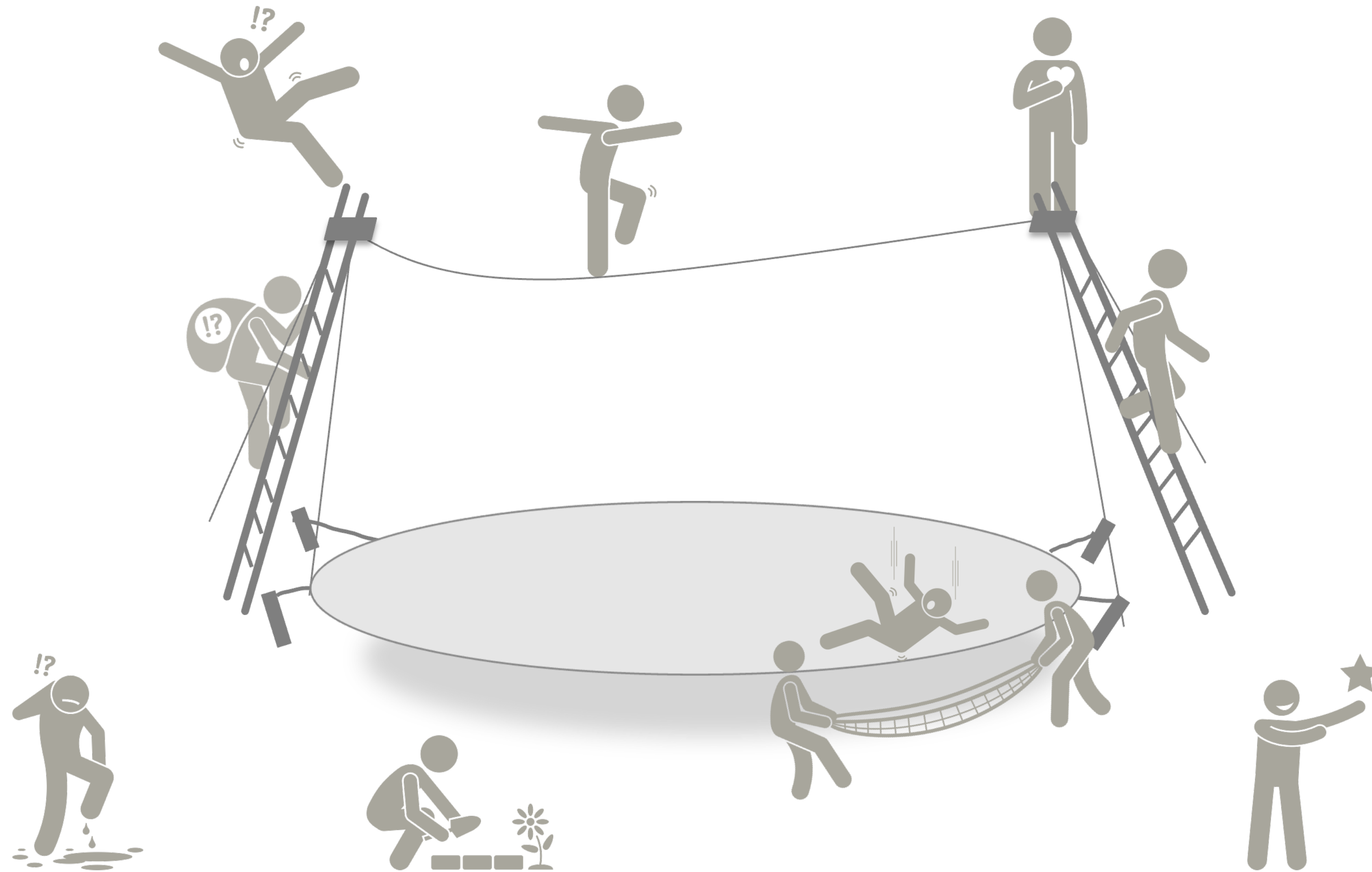


# the tightrope framework<sup>®</sup>



## Welcome to the Tightrope Framework Course

Please be sure to watch the introduction video and then take your time to go through each of the lessons of the course

## What is the tightrope framework?

The tightrope framework is a powerful analogy of life  
It explores your past, present and future. Supporting you to find clarity and take action toward your goals.

