstring of the Minirings 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 Eastern Vertical Superstring of the Minirings 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 Eastern Vertical Superstring of the Minirings of Joy in the situation, and if I do not think that I could more easily achieve what I wanted by using the Eastern Vertical Superstring of the Minirings of Joy, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Eastern Vertical Superstring of the Minirings of Pain** to **The Eastern Vertical Superstring of the Minirings of Joy**, I choose to move energetically from **The Eastern Vertical Superstring of the Minirings of Pain** to **The Eastern Vertical Superstring of the Minirings 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 Eastern Vertical Superstring of the Minirings of Pain with its:

- a. Malaise
- b. Unclearity
- c. Irritation

d. Exaggeration

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Eastern Vertical Superstring of the Minirings 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 Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Eastern Vertical Superstring of the Minirings of Pain** today 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 Eastern Vertical Superstring of the Minirings 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 Eastern Vertical Superstring of the Minirings of Pain** 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 Eastern Vertical Superstring of the Minirings of Pain** today 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 Eastern Vertical Superstring of the Minirings 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 Eastern Vertical Superstring of the Minirings of Pain** 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 left: Even though I chose to use **The Eastern Vertical Superstring of the Minirings of Pain** today 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 Eastern Vertical Superstring of the Minirings 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 Eastern Vertical Superstring of the Minirings of Pain 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 Eastern Vertical Superstring of the Minirings of Pain** today 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 Eastern Vertical Superstring of the Minirings 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 Eastern Vertical Superstring of the Minirings of Pain 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).

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

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

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

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

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

TH: My **exaggeration** made me feel that (I choose to complete the sentence by writing down what my exaggeration 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 **malaise** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my malaise consciously in a similar situation in the future).

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

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

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

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

UA: Now, I open myself completely to let go of **The Eastern Vertical Superstring of the Minirings 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 Eastern Vertical Superstring of the Minirings of Pain consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Eastern Vertical Superstring of the Minirings of Pain** and thereby from using my **malaise, unclarity, irritation** and **exaggeration** consciously 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 Eastern Vertical Superstring of the Minirings of Pain and thereby from using malaise, unclarity, irritation and exaggeration consciously 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 Eastern Vertical Superstring of the Minirings 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 Eastern Vertical Superstring of the Minirings of Joy with its

- a. Wellbeing
- b. Clarity
- c. Calmness
- d. Accuracy

The four setup statements for the two tapping rounds below:

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

KC right: I hereby choose to give myself permission to use **The Eastern Vertical Superstring of the Minirings of Joy** by using **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), 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 left: I hereby choose to give myself permission to use **The Eastern Vertical Superstring of the Minirings of Joy** 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 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).

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

SE: 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).

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 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).

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

CB: 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).

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 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).

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 Eastern Vertical Superstring of the Minirings 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 Eastern Vertical Superstring of the Minirings of Joy consciously in a similar situation in the future).

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

CB: I really feel that it would bring me joy, if I chose to use **wellbeing** and **clarity** 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 wellbeing and clarity 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 accuracy 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 accuracy consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Eastern Vertical Superstring of the Minirings of Joy** by choosing to consciously use **wellbeing, clarity, calmness** and accuracy **consciously in a similar situation in the future**, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use The Eastern Vertical Superstring of the Minirings of Joy consciously with its wellbeing, clarity, meaningfulness and accuracy 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 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 Western Vertical Superstring of the Minirings of Pain** to the **Western Vertical Superstring of the Minirings of Joy**.

Today I used

The Western Vertical Superstring of the Minirings of Pain with its:

- a. Hoarding
- b. Wretchedness
- c. Impatience
- d. Seclusion

Today I used **The Western Vertical Superstring of the Minirings of Pain**, because (I choose to complete the sentence by writing down, why I used The Western Vertical Superstring of the Minirings of Pain).

I write down how my use of **The Western Vertical Superstring of the Minirings of Pain** made me think, feel, act and relate to 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).

Wretchedness:

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

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 wanted to achieve by using this Ring, and if I achieved it.

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Western Vertical Superstring of the Minirings of Pain, and if I achieved it).

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

The Western Vertical Superstring of the Minirings of Joy with its

- a. Sharing
- b. Nobleness
- c. Patience
- d. Belongingness

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

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).

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).

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).

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 be easier for me to achieve what I wanted by using **The Western Vertical Superstring of the Minirings of Joy** instead of **The Western Vertical Superstring of the Minirings of Pain**.

If yes, why and if no, why would I anyway choose to use **The Western Vertical Superstring of the Minirings of Joy** instead of **The Western Vertical Superstring of the Minirings of Pain** in the situation.

I believe that if instead I had used **The Western Vertical Superstring of the Minirings 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 Western Vertical Superstring of the Minirings 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 Western Vertical Superstring of the Minirings of Joy in the situation, and if I do not think that I could more easily achieve what I wanted by using the Western Vertical Superstring of the Minirings of Joy, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Western Vertical Superstring of the Minirings of Pain** to **The Western Vertical Superstring of the Minirings of Joy**, I choose to move energetically from **The Western Vertical Superstring of the Minirings of Pain** to **The Western Vertical Superstring of the Minirings 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 Western Vertical Superstring of the Minirings of Pain with its:

- a. Hoarding
- b. Wretchedness
- c. Impatience
- d. Seclusion

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Western Vertical Superstring of the Minirings 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 Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Western Vertical Superstring of the Minirings of Pain** today 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 Western Vertical Superstring of the Minirings 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 Western Vertical Superstring of the Minirings of Pain** 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).

KC right: Even though I chose to use **The Western Vertical Superstring of the Minirings of Pain** today by using **wretchedness** to (I choose to complete the sentence by writing down, what I used wretchedness 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 **wretchedness in the situation**), and I also completely and totally love and accept **The Western Vertical Superstring of the Minirings 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 Western Vertical Superstring of the Minirings of Pain** in spite of the pain , it inflicted on me in context with my use of **wretchedness 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 Western Vertical Superstring of the Minirings of Pain** today 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 Western Vertical Superstring of the Minirings 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 Western Vertical Superstring of the Minirings of Pain 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).

KC right: Even though I chose to use **The Western Vertical Superstring of the Minirings of Pain** today 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 Western Vertical Superstring of the Minirings 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 Western Vertical Superstring of the Minirings of Pain 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 **hoarding** made me think that (I choose to complete the sentence by writing down what my hoarding made me think in the situation).

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

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

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

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

CB: My **impatience** made me feel that (I choose to complete the sentence by writing down what my impatience 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 **hoarding** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my hoarding consciously in a similar situation in the future).

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

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

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

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

UA: Now, I open myself completely to let go of **The Western Vertical Superstring of the Minirings 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 Western Vertical Superstring of the Minirings of Pain consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Western Vertical Superstring of the Minirings of Pain** and thereby from using my **hoarding, wretchedness, impatience** and **seclusion** consciously 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 Western Vertical Superstring of the Minirings of Pain and thereby from using hoarding, wretchedness, impatience and seclusion consciously 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 Western Vertical Superstring of the Minirings 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 Western Vertical Superstring of the Minirings of Joy with its

- a. **Sharing**
- b. **Nobleness**
- c. **Patience**
- d. **Belongingness**

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Western Vertical Superstring of the Minirings of Joy** 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).

KC right: I hereby choose to give myself permission to use **The Western Vertical Superstring of the Minirings of Joy** 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).

KC left: I hereby choose to give myself permission to use **The Western Vertical Superstring of the Minirings of Joy** by using **patience** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will 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).

KC right: I hereby choose to give myself permission to use **The Western Vertical Superstring of the Minirings of Joy** 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 **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).

SE: 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).

UE: 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).

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 **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).

CB: 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 want to use nobleness consciously in a similar situation in the future).

UA: 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 want to use patience consciously in a similar situation in the future).

TH: 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 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 Western Vertical Superstring of the Minirings 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 Western Vertical Superstring of the Minirings of Joy consciously in a similar situation in the future).

SE: 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 will be to my advantage to use sharing consciously in a similar situation in the future).

UE: 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 will be to my advantage to use nobleness 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, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use patience 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 will 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 **sharing** 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 sharing and nobleness consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **patience** 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 patience and belongingness consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Western Vertical Superstring of the Minirings of Joy** by choosing to consciously use **sharing, nobleness, patience** 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 be to my advantage to use The Western Vertical Superstring of the Minirings of Joy consciously with its sharing, nobleness, meaningfulness and 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 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 Downward Diagonal Superstring of the Minirings of Pain from the North** to **the Downward Diagonal Superstring of the Minirings of Joy from the North**.

Today I used

The Downward Diagonal Superstring of the Minirings of Pain from the North with its:

- a. Pettiness
- b. Confusion
- c. Irritation
- d. Seclusion

Today I used **The Downward Diagonal Superstring of the Minirings of Pain from the North**, because (I choose to complete the sentence by writing down, why I used The Downward Diagonal Superstring of the Minirings of Pain from the North).

I write down how my use of **The Downward Diagonal Superstring of the Minirings of Pain from the North** 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).

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).

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).

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 wanted to achieve by using this Ring, and if I achieved it.

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Downward Diagonal Superstring of the Minirings of Pain from the North, and if I achieved it).

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

The Downward Diagonal Superstring of the Minirings of Joy from the North with its

- a. Largesse
- b. Well-informedness
- c. Calmness
- d. Belongingness

I choose to write down how I **believe** that my use of **The Downward Diagonal Superstring of the Minirings of Joy from the North** 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).

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).

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).

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 be easier for me to achieve what I wanted by using **The Downward Diagonal Superstring of the Minirings of Joy from the North** instead of **The Downward Diagonal Superstring of the Minirings of Pain from the North**.

If yes, why and if no, why would I anyway choose to use **The Downward Diagonal Superstring of the Minirings of Joy from the North** instead of **The Downward Diagonal Superstring of the Minirings of Pain from the North** in the situation.