It uses techniques from Brief Solution Focused Therapy, Cognitive Behavioural Therapy and Emotional Freedom Technique (EFT). For a powerful self-exploration and transformation.

## The different areas of the tightrope framework represent:



Your goals for the future



Past experiences that support the foundation. Opportunities for change



Past experiences that make the ground under the tightrope muddy and unstable



Your beliefs, fears or pressures that make the tightrope higher and more wobbly



What does 'falling' (self sabotage) look like for you?



Your strengths to help you balance and move forward in life



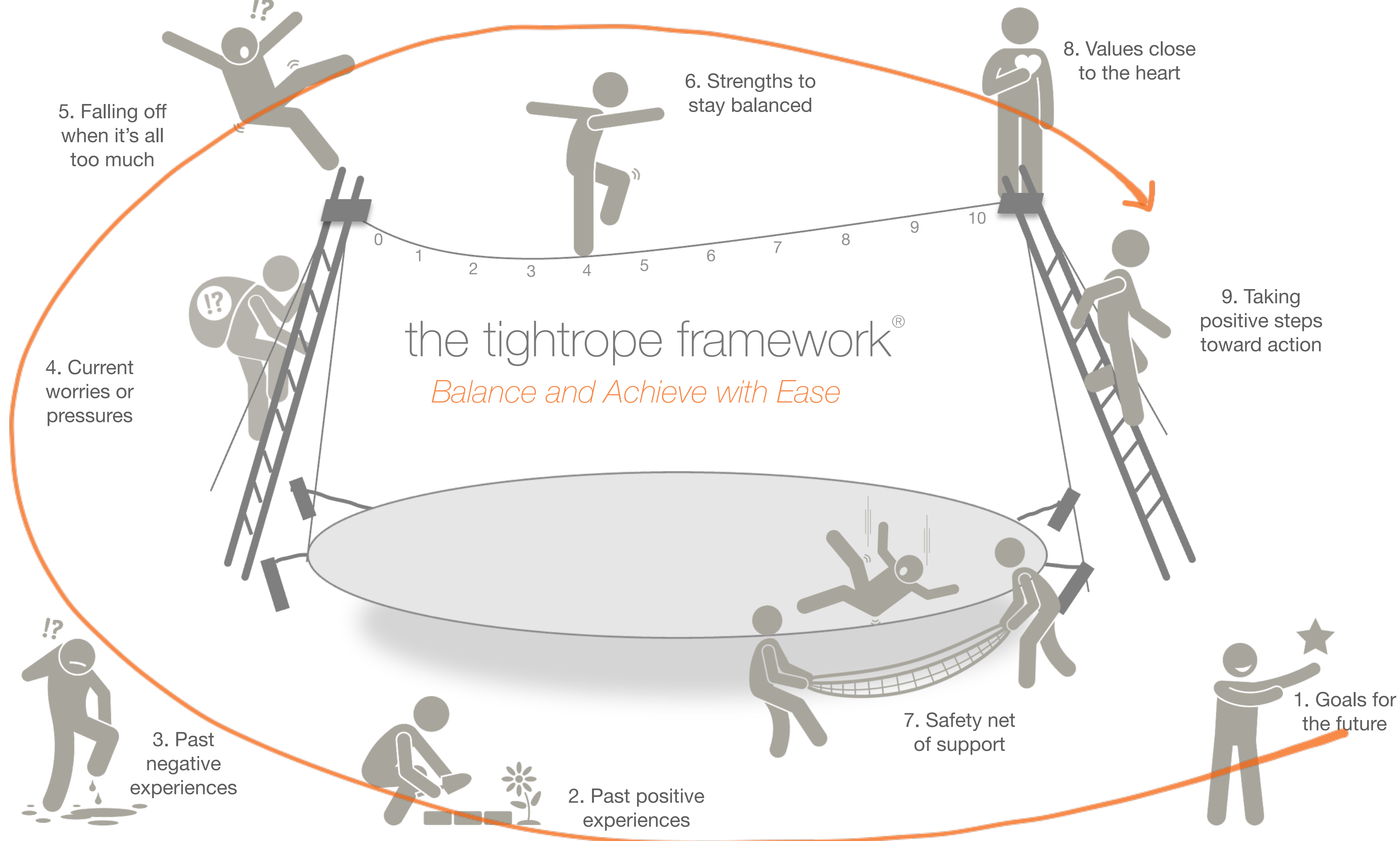
Who is your safety net in case you fall?



Your values that drives your choices and motivation



The steps you can you take now



the tightrope framework<sup>®</sup>  
*Balance and Achieve with Ease*

## How to use the tightrope framework

Review each chapter, which will be based on one of the sections around the tightrope framework.

Each section of the framework is supported by research based prompts - **choose the prompts or statements that are most relevant to you and your chosen goal.**

Each section has a tapping script for you to read and tap along with.

This enhances your journey toward drawing on your inner strength and balance.

The tightrope framework **supports a deeper insight into why you feel overwhelmed, stressed and keep 'falling off'.**

The tightrope framework provides a path to living a value-led life that utilises your strengths.

If you feel triggered or upset, **use tapping to calm down your nervous system.**

For more information about the tightrope, it's development and the research behind it please visit

[www.tightropetool.com](http://www.tightropetool.com)

# The role of the brain on our behaviour

## The Limbic System

There is an important part of the brain that influences your behaviour and decisions. It supports problem solving, managing stress and heightened emotions.

It's called the limbic system.

Imagine the limbic system as an office building.

- In the basement is all the wiring and plumbing - overseeing automatic functions like breathing
- At the entrance is the security guard (amygdala). They protect the rest of the system / building. The Amygdala is within the subconscious mind, alert to threats and danger. It triggers fight, flight or freeze responses.
- Then you have the reception desk (thalamus) that relays incoming messages. It is close to the filing cabinet (hippocampus). The hippocampus lays down memories and regulates emotions.
- At the top is the manager (frontal cortex) who makes considered decisions. It organises, sets priorities, has self awareness and empathy.



The office building brain - adapted from Pete Thomson (2004) © Dr Roberta Evans (2013)

## Trauma can be like an earthquake to the brain

When a child grows up with a lot of stress or uncertainty, their amygdala has had to learn to be on alert. Over time, this becomes the more dominant response when triggered. It is subconscious and automatic.

As an adult when you are stressed, triggered or overwhelmed, the amygdala also takes action.

So the amygdala triggers flight, fight, freeze. What these look like is different for different people, depending on how much trauma they have experienced (and how much care, love and stability has compensated for that trauma).

Some examples are

- An inability to maintain relationships, walking off from disputes, needing to just 'go out' (flight)
- Avoiding tasks or feeling stuck, seeking numbness with food / drink / gambling / drugs (freeze)
- Getting frustrated or going into an angry rage (fight)

These are all natural responses to stress, being overwhelmed or feeling triggered. They can lead to you or someone else getting hurt. Then to guilt and shame. Then the cycle can continue.



The office building brain - adapted from Pete Thomson (2004) © Dr Roberta Evans (2013)

# What helps calm the Amygdala?

To calm the Amygdala it needs non-emotional tasks. Ever find yourself washing the dishes during an argument? It's the last thing you want to do, yet it's calming. Taking a walk, fixing something, working on a puzzle, having a nap - will all help.

A sense of purpose helps. Reminders of what's important. Reviewing your priorities can help you to stay balanced and calm.

Touch also helps. A hug is so important - or cuddling up with a warm blanket.

You will also be introduced to the wonderful tool of Emotional Freedom Technique (EFT)

EFT is also known as 'tapping' because it involves **tapping** with your finger tips on **meridian points** around the head and shoulders to **shift your energy system**. The process involves talking through the problem until the energy around that problem shifts towards release.

Emotional Freedom Technique was developed by Gary Craig in the 1990s. His work evolved from Dr Roger Callahan's Thought Field Therapy. Gary simplified the therapy into an easy to use technique, described as a **psychological version of acupuncture**.

Tapping can **calm anxiety and stress**. It can address a range of physical and emotional health concerns. EFT is effective at **addressing past traumas, releasing triggers** of memories in the hippocampus and calming the amygdala.

I have provided tapping scripts with each of the tightrope framework sections. You are asked to read them out loud and tap along to release any stress or triggers that may arise. You can reword them or write your own.

## EFT Tapping points

You tap on these points with your fingers (with one or both hands and on either side of the face or body).