I believe that if instead I had used **The Downward Diagonal Superstring of the Minirings of Joy from the North** 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 Downward Diagonal Superstring of the Minirings of Joy from the North 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 Downward Diagonal Superstring of the Minirings of Joy from the North in the situation, and if I do not think that I could more easily achieve what I wanted by using the Downward Diagonal Superstring of the Minirings of Joy from the North, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Downward Diagonal Superstring of the Minirings of Pain from the North** to **The Downward Diagonal Superstring of the Minirings of Joy from the North**, I choose to move energetically from **The Downward Diagonal Superstring of the Minirings of Pain from the North** to **The Downward Diagonal Superstring of the Minirings of Joy from the North** 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 Downward Diagonal Superstring of the Minirings of Pain from the North with its:

- a. Pettiness
- b. Confusion
- c. Irritation
- d. Seclusion

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in The Downward Diagonal Superstring of the Minirings of Pain from the North 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 Downward Diagonal Superstring of the Minirings of Pain from the North today 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 Downward Diagonal Superstring of the Minirings of Pain from the North for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Downward Diagonal Superstring of the Minirings of Pain from the North 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 Downward Diagonal Superstring of the Minirings of Pain from the North today 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 Downward Diagonal Superstring of the Minirings of Pain from the North for being exactly the way it is, because (I choose to complete the

sentence by writing down my reason for loving and accepting The Downward Diagonal Superstring of the Minirings of Pain from the North 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 Downward Diagonal Superstring of the Minirings of Pain from the North today 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 Downward Diagonal Superstring of the Minirings of Pain from the North for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Downward Diagonal Superstring of the Minirings of Pain from the North 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 Downward Diagonal Superstring of the Minirings of Pain from the North today 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 Downward Diagonal Superstring of the Minirings of Pain from the North for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Downward Diagonal Superstring of the Minirings of Pain from the North 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 **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 **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 **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 **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 **pettiness** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my pettiness consciously 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 of my confusion consciously 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 of my irritation consciously 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 of my seclusion

consciously in a similar situation in the future).

CH: I **believe** that now I can recover from my **pettiness** 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 pettiness and my confusion consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Downward Diagonal Superstring of the Minirings of Pain from the North** 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 Downward Diagonal Superstring of the Minirings of Pain from the North consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Downward Diagonal Superstring of the Minirings of Pain from the North** and thereby from using my **pettiness, confusion, irritation and seclusion** consciously 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 Downward Diagonal Superstring of the Minirings of Pain from the North and thereby from using pettiness, confusion, irritation and seclusion consciously 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 Downward Diagonal Superstring of the Minirings of Pain from the North** 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 Downward Diagonal Superstring of the Minirings of Joy from the North with its

- a. **Largesse**
- b. **Well-informedness**

- c. Calmness
- d. Belongingness

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Downward Diagonal Superstring of the Minirings of Joy from the North** 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 Downward Diagonal Superstring of the Minirings of Joy from the North** 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 Downward Diagonal Superstring of the Minirings of Joy from the North** 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 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).

KC right: I hereby choose to give myself permission to use **The Downward Diagonal Superstring of the Minirings of Joy from the North** 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 **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 **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 **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 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 **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 **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 **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 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 Downward Diagonal Superstring of the Minirings of Joy from the North** 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 Downward Diagonal Superstring of the Minirings of Joy from the North 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 will 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 **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 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 **calmness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 belongingness consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **largesse** 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 largesse 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 **calmness** 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 calmness and belongingness consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Downward Diagonal Superstring of the Minirings of Joy from the North** by choosing to consciously use **largesse, well-informedness, calmness** 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 be to my advantage to use The Downward Diagonal Superstring of the Minirings of Joy from the North consciously with its largesse, well-informedness, meaningfulness and 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 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 Upward Diagonal Superstring of the Minirings of Pain from the North to the Upward Diagonal Superstring of the Minirings of Joy from the North.

Today I used

The Upward Diagonal Superstring of the Minirings of Pain from the North with its:

- a. Condensation
- b. Unkindness
- c. Unclearity
- d. Hoarding

Today I used The Upward Diagonal Superstring of the Minirings of Pain from the North, because (I choose to complete the sentence by writing down, why I used The Upward Diagonal Superstring of the Minirings of Pain from the North).

I write down how my use of The Upward Diagonal Superstring of the Minirings of Pain from the North made me think, feel, act and relate to others in the situation.

Condensation:

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

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).

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 wanted to achieve by using this Ring, and if I achieved it.

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Upward Diagonal Superstring of the Minirings of Pain from the North, and if I achieved it).

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

The Upward Diagonal Superstring of the Minirings of Joy from the North with its

- a. Equality
- b. Kindness
- c. Clarity
- d. Sharing

I choose to write down how I **believe** that my use of The Upward Diagonal Superstring of the Minirings of Joy from the North 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).

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 in 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).

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).

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 be easier for me to achieve what I wanted by using **The Upward Diagonal Superstring of the Minirings of Joy from the North** instead of **The Upward Diagonal Superstring of the Minirings of Pain from the North**.

If yes, why and if no, why would I anyway choose to use **The Upward Diagonal Superstring of the Minirings of Joy from the North** instead of **The Upward Diagonal Superstring of the Minirings of Pain from the North** in the situation.

I believe that if instead I had used **The Upward Diagonal Superstring of the Minirings of Joy from the North** 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 Upward Diagonal Superstring of the Minirings of Joy from the North 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 Upward Diagonal Superstring of the Minirings of Joy from the North in the situation, and if I do not think that I could more easily achieve what I wanted by using the Upward Diagonal Superstring of the Minirings of Joy from the North, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Upward Diagonal Superstring of the Minirings of Pain from the North** to **The Upward Diagonal Superstring of the Minirings of Joy from the North**, I choose to move energetically from **The Upward Diagonal Superstring of the Minirings of Pain from the North** to **The Upward Diagonal Superstring of the Minirings of Joy from the North** 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 Upward Diagonal Superstring of the Minirings of Pain from the North with its:

- a. **Condescension**
- b. **Unkindness**
- c. **Unclarity**
- d. **Hoarding**

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Upward Diagonal Superstring of the Minirings of Pain from the North** 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 Upward Diagonal Superstring of the Minirings of Pain from the North** today 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 Upward Diagonal Superstring of the Minirings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of the Minirings of Pain from the North 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 Upward Diagonal Superstring of the Minirings of Pain from the North** today 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 Upward Diagonal Superstring of the Minirings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of the Minirings of Pain from the North 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 Upward Diagonal Superstring of the Minirings of Pain from the North** today 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 Upward Diagonal Superstring of the Minirings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of the Minirings of Pain from the North 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 Upward Diagonal Superstring of the Minirings of Pain from the North** today 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 Upward Diagonal Superstring of the Minirings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of the Minirings of Pain from the North 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 **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 **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 **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 **condescension** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my condescension consciously 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 of my unkindness consciously in a similar situation in the future).

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

CH: I **believe** that now I can recover from my **condescension** 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 condescension and my unkindness consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Upward Diagonal Superstring of the Minirings of Pain from the North** 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 Upward Diagonal Superstring of the Minirings of Pain from the North consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Upward Diagonal Superstring of the Minirings of Pain from the North** and thereby from using my **condescension**, **unkindness**, **unclarity** and **hoarding** consciously 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 Upward Diagonal Superstring of the Minirings of Pain from the North and thereby from using condescension, unkindness, unclarity and hoarding consciously 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 Upward Diagonal Superstring of the Minirings of Pain from the North 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 Upward Diagonal Superstring of the Minirings of Joy from the North with its

- a. Equality
- b. Kindness
- c. Clarity
- d. Sharing

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use The Upward Diagonal Superstring of the Minirings of Joy from the North 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 Upward Diagonal Superstring of the Minirings of Joy from the North 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 Upward Diagonal Superstring of the Minirings of Joy from the North 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 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).

KC right: I hereby choose to give myself permission to use **The Upward Diagonal Superstring of the Minirings of Joy from the North** 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 **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 **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 **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 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 **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 **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 **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 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 Upward Diagonal Superstring of the Minirings of Joy from the North** 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 Upward Diagonal Superstring of the Minirings of Joy from the North 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 will 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 **kindness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **clarity** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 sharing consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **equality** 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 equality 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 **clarity** 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 clarity and sharing consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Upward Diagonal Superstring of the Minirings of Joy from the North** by choosing to consciously use **equality, kindness, clarity** 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 be to my advantage to use The Upward Diagonal Superstring of the Minirings of Joy from the North consciously with its equality, kindness, meaningfulness and 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 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 Northern Vertical Superstring of the Microrings of Pain** to the **Northern Vertical Superstring of the Microrings of Joy**.

Today I used

The Northern Vertical Superstring of the Microrings of Pain with its:

- a. Selfishness
- b. Denigration
- c. Indignation
- d. Disrespect

Today I used **The Northern Vertical Superstring of the Microrings of Pain**, because (I choose to complete the sentence by writing down, why I used The Northern Vertical Superstring of the Microrings of Pain).

I write down how my use of **The Northern Vertical Superstring of the Microrings of Pain** 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).

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).

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).

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).

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

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Northern Vertical Superstring of the Microrings of Pain, and if I achieved it).

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

The Northern Vertical Superstring of the Microrings of Joy with its

- a. Consideration
- b. Appreciation
- c. Mercy
- d. Respectfulness

I choose to write down how I **believe** that my use of **The Northern Vertical Superstring of the Microrings of Joy** 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).

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).

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).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Northern Vertical Superstring of the Microrings of Joy** instead of **The Northern Vertical Superstring of the Microrings of Pain**.

If yes, why and if no, why would I anyway choose to use **The Northern Vertical Superstring of the Microrings of Joy** instead of **The Northern Vertical Superstring of the Microrings of Pain** in the situation.

I believe that if instead I had used **The Northern Vertical Superstring of the Microrings 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 Northern Vertical Superstring of the Microrings 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 Northern Vertical Superstring of the Microrings of Joy in the situation, and if I do not think that I could more easily achieve what I wanted by using the Northern Vertical Superstring of the Microrings of Joy, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Northern Vertical Superstring of the Microrings of Pain** to **The Northern Vertical Superstring of the Microrings of Joy**, I choose to move energetically from **The Northern Vertical Superstring of the Microrings of Pain** to **The Northern Vertical Superstring of the Microrings 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 Northern Vertical Superstring of the Microrings of Pain with its:

- a. Selfishness
- b. Denigration
- c. Indignation
- d. Disrespect

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Northern Vertical Superstring of the Microrings 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 Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Northern Vertical Superstring of the Microrings of Pain** today 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 Northern Vertical Superstring of the Microrings 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 Northern Vertical Superstring of the Microrings of Pain 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 Northern Vertical Superstring of the Microrings of Pain** today 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 Northern Vertical Superstring of the Microrings 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 Northern Vertical Superstring of the Microrings of Pain 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 left: Even though I chose to use **The Northern Vertical Superstring of the Microrings of Pain** today 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 Northern Vertical Superstring of the Microrings 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 Northern Vertical Superstring of the Microrings of Pain 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 Northern Vertical Superstring of the Microrings of Pain today 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 Northern Vertical Superstring of the Microrings 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 Northern Vertical Superstring of the Microrings of Pain 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).

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 denigration made me think that (I choose to complete the sentence by writing down what my denigration made me think in the situation).

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

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

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

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

TH: My **disrespect** made me feel that (I choose to complete the sentence by writing down what my disrespect 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 of my selfishness consciously in a similar situation in the future).

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

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

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

CH: I **believe** that now I can recover from my **selfishness** and my **denigration**, 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 denigration consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Northern Vertical Superstring of the Microrings 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 Northern Vertical Superstring of the Microrings of Pain consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Northern Vertical Superstring of the Microrings of Pain** and thereby from using my **selfishness, denigration, indignation** and **disrespect** consciously 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 Northern Vertical Superstring of the Microrings of Pain and thereby from using selfishness, denigration, indignation and disrespect consciously 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 Northern Vertical Superstring of the Microrings 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 Northern Vertical Superstring of the Microrings of Joy with its

- a. Consideration
- b. Appreciation
- c. Mercy
- d. Respectfulness

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Northern Vertical Superstring of the Microrings of Joy** 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 Northern Vertical Superstring of the Microrings of Joy** 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 left: I hereby choose to give myself permission to use **The Northern Vertical Superstring of the Microrings of Joy** by using **mercy** consciously in a

similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously 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 Northern Vertical Superstring of the Microrings of Joy** 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).

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 **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).

UE: 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).

UN: 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).

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 **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).

UA: 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).

TH: 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).

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 Northern Vertical Superstring of the Microrings 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 Northern Vertical Superstring of the Microrings of Joy 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 will 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 **appreciation** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use appreciation consciously in a similar situation in the future).

UN: 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 will be to my advantage to use mercy 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 think it will be to my advantage to use respectfulness 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 **appreciation** 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 appreciation consciously in a similar situation in the

future).

UA: I really feel that it would bring me joy, if I chose to use **mercy** and respectfulness 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 respectfulness consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Northern Vertical Superstring of the Microrings of Joy** by choosing to consciously use **consideration, appreciation, mercy** and respectfulness **consciously in a similar situation in the future**, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use The Northern Vertical Superstring of the Microrings of Joy consciously with its consideration, appreciation, meaningfulness and respectfulness 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 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 Southern Vertical Superstring of the Microrings of Pain** to the **Southern Vertical Superstring of the Microrings of Joy**.

Today I used

The Southern Vertical Superstring of the Microrings of Pain with its:

- a. **Hardness**
- b. **Insusceptibility**
- c. **Vindictiveness**
- d. **Craftiness**

Today I used **The Southern Vertical Superstring of the Microrings of Pain**, because (I choose to complete the sentence by writing down, why I used The Southern Vertical Superstring of the Microrings of Pain).

I write down how my use of **The Southern Vertical Superstring of the Microrings of Pain** made me think, feel, act and relate to 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).

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).

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).

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).

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

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Southern Vertical Superstring of the Microrings of Pain, and if I achieved it).

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

The Southern Vertical Superstring of the Microrings of Joy with its

- a. Ease
- b. Teachableness
- c. Forgiveness
- d. Straightforwardness

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

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).

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).

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).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Southern Vertical Superstring of the Microrings of Joy** instead of **The Southern Vertical Superstring of the Microrings of Pain**.

If yes, why and if no, why would I anyway choose to use **The Southern Vertical Superstring of the Microrings of Joy** instead of **The Southern Vertical Superstring of the Microrings of Pain** in the situation.

I believe that if instead I had used **The Southern Vertical Superstring of the Microrings 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 Southern Vertical Superstring of the Microrings 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 Southern Vertical Superstring of the Microrings of Joy in the situation, and if I do not think that I could more easily achieve what I wanted by using the Southern Vertical Superstring of the Microrings of Joy, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Southern Vertical Superstring of the Microrings of Pain** to **The Southern Vertical Superstring of the Microrings of Joy**, I choose to move energetically from **The Southern Vertical Superstring of the Microrings of Pain** to **The Southern Vertical Superstring of the Microrings 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 Southern Vertical Superstring of the Microrings of Pain with its:

- a. Hardness
- b. Insusceptibility
- c. Vindictiveness
- d. Craftiness

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Southern Vertical Superstring of the Microrings 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 Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Southern Vertical Superstring of the Microrings of Pain** today 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 Southern Vertical Superstring of the Microrings 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 Southern Vertical Superstring of the Microrings of Pain 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 right: Even though I chose to use **The Southern Vertical Superstring of the Microrings of Pain** today 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 Southern Vertical Superstring of the Microrings 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 Southern Vertical Superstring of the Microrings of Pain 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 Southern Vertical Superstring of the Microrings of Pain** today 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 Southern Vertical Superstring of the Microrings 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 Southern Vertical Superstring of the Microrings of Pain 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 right: Even though I chose to use **The Southern Vertical Superstring of the Microrings of Pain** today 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 Southern Vertical Superstring of the Microrings 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 Southern Vertical Superstring of the Microrings of Pain 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).

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

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

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

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

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

TH: My **craftiness** made me feel that (I choose to complete the sentence by writing down what my craftiness 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 **hardness** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my hardness consciously 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 of my insusceptibility consciously in a similar situation in the future).

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

UN: 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 of my craftiness consciously in a similar situation in the future).

CH: I **believe** that now I can recover from my **hardness** 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 hardness and my insusceptibility consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Southern Vertical Superstring of the Microrings 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 Southern Vertical Superstring of the Microrings of Pain consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using The Southern Vertical Superstring of the Microrings of Pain and thereby from using my hardness, insusceptibility, vindictiveness and craftiness consciously 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 Southern Vertical Superstring of the Microrings of Pain and thereby from using hardness, insusceptibility, vindictiveness and craftiness consciously 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 Southern Vertical Superstring of the Microrings 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 Southern Vertical Superstring of the Microrings of Joy with its

- a. Ease
- b. Teachableness
- c. Forgiveness
- d. Straightforwardness

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use The Southern Vertical Superstring of the Microrings of Joy 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 right: I hereby choose to give myself permission to use The Southern Vertical Superstring of the Microrings of Joy 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 Southern Vertical Superstring of the Microrings of Joy** by using **forgiveness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously 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 right: I hereby choose to give myself permission to use **The Southern Vertical Superstring of the Microrings of Joy** 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).

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

EB: 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).

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 **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).

UN: 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).

CH: 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).

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 **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).

TH: 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).

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 Southern Vertical Superstring of the Microrings 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 Southern Vertical Superstring of the Microrings of Joy 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, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use ease 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 will 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 **forgiveness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use forgiveness consciously in a similar situation in the future).

CH: 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 will be to my advantage to use

straightforwardness consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **ease** 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 ease 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 **forgiveness** 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 forgiveness and straightforwardness consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Southern Vertical Superstring of the Microrings of Joy** by choosing to consciously use **ease**, **teachableness**, **forgiveness** 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 be to my advantage to use The Southern Vertical Superstring of the Microrings of Joy consciously with its ease, teachableness, meaningfulness and straightforwardness 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 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.

21. From **the Eastern Vertical Superstring of the Microrings of Pain** to the **Eastern Vertical Superstring of the Microrings of Joy**.

Today I used

The Eastern Vertical Superstring of the Microrings of Pain with its:

- a. Unfreedom
- b. Narrowmindedness
- c. Belligerence
- d. Distortion

Today I used **The Eastern Vertical Superstring of the Microrings of Pain**, because (I choose to complete the sentence by writing down, why I used The Eastern Vertical Superstring of the Microrings of Pain).

I write down how my use of **The Eastern Vertical Superstring of the Microrings of Pain** made me think, feel, act and relate to 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).

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).

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).

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).

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

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Eastern Vertical Superstring of the Microrings of Pain, and if I achieved it).

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

The Eastern Vertical Superstring of the Microrings of Joy with its

- a. Action-freedom
- b. Openness
- c. Conciliatory
- d. Precision

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

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).

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).

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).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Eastern Vertical Superstring of the Microrings of Joy** instead of **The Eastern Vertical Superstring of the Microrings of Pain**.

If yes, why and if no, why would I anyway choose to use **The Eastern Vertical Superstring of the Microrings of Joy** instead of **The Eastern Vertical Superstring of the Microrings of Pain** in the situation.

I believe that if instead I had used **The Eastern Vertical Superstring of the Microrings 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 Eastern Vertical Superstring of the Microrings 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 Eastern Vertical Superstring of the Microrings of Joy in the situation, and if I do not think that I could more easily achieve what I wanted by using the Eastern Vertical Superstring of the Microrings of Joy, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Eastern Vertical Superstring of the Microrings of Pain** to **The Eastern Vertical Superstring of the Microrings of Joy**, I choose to move energetically from **The Eastern Vertical Superstring of the Microrings of Pain** to **The Eastern Vertical Superstring of the Microrings 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 Eastern Vertical Superstring of the Microrings of Pain with its:

a. Unfreedom

- b. Narrowmindedness
- c. Belligerence
- d. Distortion

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Eastern Vertical Superstring of the Microrings 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 Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Eastern Vertical Superstring of the Microrings of Pain** today 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 Eastern Vertical Superstring of the Microrings 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 Eastern Vertical Superstring of the Microrings of Pain 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 Eastern Vertical Superstring of the Microrings of Pain** today 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 Eastern Vertical Superstring of the Microrings 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 Eastern Vertical Superstring of the Microrings of Pain 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 left: Even though I chose to use **The Eastern Vertical Superstring of the Microrings of Pain** today 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 Eastern Vertical Superstring of the Microrings 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 Eastern Vertical Superstring of the Microrings of Pain 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 Eastern Vertical Superstring of the Microrings of Pain** today 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 Eastern Vertical Superstring of the Microrings 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 Eastern Vertical Superstring of the Microrings of Pain 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).