You tap while reading the script (or talking out loud about a problem).

There are nine tapping points. The first is the Side of Hand.

### 1. Side of Hand

This is on either hand on the outside fleshy part. This is also known as the 'karate chop' point. Tap here during the set-up at the start of a tapping session.

The remaining points are then tapped in rounds, usually starting with the eyebrow point.

### 2. Above eyebrows

### 3. Side of eye

### 4. Under eye

### 5. Under nose

### 6. On chin

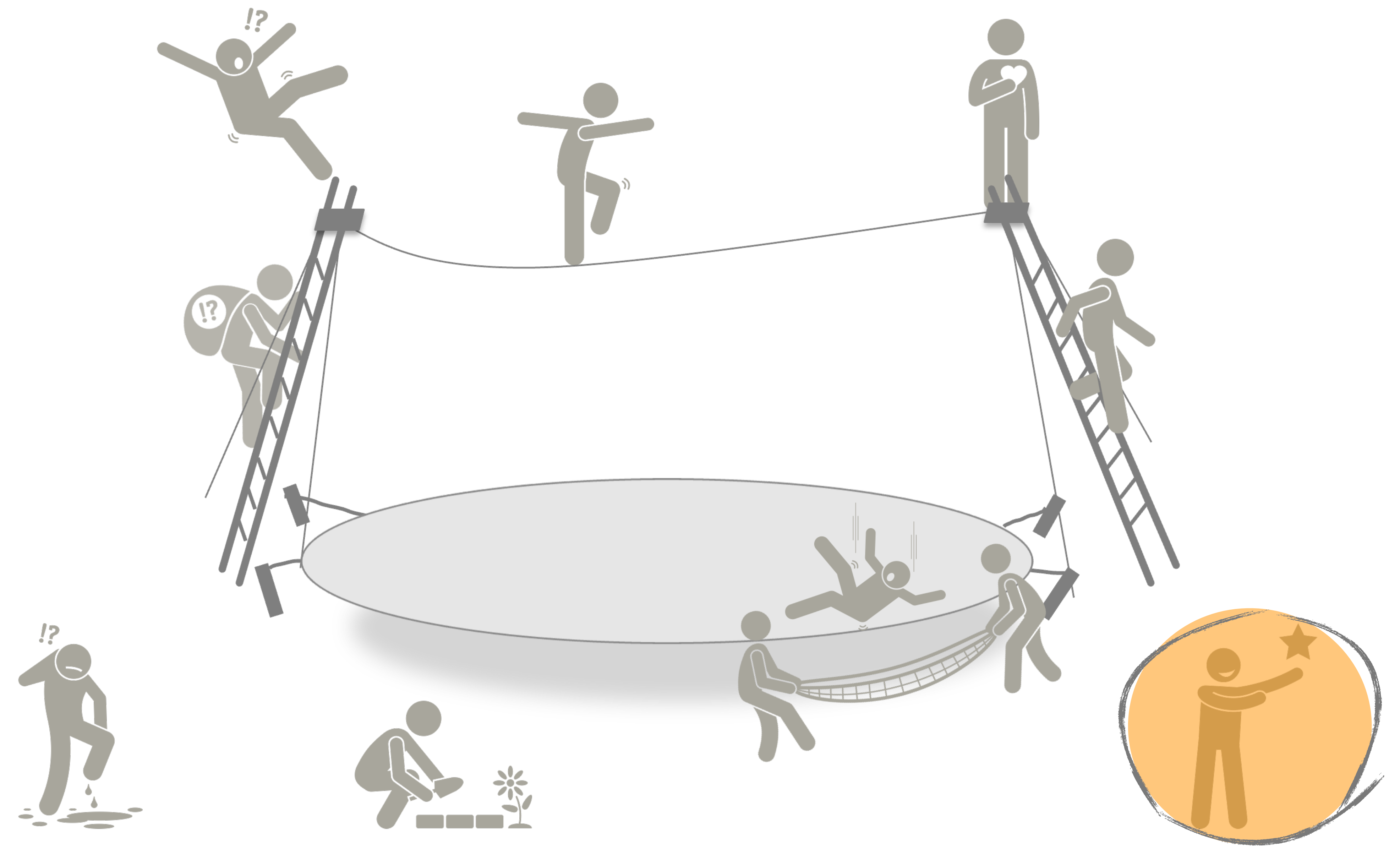
### 7. Collarbone

### 8. Under arm (a palm length from under the arm)

### 9. Top of head



# 1. Future hopes and ambitions



# Prompts to consider your goals

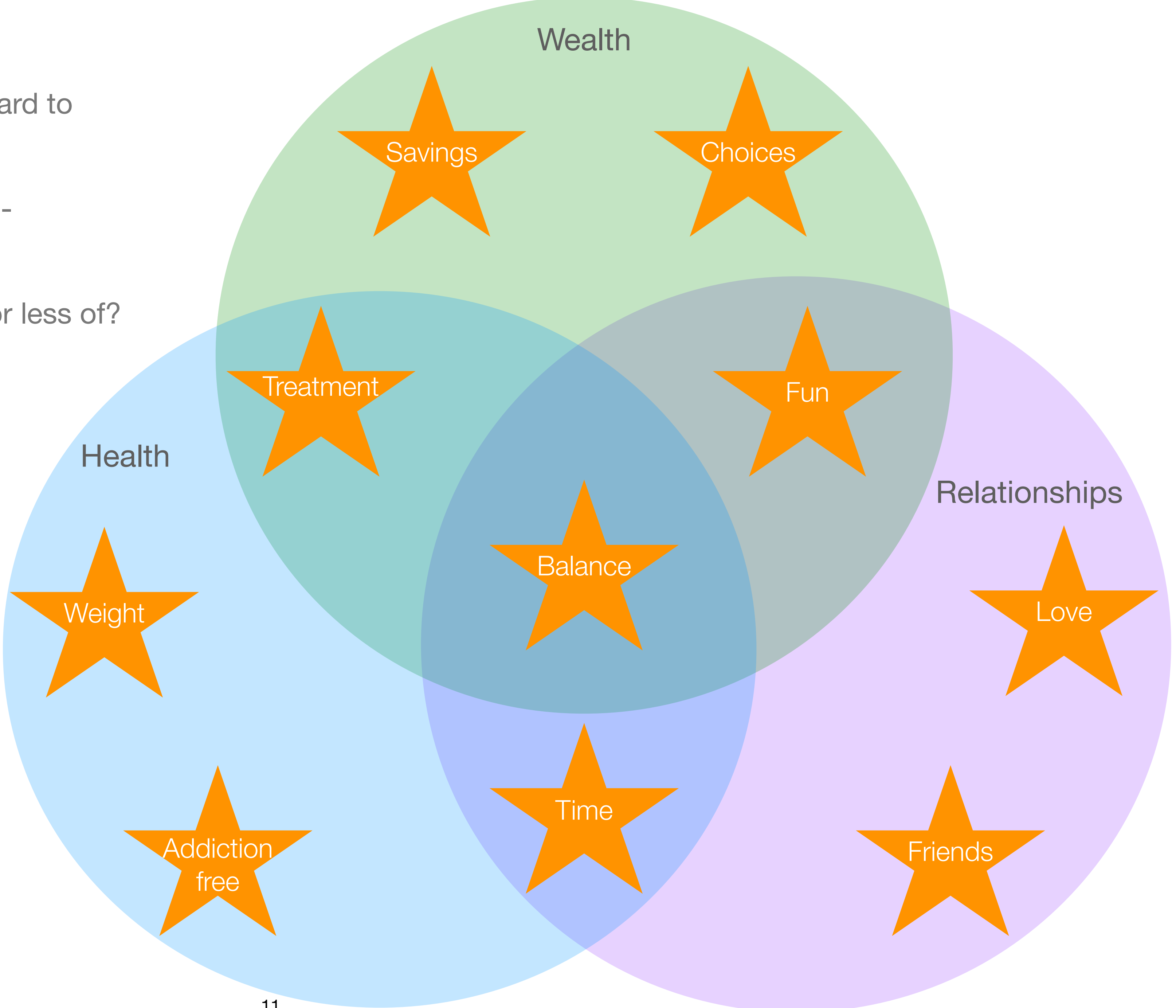
The usual areas where we seek change are in regard to health, wealth or relationships.

Some prompts or ideas have been provided here - decide what is most important to you.

What do you want to change, improve, do more or less of?



What goals do you have and what would it look like to have achieved these?



## Reflective questions

What I would like to be different with my health is ...

What I would like to be different with my financial situation is ...

What I would like to be different with my relationships is ...

What I have always wanted but haven't been able to achieve (yet) is ...

My biggest dream, if anything were possible, that excites and scares me is ...

If I were to achieve everything that I dream of achieving, it would mean ...

# What would you like to achieve in each area of your life?

Let's now write down and clarify your intentions, hopes and goals.

Having reviewed the prompts, what would you like to achieve at home, in work, with friends or for yourself?

Particularly if you currently feel unbalanced and overwhelmed. What does walking on a wider, more stable path look like?

You can come back and revisit these as you complete each of the sections. As more ideas and goals may surface.

| Parent (home life)                                   | Professional (Work / Career)                              | Partner (Friends / Social life)                          | Personal (Self-Care)  |
|--|---|--|---|
| Example: Have more time with my children and partner | Example: Finish tasks but also 'log-off' at a decent time | Example: Plan more fun activities with my close friends. | Example: Less times on games and more time exercising or meditating |
|  |   |  |   |
|  |   |  |   |
|  |   |  |   |

# EFT Tapping to support you

*If you feel overwhelmed by all the goals you have identified. Particularly if you feel that life is too out of balance to achieve any right now. Then the tapping script on the next page is to help clear some of this fear or resistance.*

*As you read the script (out loud or silently) tap on the named points with your fingers. While the points are named, **you can just tap anywhere as you get familiar with the points.** You can also use the finger points or rub your wrist.*

*If any of the words do not fit you and your situation feel free to change them. You can add more if you want to.*

*If tapping and reading doesn't work for you then you can record yourself reading the script and replay while tapping.*

## Tapping points

- 1 Side of the hand
- 2 (AE) Above eyebrows
- 3 (SE) Side of eye
- 4 (UE) Under eye
- 5 (UN) Under nose
- 6 (OC) On chin
- 7 (CB) Collarbone
- 8 (UA) Under arm
- 9 (TOH) Top of head



# EFT Tapping Script for goals

## Read out loud and tap on the points

### 1. Side of the hand

Even though I feel some overwhelm at all these goals,  
I accept where I am now  
Even though I fear that this won't work, like everything else,  
I am willing to give it my best  
Even though I have this resistance,  
I am open to trying out this method for some balance

### While tapping around the points

2. (AE) - I have dreams for a balanced life
3. (SE) - Doing enough to be enough
4. (UE) - To be valued for everything I am doing
5. (UN) - To have time for myself without any guilt
6. (OC) - I need to get rid of all the noise
7. (CB) - and calm my mind
8. (UA) - How will this tapping even help?
9. (TOH) - Yet, I am here and willing to give it go