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

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

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

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

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

TH: My **distortion** made me feel that (I choose to complete the sentence by writing down what my distortion 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 **unfreedom** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my unfreedom consciously in a similar situation in the future).

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

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

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

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

what I **believe** could make me recover from my belligerence and my distortion consciously in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Eastern Vertical Superstring of the Microrings 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 Eastern Vertical Superstring of the Microrings of Pain consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Eastern Vertical Superstring of the Microrings of Pain** and thereby from using my **unfreedom, narrowmindedness, belligerence and distortion** consciously 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 Eastern Vertical Superstring of the Microrings of Pain and thereby from using unfreedom, narrowmindedness, belligerence and distortion consciously 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 Eastern Vertical Superstring of the Microrings 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 Eastern Vertical Superstring of the Microrings of Joy with its

- a. **Action-freedom**
- b. **Openness**
- c. **Conciliatory**
- d. **Precision**

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Eastern Vertical Superstring of the Microrings of Joy** 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 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).

KC right: I hereby choose to give myself permission to use **The Eastern Vertical Superstring of the Microrings of Joy** by using **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), 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 left: I hereby choose to give myself permission to use **The Eastern Vertical Superstring of the Microrings of Joy** 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 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).

KC right: I hereby choose to give myself permission to use **The Eastern Vertical Superstring of the Microrings of Joy** by using **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), because (I choose to complete the sentence by writing down, why I want to use precision 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 **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).

SE: 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).

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 **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).

CH: 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).

CB: 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).

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 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).

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 Eastern Vertical Superstring of the Microrings 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 Eastern Vertical Superstring of the Microrings of Joy consciously in a similar situation in the future).

SE: 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 will be to my advantage to use action-freedom 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, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use openness 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 will 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 precision consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use precision consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **action-freedom** and **openness** 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 openness 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 precision 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 precision consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Eastern Vertical Superstring of the Microrings of Joy** by choosing to consciously use **action-freedom, openness, conciliatory** and precision **consciously in a similar situation in the future**, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use The Eastern Vertical Superstring of the Microrings of Joy consciously with its action-freedom, openness, meaningfulness and precision 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 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.

22. From **the Western Vertical Superstring of the Microrings of Pain** to the **Western Vertical Superstring of the Microrings of Joy**.

Today I used

The Western Vertical Superstring of the Microrings of Pain with its:

- a. Negligence
- b. Unworthiness
- c. Bitterness
- d. Separateness

Today I used **The Western Vertical Superstring of the Microrings of Pain**, because (I choose to complete the sentence by writing down, why I used The Western Vertical Superstring of the Microrings of Pain).

I write down how my use of **The Western Vertical Superstring of the Microrings of Pain** made me think, feel, act and relate to 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).

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).

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).

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 wanted to achieve by using this Ring, and if I achieved it.

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Western Vertical Superstring of the Microrings of Pain, and if I achieved it).

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

The Western Vertical Superstring of the Microrings of Joy with its

- a. Contributing
- b. Worthiness
- c. Sweetness
- d. Togetherness

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

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).

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).

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).

Togetherhness:

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 togetherhness).
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 togetherhness).
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 togetherhness).
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 togetherhness).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Western Vertical Superstring of the Microrings of Joy** instead of **The Western Vertical Superstring of the Microrings of Pain**.

If yes, why and if no, why would I anyway choose to use **The Western Vertical Superstring of the Microrings of Joy** instead of **The Western Vertical Superstring of the Microrings of Pain** in the situation.

I believe that if instead I had used **The Western Vertical Superstring of the Microrings 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 Western Vertical Superstring of the Microrings 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 Western Vertical Superstring of the Microrings of Joy in the situation, and if I do not think that I could more easily achieve what I wanted by using the Western Vertical Superstring of the Microrings of Joy, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Western Vertical Superstring of the Microrings of Pain** to **The Western Vertical Superstring of the Microrings of Joy**, I choose to move energetically from **The Western Vertical Superstring of the Microrings of Pain** to **The Western Vertical Superstring of the Microrings 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 Western Vertical Superstring of the Microrings of Pain with its:

- a. Negligence
- b. Unworthiness
- c. Bitterness
- d. Separateness

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in The Western Vertical Superstring of the Microrings 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 Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use The Western Vertical Superstring of the Microrings of Pain today 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 Western Vertical Superstring of the Microrings 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 Western Vertical Superstring of the Microrings of Pain 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).

KC right: Even though I chose to use The Western Vertical Superstring of the Microrings of Pain today 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 Western Vertical Superstring of the Microrings 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 Western Vertical Superstring of the Microrings of Pain 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).

KC left: Even though I chose to use **The Western Vertical Superstring of the Microrings of Pain** today 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 Western Vertical Superstring of the Microrings 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 Western Vertical Superstring of the Microrings of Pain 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).

KC right: Even though I chose to use **The Western Vertical Superstring of the Microrings of Pain** today 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 Western Vertical Superstring of the Microrings 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 Western Vertical Superstring of the Microrings of Pain 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 **negligence** made me think that (I choose to complete the sentence by writing down what my negligence made me think in the situation).

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

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

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

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

CB: My **bitterness** made me feel that (I choose to complete the sentence by writing down what my bitterness 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 **negligence** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my negligence consciously in a similar situation in the future).

SE: 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 of my unworthiness consciously in a similar situation in the future).

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

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

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

I **believe** could make me recover from my bitterness and my separateness consciously in a similar situation in the future).

UA: Now, I open myself completely to let go of **The Western Vertical Superstring of the Microrings 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 Western Vertical Superstring of the Microrings of Pain consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Western Vertical Superstring of the Microrings of Pain** and thereby from using my **negligence, unworthiness, bitterness and separateness** consciously 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 Western Vertical Superstring of the Microrings of Pain and thereby from using negligence, unworthiness, bitterness and separateness consciously 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 Western Vertical Superstring of the Microrings 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 Western Vertical Superstring of the Microrings of Joy with its

- a. **Contributing**
- b. **Worthiness**
- c. **Sweetness**
- d. **Togetherness**

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Western Vertical Superstring of the Microrings of Joy** 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).

KC right: I hereby choose to give myself permission to use **The Western Vertical Superstring of the Microrings of Joy** 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).

KC left: I hereby choose to give myself permission to use **The Western Vertical Superstring of the Microrings of Joy** by using **sweetness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will 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).

KC right: I hereby choose to give myself permission to use **The Western Vertical Superstring of the Microrings of Joy** 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 **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).

SE: 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).

UE: 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).

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 **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).

CB: 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 want to use worthiness consciously in a similar situation in the future).

UA: 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 want to use sweetness consciously in a similar situation in the future).

TH: 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 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 Western Vertical Superstring of the Microrings 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 Western Vertical Superstring of the Microrings of Joy consciously in a similar situation in the future).

SE: 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 will be to my advantage to use contributing consciously in a similar situation in the future).

UE: 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 will be to my advantage to use worthiness 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, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use sweetness

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 will 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 **contributing** 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 contributing and worthiness consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **sweetness** 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 sweetness and togetherness consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Western Vertical Superstring of the Microrings of Joy** by choosing to consciously use **contributing, worthiness, sweetness** 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 be to my advantage to use The Western Vertical Superstring of the Microrings of Joy consciously with its contributing, worthiness, meaningfulness and 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 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.

23. From **the Downward Diagonal Superstring of the Microrings of Pain from the North to the Downward Diagonal Superstring of the Microrings of Joy from the North.**

Today I used

The Downward Diagonal Superstring of the Microrings of Pain from the North with its:

- a. **Selfishness**
- b. **Insusceptibility**

- c. Belligerence
- d. Separateness

Today I used **The Downward Diagonal Superstring of the Microrings of Pain from the North**, because (I choose to complete the sentence by writing down, why I used **The Downward Diagonal Superstring of the Microrings of Pain from the North**).

I write down how my use of **The Downward Diagonal Superstring of the Microrings of Pain from the North** 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).

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).

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).

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 wanted to achieve by using this Ring, and if I achieved it.

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Downward Diagonal Superstring of the Microrings of Pain from the North, and if I achieved it).

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

The Downward Diagonal Superstring of the Microrings of Joy from the North with its

- a. Consideration
- b. Teachableness
- c. Conciliatory
- d. Togetherness

I choose to write down how I **believe** that my use of **The Downward Diagonal Superstring of the Microrings of Joy from the North** 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).

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).

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).

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 be easier for me to achieve what I wanted by using **The Downward Diagonal Superstring of the Microrings of Joy from the North** instead of **The Downward Diagonal Superstring of the Microrings of Pain from the North**.

If yes, why and if no, why would I anyway choose to use **The Downward Diagonal Superstring of the Microrings of Joy from the North** instead of **The Downward Diagonal Superstring of the Microrings of Pain from the North** in the situation.

I believe that if instead I had used **The Downward Diagonal Superstring of the Microrings of Joy from the North** 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 Downward Diagonal Superstring of the Microrings of Joy from the North 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 Downward Diagonal Superstring of the Microrings of Joy from the North in the situation, and if I do not think that I could more easily achieve what I wanted by using the Downward Diagonal Superstring of the Microrings of Joy from the North,

why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Downward Diagonal Superstring of the Microrings of Pain from the North** to **The Downward Diagonal Superstring of the Microrings of Joy from the North**, I choose to move energetically from **The Downward Diagonal Superstring of the Microrings of Pain from the North** to **The Downward Diagonal Superstring of the Microrings of Joy from the North** 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 Downward Diagonal Superstring of the Microrings of Pain from the North with its:

- a. Selfishness
- b. Insusceptibility
- c. Belligerence
- d. Separateness

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Downward Diagonal Superstring of the Microrings of Pain from the North** 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 Downward Diagonal Superstring of the Microrings of Pain from the North** today 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 Downward Diagonal Superstring of the Microrings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Downward Diagonal Superstring of the Microrings of Pain from the North** 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 Downward Diagonal Superstring of the Microrings of Pain from the North** today 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 Downward Diagonal Superstring of the Microrings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Downward Diagonal Superstring of the Microrings of Pain from the North** 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 Downward Diagonal Superstring of the Microrings of Pain from the North** today 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 Downward Diagonal Superstring of the Microrings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The Downward Diagonal Superstring of the Microrings of Pain from the North** 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 Downward Diagonal Superstring of the Microrings of Pain from the North** today 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 Downward Diagonal Superstring of the Microrings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting **The**

Downward Diagonal Superstring of the Microrings of Pain from the North 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 **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 **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 **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 **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 **selfishness** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my selfishness consciously 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 of my insusceptibility consciously 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 of my belligerence consciously 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 of my separateness consciously in a similar situation in the future).

CH: I **believe** that now I can recover from my **selfishness** 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 selfishness and my insusceptibility consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Downward Diagonal Superstring of the Microrings of Pain from the North** 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 Downward Diagonal Superstring of the Microrings of Pain from the North consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Downward Diagonal Superstring of the Microrings of Pain from the North** and thereby from using my **selfishness**, **insusceptibility**, **belligerence** and **separateness** consciously 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 Downward Diagonal Superstring of the Microrings of Pain from the North and thereby from using selfishness, insusceptibility, belligerence and separateness consciously 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 Downward**

Diagonal Superstring of the Microrings of Pain from the North 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 Downward Diagonal Superstring of the Microrings of Joy from the North with its

- a. Consideration
- b. Teachableness
- c. Conciliatory
- d. Togetherness

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Downward Diagonal Superstring of the Microrings of Joy from the North** 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 Downward Diagonal Superstring of the Microrings of Joy from the North** 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 Downward Diagonal Superstring of the Microrings of Joy from the North** 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 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).

KC right: I hereby choose to give myself permission to use **The Downward Diagonal Superstring of the Microrings of Joy from the North** 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 **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 **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 **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 **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 **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 **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 **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 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 Downward Diagonal Superstring of the Microrings of Joy from the North** 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 Downward Diagonal Superstring of the Microrings of Joy from the North 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 will 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 **teachableness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **conciliatory** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 togetherness consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **consideration** 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 consideration 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 **conciliatory** 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 conciliatory and togetherness consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Downward Diagonal Superstring of the Microrings of Joy from the North** by choosing to

consciously use **consideration, teachableness, conciliatory** 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 be to my advantage to use The Downward Diagonal Superstring of the Microrings of Joy from the North consciously with its consideration, teachableness, meaningfulness and 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 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.

24. From **the Upward Diagonal Superstring of the Microrings of Pain from the North** to **the Upward Diagonal Superstring of the Microrings of Joy from the North**.

Today I used

The Upward Diagonal Superstring of the Microrings of Pain from the North with its:

- a. **Disrespect**
- b. **Vindictiveness**
- c. **Narrowmindedness**
- d. **Negligence**

Today I used **The Upward Diagonal Superstring of the Microrings of Pain from the North**, because (I choose to complete the sentence by writing down, why I used **The Upward Diagonal Superstring of the Microrings of Pain from the North**).

I write down how my use of **The Upward Diagonal Superstring of the Microrings of Pain from the North** 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).

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).

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).

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 wanted to achieve by using this Ring, and if I achieved it.

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Upward Diagonal Superstring of the Microrings of Pain from the North, and if I achieved it).

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

The Upward Diagonal Superstring of the Microrings of Joy from the North with its

- a. Respectfulness
- b. Forgiveness
- c. Openness
- d. Contributing

I choose to write down how I **believe** that my use of **The Upward Diagonal Superstring of the Microrings of Joy from the North** 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).

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).

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).

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 be easier for me to achieve what I wanted by using **The Upward Diagonal Superstring of the Microrings of Joy from the North** instead of **The Upward Diagonal Superstring of the Microrings of Pain from the North**.

If yes, why and if no, why would I anyway choose to use **The Upward Diagonal Superstring of the Microrings of Joy from the North** instead of **The Upward Diagonal Superstring of the Microrings of Pain from the North** in the situation.

I believe that if instead I had used **The Upward Diagonal Superstring of the Microrings of Joy from the North** 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 Upward Diagonal Superstring of the Microrings of Joy from the North 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 Upward Diagonal Superstring of the Microrings of Joy from the North in the situation, and if I do not think that I could more easily achieve what I wanted by using the Upward Diagonal Superstring of the Microrings of Joy from the North, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Upward Diagonal Superstring of the Microrings of Pain from the North** to **The Upward Diagonal Superstring of the Microrings of Joy from the North**, I choose to move energetically from **The Upward Diagonal Superstring of the Microrings of Pain from the North** to **The Upward Diagonal Superstring of the Microrings of Joy from the North** 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 Upward Diagonal Superstring of the Microrings of Pain from the North with its:

- a. Disrespect
- b. Vindictiveness
- c. Narrowmindedness
- d. Negligence

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Upward Diagonal Superstring of the Microrings of Pain from the North** 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 Upward Diagonal Superstring of the Microrings of Pain from the North** today 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 Upward Diagonal Superstring of the Microrings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of the Microrings of Pain from the North 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 Upward Diagonal Superstring of the Microrings of Pain from the North** today 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 Upward Diagonal Superstring of the Microrings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of the Microrings of Pain from the North 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 Upward Diagonal Superstring of the Microrings of Pain from the North** today 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 Upward Diagonal Superstring of the Microrings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of the Microrings of Pain from the North 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 Upward Diagonal Superstring of the Microrings of Pain from the North** today 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 Upward Diagonal Superstring of the Microrings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of the Microrings of Pain from the North 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 **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 **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 **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 **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 **disrespect** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my disrespect consciously 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 of my vindictiveness consciously 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 of my narrowmindedness consciously 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 of my negligence consciously in a similar situation in the future).

CH: I **believe** that now I can recover from my **disrespect** 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 disrespect and

my vindictiveness consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Upward Diagonal Superstring of the Microrings of Pain from the North** 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 Upward Diagonal Superstring of the Microrings of Pain from the North consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Upward Diagonal Superstring of the Microrings of Pain from the North** and thereby from using my **disrespect, vindictiveness, narrowmindedness** and **negligence** consciously 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 Upward Diagonal Superstring of the Microrings of Pain from the North and thereby from using disrespect, vindictiveness, narrowmindedness and negligence consciously 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 Upward Diagonal Superstring of the Microrings of Pain from the North** 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 Upward Diagonal Superstring of the Microrings of Joy from the North with its

- a. **Respectfulness**
- b. **Forgiveness**
- c. **Openness**
- d. **Contributing**

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Upward Diagonal Superstring of the Microrings of Joy from the North** 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 Upward Diagonal Superstring of the Microrings of Joy from the North** 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 Upward Diagonal Superstring of the Microrings of Joy from the North** 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 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).

KC right: I hereby choose to give myself permission to use **The Upward Diagonal Superstring of the Microrings of Joy from the North** 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 **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 **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 **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 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 **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 **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 **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 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 Upward Diagonal Superstring of the Microrings of Joy from the North** 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 Upward Diagonal Superstring of the Microrings of Joy from the North 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 will 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 **forgiveness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **openness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 contributing consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **respectfulness** 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 respectfulness 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 **openness** 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 openness and contributing consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Upward Diagonal Superstring of the Microrings of Joy from the North** by choosing to consciously use **respectfulness, forgiveness, openness** 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 be to my advantage to use The Upward Diagonal Superstring of the Microrings of Joy from the North consciously with its respectfulness, forgiveness, meaningfulness and 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 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.

25. From the Northern Vertical Superstring of the Nanorings of Pain to the Northern Vertical Superstring of the Nanorings of Joy.

Today I used

The Northern Vertical Superstring of the Nanorings of Pain with its:

- a. Inhibition
- b. Uncertainty
- c. Resentment
- d. Insincerity

Today I used The Northern Vertical Superstring of the Nanorings of Pain, because (I choose to complete the sentence by writing down, why I used The Northern Vertical Superstring of the Nanorings of Pain).

I write down how my use of The Northern Vertical Superstring of the Nanorings of Pain 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).

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).

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).

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).

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

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Northern Vertical Superstring of the Nanorings of Pain, and if I achieved it).

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

The Northern Vertical Superstring of the Nanorings of Joy with its

a. Approachability

- b. Certainty
- c. Acceptance
- d. Sincerity

I choose to write down how I **believe** that my use of **The Northern Vertical Superstring of the Nanorings of Joy** 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).

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).

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).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Northern Vertical Superstring of the Nanorings of Joy** instead of **The Northern Vertical Superstring of the Nanorings of Pain**.

If yes, why and if no, why would I anyway choose to use **The Northern Vertical Superstring of the Nanorings of Joy** instead of **The Northern Vertical Superstring of the Nanorings of Pain** in the situation.

I believe that if instead I had used **The Northern Vertical Superstring of the Nanorings 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 Northern Vertical Superstring of the Nanorings 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 Northern Vertical Superstring of the Nanorings of Joy in the situation, and if I do not think that I could more easily achieve what I wanted by using the Northern Vertical Superstring of the Nanorings of Joy,

why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Northern Vertical Superstring of the Nanorings of Pain** to **The Northern Vertical Superstring of the Nanorings of Joy**, I choose to move energetically from **The Northern Vertical Superstring of the Nanorings of Pain** to **The Northern Vertical Superstring of the Nanorings 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 Northern Vertical Superstring of the Nanorings of Pain with its:

- a. Inhibition
- b. Uncertainty
- c. Resentment
- d. Insincerity

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Northern Vertical Superstring of the Nanorings 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 Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Northern Vertical Superstring of the Nanorings of Pain** today 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 Northern Vertical Superstring of the Nanorings 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 Northern Vertical Superstring of the Nanorings of Pain** 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 Northern Vertical Superstring of the Nanorings of Pain** today 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 Northern Vertical Superstring of the Nanorings 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 Northern Vertical Superstring of the Nanorings of Pain 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 left: Even though I chose to use **The Northern Vertical Superstring of the Nanorings of Pain** today 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 Northern Vertical Superstring of the Nanorings 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 Northern Vertical Superstring of the Nanorings of Pain 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 Northern Vertical Superstring of the Nanorings of Pain** today 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 Northern Vertical Superstring of the Nanorings 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 Northern Vertical Superstring of the Nanorings of Pain 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).

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

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

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

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

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

TH: My **insincerity** made me feel that (I choose to complete the sentence by writing down what my insincerity 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 of my inhibition consciously in a similar situation in the future).

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

UE: If I did that I might no longer need to hold on to my **resentment**, which (I choose to complete the sentence by writing down what I **believe** could make

me let go of my resentment consciously in a similar situation in the future).

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

CH: I **believe** that now I can recover from my **inhibition** and my **uncertainty**, 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 uncertainty consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Northern Vertical Superstring of the Nanorings 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 Northern Vertical Superstring of the Nanorings of Pain consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Northern Vertical Superstring of the Nanorings of Pain** and thereby from using my **inhibition, uncertainty, resentment** and **insincerity** consciously 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 Northern Vertical Superstring of the Nanorings of Pain and thereby from using inhibition, uncertainty, resentment and insincerity consciously 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 Northern Vertical Superstring of the Nanorings 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 Northern Vertical Superstring of the Nanorings of Joy with its

- a. Approachability
- b. Certainty

- c. Acceptance
- d. Sincerity

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Northern Vertical Superstring of the Nanorings of Joy** 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 Northern Vertical Superstring of the Nanorings of Joy** 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 left: I hereby choose to give myself permission to use **The Northern Vertical Superstring of the Nanorings of Joy** by using **acceptance** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously 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 Northern Vertical Superstring of the Nanorings of Joy** 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).

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 **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).

UE: 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).

UN: 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).

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 **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).

UA: 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).

TH: 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).

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 Northern Vertical Superstring of the Nanorings 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 Northern Vertical Superstring of the Nanorings of Joy 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 will 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 **certainty** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use certainty consciously in a similar situation in the future).

UN: 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 will be to my advantage to use acceptance 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 think it will be to my advantage to use sincerity 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 **certainty** 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 certainty consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **acceptance** and sincerity 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 sincerity consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Northern Vertical Superstring of the Nanorings of Joy** by choosing to consciously use **approachability, certainty, acceptance** and sincerity **consciously in a similar situation in the future**, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use The Northern Vertical Superstring of the Nanorings of Joy consciously with its approachability, certainty, meaningfulness and sincerity 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 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.

26. From the Southern Vertical Superstring of the Nanorings of Pain to the Southern Vertical Superstring of the Nanorings of Joy.

Today I used

The Southern Vertical Superstring of the Nanorings of Pain with its:

- a. Nervousness
- b. Uncultivatedness
- c. Unwillingness
- d. Cunning

Today I used The Southern Vertical Superstring of the Nanorings of Pain, because (I choose to complete the sentence by writing down, why I used The Southern Vertical Superstring of the Nanorings of Pain).

I write down how my use of The Southern Vertical Superstring of the Nanorings of Pain made me think, feel, act and relate to 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).

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).

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).

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).

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

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Southern Vertical Superstring of the Nanorings of Pain, and if I achieved it).

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

The Southern Vertical Superstring of the Nanorings of Joy with its

- a. Lightheartedness
- b. Cultivatedness
- c. Willingness
- d. Simplicity

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

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).

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).

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).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Southern Vertical Superstring of the Nanorings of Joy** instead of **The Southern Vertical Superstring of the Nanorings of Pain**.

If yes, why and if no, why would I anyway choose to use **The Southern Vertical Superstring of the Nanorings of Joy** instead of **The Southern Vertical Superstring of the Nanorings of Pain** in the situation.

I believe that if instead I had used **The Southern Vertical Superstring of the Nanorings 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 Southern Vertical Superstring of the Nanorings 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 Southern Vertical Superstring of the Nanorings of Joy in the situation, and if I do not think that I could more easily achieve what I wanted by using the Southern Vertical Superstring of the Nanorings of Joy, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Southern Vertical Superstring of the Nanorings of Pain** to **The Southern Vertical Superstring of the Nanorings of Joy**, I choose to move energetically from **The Southern Vertical Superstring of the Nanorings of Pain** to **The Southern Vertical Superstring of the Nanorings 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 Southern Vertical Superstring of the Nanorings of Pain with its:

- a. Nervousness
- b. Uncultivatedness
- c. Unwillingness
- d. Cunning

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Southern Vertical Superstring of the Nanorings 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 Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Southern Vertical Superstring of the Nanorings of Pain** today 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 Southern Vertical Superstring of the Nanorings 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 Southern Vertical Superstring of the Nanorings of Pain 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 right: Even though I chose to use **The Southern Vertical Superstring of the Nanorings of Pain** today 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 Southern Vertical Superstring of the Nanorings 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 Southern Vertical Superstring of the Nanorings of Pain 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 Southern Vertical Superstring of the Nanorings of Pain** today 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 Southern Vertical Superstring of the Nanorings 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 Southern Vertical Superstring of the Nanorings of Pain 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 right: Even though I chose to use **The Southern Vertical Superstring of the Nanorings of Pain** today 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 Southern Vertical Superstring of the Nanorings 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 Southern Vertical Superstring of the Nanorings of Pain 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).

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

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

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

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

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

TH: My **cunning** made me feel that (I choose to complete the sentence by writing down what my cunning 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 **nervousness** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my nervousness consciously 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 of my uncultivatedness consciously in a similar situation in the future).

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

UN: 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 of my cunning consciously in a similar situation in the future).

CH: I **believe** that now I can recover from my **nervousness** 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 nervousness and my uncultivatedness consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Southern Vertical Superstring of the Nanorings 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 Southern Vertical Superstring of the Nanorings of Pain consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Southern Vertical Superstring of the Nanorings of Pain** and thereby from using my **nervousness, uncultivatedness, unwillingness and cunning** consciously 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 Southern Vertical Superstring of the Nanorings of Pain and thereby from using nervousness, uncultivatedness, unwillingness and cunning consciously 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 Southern Vertical Superstring of the Nanorings 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 Southern Vertical Superstring of the Nanorings of Joy with its

- a. Lightheartedness
- b. Cultivatedness
- c. Willingness
- d. Simplicity

The four setup statements for the two tapping rounds below:

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

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

KC left: I hereby choose to give myself permission to use **The Southern Vertical Superstring of the Nanorings of Joy** by using **willingness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will consciously 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 right: I hereby choose to give myself permission to use **The Southern Vertical Superstring of the Nanorings of Joy** 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).

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

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

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

UN: 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).

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

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

UA: 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).

TH: 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).

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 Southern Vertical Superstring of the Nanorings 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 Southern Vertical Superstring of the Nanorings of Joy consciously in a similar situation in the future).

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

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

UN: 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 will be to my advantage to use willingness consciously in a similar situation in the future).

CH: 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 will be to my advantage to use simplicity consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **lightheartedness** and **cultivatedness** 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 lightheartedness and cultivatedness consciously in a similar situation in the future).

UA: I really feel that it would bring me joy, if I chose to use **willingness** 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 willingness and simplicity consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Southern Vertical Superstring of the Nanorings of Joy** by choosing to consciously use **lightheartedness, cultivatedness, willingness** 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 be to my advantage to use The Southern Vertical Superstring of the Nanorings of Joy consciously with its **lightheartedness, cultivatedness, meaningfulness and simplicity 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 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.

27. From **the Eastern Vertical Superstring of the Nanorings of Pain** to the **Eastern Vertical Superstring of the Nanorings of Joy**.

Today I used

The Eastern Vertical Superstring of the Nanorings of Pain with its:

- a. Complaining
- b. Indecision
- c. Vociferousness
- d. Unreliability

Today I used **The Eastern Vertical Superstring of the Nanorings of Pain**, because (I choose to complete the sentence by writing down, why I used The Eastern Vertical Superstring of the Nanorings of Pain).

I write down how my use of **The Eastern Vertical Superstring of the Nanorings of Pain** made me think, feel, act and relate to 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).

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).

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).

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).

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

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Eastern Vertical Superstring of the Nanorings of Pain, and if I achieved it).

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

The Eastern Vertical Superstring of the Nanorings of Joy with its

- a. Validation
- b. Resoluteness
- c. Quietness
- d. Reliability

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

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).

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).

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).

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).

In the end, I write down, if I **believe** it would be easier for me to achieve what I wanted by using **The Eastern Vertical Superstring of the Nanorings of Joy** instead of **The Eastern Vertical Superstring of the Nanorings of Pain**.

If yes, why and if no, why would I anyway choose to use **The Eastern Vertical Superstring of the Nanorings of Joy** instead of **The Eastern Vertical Superstring of the Nanorings of Pain** in the situation.

I believe that if instead I had used **The Eastern Vertical Superstring of the Nanorings 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 Eastern Vertical Superstring of the Nanorings 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 Eastern Vertical Superstring of the Nanorings of Joy in the situation, and if I do not think that I could more easily achieve what I wanted by using the Eastern Vertical Superstring of the Nanorings of Joy, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Eastern Vertical Superstring of the Nanorings of Pain** to **The Eastern Vertical Superstring of the Nanorings of Joy**, I choose to move energetically from **The Eastern Vertical Superstring of the Nanorings of Pain** to **The Eastern Vertical Superstring of the Nanorings 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 Eastern Vertical Superstring of the Nanorings of Pain with its:

- a. Complaining
- b. Indecision
- c. Vociferousness
- d. Unreliability

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Eastern Vertical Superstring of the Nanorings 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 Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Eastern Vertical Superstring of the Nanorings of Pain** today 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 Eastern Vertical Superstring of the Nanorings 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 Eastern Vertical Superstring of the Nanorings of Pain** 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 Eastern Vertical Superstring of the Nanorings of Pain** today 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 Eastern Vertical Superstring of the Nanorings 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 Eastern Vertical Superstring of the Nanorings of Pain** 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 left: Even though I chose to use **The Eastern Vertical Superstring of the Nanorings of Pain** today 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 Eastern Vertical Superstring of the Nanorings 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 Eastern Vertical Superstring of the Nanorings of Pain** 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 Eastern Vertical Superstring of the Nanorings of Pain** today 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 Eastern Vertical Superstring of the Nanorings 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 Eastern Vertical Superstring of the Nanorings of Pain 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).

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

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

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

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

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

TH: My **unreliability** made me feel that (I choose to complete the sentence by writing down what my unreliability 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 **complaining** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my complaining consciously in a similar situation in the future).

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

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

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

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

UA: Now, I open myself completely to let go of **The Eastern Vertical Superstring of the Nanorings 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 Eastern Vertical Superstring of the Nanorings of Pain consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Eastern Vertical Superstring of the Nanorings of Pain** and thereby from using my **complaining**, **indecision**, **vociferousness** and **unreliability** consciously 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 Eastern Vertical

Superstring of the Nanorings of Pain and thereby from using complaining, indecision, vociferousness and unreliability consciously 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 Eastern Vertical Superstring of the Nanorings 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 Eastern Vertical Superstring of the Nanorings of Joy with its

- a. Validation
- b. Resoluteness
- c. Quietness
- d. Reliability

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Eastern Vertical Superstring of the Nanorings of Joy** by using **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), 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 Eastern Vertical Superstring of the Nanorings of Joy** by using **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), 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 left: I hereby choose to give myself permission to use **The Eastern Vertical Superstring of the Nanorings of Joy** 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 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).

KC right: I hereby choose to give myself permission to use **The Eastern Vertical Superstring of the Nanorings of Joy** by using 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), because (I choose to complete the sentence by writing down, why I want to use reliability 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 **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).

SE: 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).

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 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).

CH: 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).

CB: 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).

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 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).

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 Eastern Vertical Superstring of the Nanorings 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 Eastern Vertical Superstring of the Nanorings of Joy consciously in a similar situation in the future).

SE: 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 will be to my advantage to use validation 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, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use resoluteness 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 will 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 reliability consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use reliability consciously in a similar situation in the future).

CB: I really feel that it would bring me joy, if I chose to use **validation** and **resoluteness** 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 resoluteness 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 reliability 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 reliability consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Eastern Vertical Superstring of the Nanorings of Joy** by choosing to consciously use **validation, resoluteness, quietness and reliability consciously in a similar situation in the future**, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use The Eastern Vertical Superstring of the Nanorings of Joy consciously with its validation, resoluteness, meaningfulness and reliability 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 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.

28. From **the Western Vertical Superstring of the Nanorings of Pain** to the **Western Vertical Superstring of the Nanorings of Joy**.

Today I used

The Western Vertical Superstring of the Nanorings of Pain with its:

- a. Indifference
- b. Rashness
- c. Stiff-neckedness
- d. Alienation

Today I used **The Western Vertical Superstring of the Nanorings of Pain**, because (I choose to complete the sentence by writing down, why I used The Western Vertical Superstring of the Nanorings of Pain).

I write down how my use of **The Western Vertical Superstring of the Nanorings of Pain** made me think, feel, act and relate to 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).

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).

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).

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 wanted to achieve by using this Ring, and if I achieved it.

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Western Vertical Superstring of the Nanorings of Pain, and if I achieved it).

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

The Western Vertical Superstring of the Nanorings of Joy with its

- a. Involvement
- b. Levelheadedness
- c. Flexibility
- d. Familiarity

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

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).

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).

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).

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 be easier for me to achieve what I wanted by using **The Western Vertical Superstring of the Nanorings of Joy** instead of **The Western Vertical Superstring of the Nanorings of Pain**.

If yes, why and if no, why would I anyway choose to use **The Western Vertical Superstring of the Nanorings of Joy** instead of **The Western Vertical Superstring of the Nanorings of Pain** in the situation.

I believe that if instead I had used **The Western Vertical Superstring of the Nanorings 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 Western Vertical Superstring of the Nanorings 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 Western Vertical Superstring of the Nanorings of Joy in the situation, and if I do not think that I could more easily achieve what I wanted by using the Western Vertical Superstring of the Nanorings of Joy, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Western Vertical Superstring of the Nanorings of Pain** to **The Western Vertical Superstring of the Nanorings of Joy**, I choose to move energetically from **The Western Vertical Superstring of the Nanorings of Pain** to **The Western Vertical Superstring of the Nanorings 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 Western Vertical Superstring of the Nanorings of Pain with its:

- a. Indifference
- b. Rashness
- c. Stiff-neckedness
- d. Alienation

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Western Vertical Superstring of the Nanorings 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 Step One).

The four setup statements for the two tapping rounds below:

KC left: Even though I chose to use **The Western Vertical Superstring of the Nanorings of Pain** today 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 Western Vertical Superstring of the Nanorings 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 Western Vertical Superstring of the Nanorings of Pain 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).

KC right: Even though I chose to use **The Western Vertical Superstring of the Nanorings of Pain** today 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 Western Vertical Superstring of the Nanorings 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 Western Vertical Superstring of the Nanorings of Pain 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).

KC left: Even though I chose to use **The Western Vertical Superstring of the Nanorings of Pain** today 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 Western Vertical Superstring of the Nanorings 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 Western Vertical Superstring of the Nanorings of Pain 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).

KC right: Even though I chose to use **The Western Vertical Superstring of the Nanorings of Pain** today 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 Western Vertical Superstring of the Nanorings 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 Western Vertical Superstring of the Nanorings of Pain 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 **indifference** made me think that (I choose to complete the sentence by writing down what my indifference made me think in the situation).

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

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

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

CH: 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).

CB: 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).

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

SE: 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 of my rashness consciously in a similar situation in the future).

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

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

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

UA: Now, I open myself completely to let go of **The Western Vertical Superstring of the Nanorings 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 Western Vertical Superstring of the Nanorings of Pain consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Western Vertical Superstring of the Nanorings of Pain** and thereby

from using my **indifference, rashness, stiff-neckedness** and **alienation** consciously 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 Western Vertical Superstring of the Nanorings of Pain and thereby from using indifference, rashness, stiff-neckedness and alienation consciously 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 Western Vertical Superstring of the Nanorings 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 Western Vertical Superstring of the Nanorings of Joy with its

- a. **Involvement**
- b. **Levelheadedness**
- c. **Flexibility**
- d. **Familiarity**

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Western Vertical Superstring of the Nanorings of Joy** 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).

KC right: I hereby choose to give myself permission to use **The Western Vertical Superstring of the Nanorings of Joy** 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).

KC left: I hereby choose to give myself permission to use **The Western Vertical Superstring of the Nanorings of Joy** by using **flexibility** consciously in a similar situation in the future by (I choose to complete the sentence by writing down,

how I will 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).

KC right: I hereby choose to give myself permission to use **The Western Vertical Superstring of the Nanorings of Joy** 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 **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).

SE: 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).

UE: 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).

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 **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).

CB: 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 want to use levelheadedness consciously in a similar situation in the future).

UA: 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 want to use flexibility consciously in a similar situation in

the future).

TH: 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 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 Western Vertical Superstring of the Nanorings 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 Western Vertical Superstring of the Nanorings of Joy consciously in a similar situation in the future).

SE: 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 will be to my advantage to use involvement consciously in a similar situation in the future).

UE: 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 will be to my advantage to use levelheadedness 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, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use flexibility 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 will 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 **involvement** 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 involvement and levelheadedness consciously in a similar situation

in the future).

UA: I really feel that it would bring me joy, if I chose to use **flexibility** 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 flexibility and familiarity consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Western Vertical Superstring of the Nanorings of Joy** by choosing to consciously use **involvement, levelheadedness, flexibility** 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 be to my advantage to use The Western Vertical Superstring of the Nanorings of Joy consciously with its involvement, levelheadedness, meaningfulness and 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 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.

29. From **the Downward Diagonal Superstring of the Nanorings of Pain from the North** to the **Downward Diagonal Superstring of the Nanorings of Joy from the North**.

Today I used

The Downward Diagonal Superstring of the Nanorings of Pain from the North with its:

- a. **Inhibition**
- b. **Uncultivatedness**
- c. **Vociferousness**
- d. **Alienation**

Today I used **The Downward Diagonal Superstring of the Nanorings of Pain from the North**, because (I choose to complete the sentence by writing down, why I used **The Downward Diagonal Superstring of the Nanorings of Pain from the North**).

I write down how my use of **The Downward Diagonal Superstring of the Nanorings of Pain from the North** 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).

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).

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).

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 wanted to achieve by using this Ring, and if I achieved it.

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Downward Diagonal Superstring of the Nanorings of Pain from the North, and if I achieved it).

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

The Downward Diagonal Superstring of the Nanorings of Joy from the North with its

- a. Approachability
- b. Cultivatedness
- c. Quietness
- d. Familiarity

I choose to write down how I **believe** that my use of **The Downward Diagonal Superstring of the Nanorings of Joy from the North** 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).

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).

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).

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 be easier for me to achieve what I wanted by using **The Downward Diagonal Superstring of the Nanorings of Joy from the North** instead of **The Downward Diagonal Superstring of the Nanorings of Pain from the North**.

If yes, why and if no, why would I anyway choose to use **The Downward Diagonal Superstring of the Nanorings of Joy from the North** instead of **The Downward Diagonal Superstring of the Nanorings of Pain from the North** in the situation.

I believe that if instead I had used **The Downward Diagonal Superstring of the Nanorings of Joy from the North** 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 Downward Diagonal Superstring of the Nanorings of Joy from the North 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 Downward Diagonal Superstring of the Nanorings of Joy from the North in the situation, and if I do not think that I could more easily achieve what I wanted by using the Downward Diagonal Superstring of the Nanorings of Joy from the North, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Downward Diagonal Superstring of the Nanorings of Pain from the North** to **The Downward Diagonal Superstring of the Nanorings of Joy from the North**, I choose to move energetically from **The Downward Diagonal Superstring of the Nanorings of Pain from the North** to **The Downward Diagonal Superstring of the Nanorings of Joy from the North** 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 Downward Diagonal Superstring of the Nanorings of Pain from the North with its:

- a. Inhibition
- b. Uncultivatedness
- c. Vociferousness
- d. Alienation

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Downward Diagonal Superstring of the Nanorings of Pain from the North** 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 Downward Diagonal Superstring of the Nanorings of Pain from the North** today 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 Downward Diagonal Superstring of the Nanorings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Downward Diagonal Superstring of the Nanorings of Pain from the North 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 Downward Diagonal Superstring of the Nanorings of Pain from the North** today 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 Downward Diagonal Superstring of the Nanorings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Downward Diagonal Superstring of the Nanorings of Pain from the North 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 Downward Diagonal Superstring of the Nanorings of Pain from the North** today 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 Downward Diagonal Superstring of the Nanorings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Downward Diagonal Superstring of the Nanorings of Pain from the North 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 Downward Diagonal Superstring of the Nanorings of Pain from the North** today 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 Downward Diagonal Superstring of the Nanorings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Downward Diagonal Superstring of the Nanorings of Pain from the North 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 **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 **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 **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 **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 **inhibition** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my inhibition consciously 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 of my uncultivatedness consciously 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 of my vociferousness consciously 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 of my alienation consciously in a similar situation in the future).

CH: I **believe** that now I can recover from my **inhibition** 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 inhibition and my uncultivatedness consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Downward Diagonal Superstring of the Nanorings of Pain from the North** 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 Downward Diagonal Superstring of the Nanorings of Pain from the North consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Downward Diagonal Superstring of the Nanorings of Pain from the North** and thereby from using my **inhibition, uncultivatedness, vociferousness** and **alienation** consciously 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 Downward Diagonal Superstring of the Nanorings of Pain from the North and thereby from using inhibition, uncultivatedness, vociferousness and alienation consciously 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 Downward Diagonal Superstring of the Nanorings of Pain from the North** 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 Downward Diagonal Superstring of the Nanorings of Joy from the North with its

- a. Approachability
- b. Cultivatedness
- c. Quietness
- d. Familiarity

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Downward Diagonal Superstring of the Nanorings of Joy from the North** 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 Downward Diagonal Superstring of the Nanorings of Joy from the North** by using **cultivatedness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down, how I will use cultivatedness consciously in a similar situation in the future), because (I choose to complete the sentence by writing down, why I want to use cultivatedness consciously in a similar situation in the future).

KC left: I hereby choose to give myself permission to use **The Downward Diagonal Superstring of the Nanorings of Joy from the North** 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 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).

KC right: I hereby choose to give myself permission to use **The Downward Diagonal Superstring of the Nanorings of Joy from the North** 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 **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 **cultivatedness** consciously in a similar situation in the future by (I choose to complete the sentence by writing down how I will use cultivatedness 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 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 **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 **cultivatedness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down why I want to use cultivatedness 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 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 Downward Diagonal Superstring of the Nanorings of Joy from the North** 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 Downward Diagonal Superstring of the Nanorings of Joy from the North 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 will 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 **cultivatedness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will be to my advantage to use cultivatedness 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 will 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 familiarity consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **approachability** and **cultivatedness** 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 cultivatedness 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 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 quietness and familiarity consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Downward Diagonal Superstring of the Nanorings of Joy from the North** by choosing to consciously use **approachability, cultivatedness, quietness** 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 be to my advantage to use The Downward Diagonal Superstring of the Nanorings of Joy from the North consciously with its approachability, cultivatedness, meaningfulness and 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 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.

30. From the Upward Diagonal Superstring of the Nanorings of Pain from the North to the Upward Diagonal Superstring of the Nanorings of Joy from the North.

Today I used

The Upward Diagonal Superstring of the Nanorings of Pain from the North with its:

- a. Insincerity
- b. Unwillingness
- c. Indecision
- d. Indifference

Today I used The Upward Diagonal Superstring of the Nanorings of Pain from the North, because (I choose to complete the sentence by writing down, why I used The Upward Diagonal Superstring of the Nanorings of Pain from the North).

I write down how my use of The Upward Diagonal Superstring of the Nanorings of Pain from the North 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).

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).

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).

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 wanted to achieve by using this Ring, and if I achieved it.

I wanted to achieve that (I choose to complete the sentence by writing down, what I wanted to achieve by using the Upward Diagonal Superstring of the Nanorings of Pain from the North, and if I achieved it).

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

The Upward Diagonal Superstring of the Nanorings of Joy from the North with its

- a. Sincerity
- b. Willingness
- c. Resoluteness
- d. Involvement

I choose to write down how I **believe** that my use of The Upward Diagonal Superstring of the Nanorings of Joy from the North 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).

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).

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).

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 be easier for me to achieve what I wanted by using **The Upward Diagonal Superstring of the Nanorings of Joy from the North** instead of **The Upward Diagonal Superstring of the Nanorings of Pain from the North**.

If yes, why and if no, why would I anyway choose to use **The Upward Diagonal Superstring of the Nanorings of Joy from the North** instead of **The Upward Diagonal Superstring of the Nanorings of Pain from the North** in the situation.

I believe that if instead I had used **The Upward Diagonal Superstring of the Nanorings of Joy from the North** 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 Upward Diagonal Superstring of the Nanorings of Joy from the North 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 Upward Diagonal Superstring of the Nanorings of Joy from the North in the situation, and if I do not think that I could more easily achieve what I wanted by using the Upward Diagonal Superstring of the Nanorings of Joy from the North, why then would I anyway choose to use it consciously in a similar situation in the future).

After having moved socially, mentally and emotionally from **The Upward Diagonal Superstring of the Nanorings of Pain from the North** to **The Upward Diagonal Superstring of the Nanorings of Joy from the North**, I choose to move energetically from **The Upward Diagonal Superstring of the Nanorings of Pain from the North** to **The Upward Diagonal Superstring of the Nanorings of Joy from the North** 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 Upward Diagonal Superstring of the Nanorings of Pain from the North with its:

- a. **Insincerity**
- b. **Unwillingness**
- c. **Indecision**
- d. **Indifference**

First I take a deep breath to feel into how the intensity of my pain was in Step One by using in **The Upward Diagonal Superstring of the Nanorings of Pain from the North** 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 Upward Diagonal Superstring of the Nanorings of Pain from the North** today 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 Upward Diagonal Superstring of the Nanorings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of the Nanorings of Pain from the North 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 Upward Diagonal Superstring of the Nanorings of Pain from the North** today 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 Upward Diagonal Superstring of the Nanorings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of the Nanorings of Pain from the North 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 Upward Diagonal Superstring of the Nanorings of Pain from the North** today 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 Upward Diagonal Superstring of the Nanorings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of the Nanorings of Pain from the North 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 Upward Diagonal Superstring of the Nanorings of Pain from the North** today 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 Upward Diagonal Superstring of the Nanorings of Pain from the North** for being exactly the way it is, because (I choose to complete the sentence by writing down my reason for loving and accepting The Upward Diagonal Superstring of the Nanorings of Pain from the North 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 **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 **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 **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 **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 **insincerity** if (I choose to complete the sentence by writing down what I **believe** could make me let go of my insincerity consciously 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 of my unwillingness consciously 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 of my indecision consciously 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 of my indifference consciously in a similar situation in the future).

CH: I **believe** that now I can recover from my **insincerity** 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 insincerity and my unwillingness consciously in a similar situation in the future).

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

UA: Now, I open myself completely to let go of **The Upward Diagonal Superstring of the Nanorings of Pain from the North** 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 Upward Diagonal Superstring of the Nanorings of Pain from the North consciously in a similar situation in the future).

TH: I now feel entirely ready to allow my Higher Power to liberate me from using **The Upward Diagonal Superstring of the Nanorings of Pain from the**

North and thereby from using my **insincerity, unwillingness, indecision** and **indifference** consciously 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 Upward Diagonal Superstring of the Nanorings of Pain from the North and thereby from using insincerity, unwillingness, indecision and indifference consciously 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 Upward Diagonal Superstring of the Nanorings of Pain from the North** 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 Upward Diagonal Superstring of the Nanorings of Joy from the North with its

- a. Sincerity
- b. Willingness
- c. Resoluteness
- d. Involvement

The four setup statements for the two tapping rounds below:

KC left : I hereby choose to give myself permission to use **The Upward Diagonal Superstring of the Nanorings of Joy from the North** 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 Upward Diagonal Superstring of the Nanorings of Joy from the North** 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 Upward Diagonal Superstring of the Nanorings of Joy from the North** 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 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).

KC right: I hereby choose to give myself permission to use **The Upward Diagonal Superstring of the Nanorings of Joy from the North** 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 **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 **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 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 **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 **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 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 Upward Diagonal Superstring of the Nanorings of Joy from the North** 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 Upward Diagonal Superstring of the Nanorings of Joy from the North 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 will 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 **willingness** consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 will 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 involvement consciously in a similar situation in the future, because (I choose to complete the sentence by writing down, why I think it will 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 **sincerity** 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 sincerity 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 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 resoluteness and involvement consciously in a similar situation in the future).

TH: I hereby choose to give myself permission to use **The Upward Diagonal Superstring of the Nanorings of Joy from the North** by choosing to consciously use **sincerity, willingness, resoluteness** 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 be to my advantage to use The Upward Diagonal Superstring of the Nanorings of Joy from the North consciously with its sincerity, willingness, meaningfulness and 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 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.