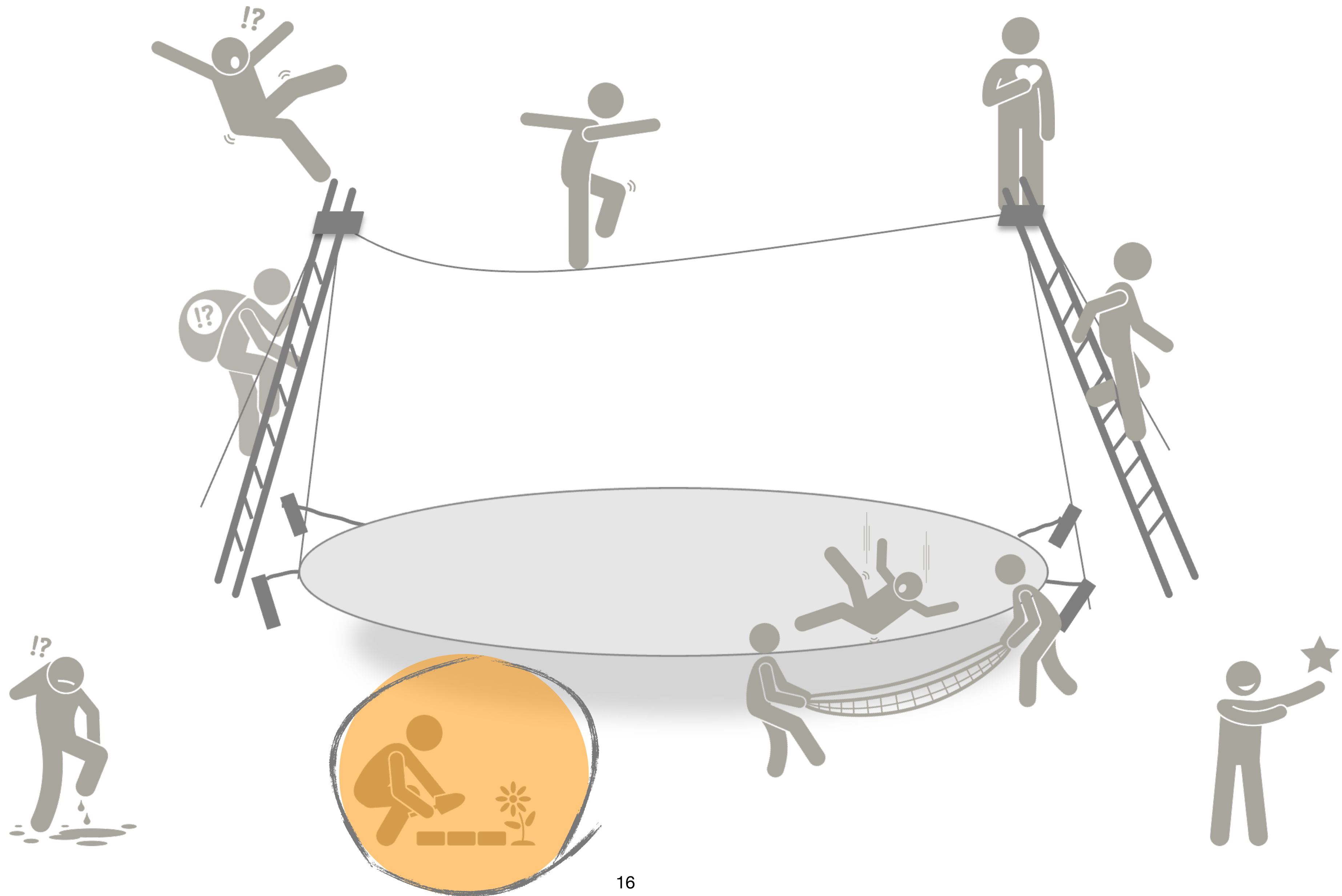
*Deep breath*

2. (AE) - I don't have the time for everything I want to achieve
3. (SE) - So many competing demands
4. (UE) - They are all worth the effort
5. (UN) - I am so exhausted with effort
6. (OC) - So I escape into distraction and procrastination
7. (CB) - Or go into a rage of anger and anxiety
8. (UA) - Even if that is quietly and deep inside
9. (TOH) - Now is the time to find balance in all these demands

2. (AE) - I am open to exploring this method
3. (SE) - To discover my strengths and uncover some truths
4. (UE) - I choose to do this for me
5. (UN) - I am worth the time to work on my goals
6. (OC) - To explore my blocks and barriers
7. (CB) - To rediscover my strength and values
8. (UA) - This is within my gift
9. (TOH) - I choose to give this to me now

*Deep breath*

## 2. Foundation for Change



# Prompts to help identify your positive past experiences

What have you learnt or achieved that can support your goals?



Help I've had



Praise received



Times accepted



Positive times with family



Positive times with friends



Gaps in the 'bad times'



Believed in myself



Time to learn and grow



Time to reflect



Completed a promise



Good memories



Positive choices I've made



Something proud of



Found solutions



Overcame difficulties

## Reflective questions

The best experiences I had at school or with my friends were ...

I have had laugh-out-loud or smile-at-myself moments when ...

The poignant places and people throughout my life are ...

The one thing I do for myself that I can be proud of is ...

## When and where have you experienced some positive times?

Having reviewed the prompts and completed the reflective questions, now put your positive experiences into different areas of your life.

| <b>Parent</b> (home life)   | <b>Professional</b> (Work / Career)                        | <b>Partner</b> (Friends / Social life) | <b>Personal</b> (Self-Care)                  |
|---|--|--|--|
| <i>Example: Listening to Simon and Garfunkel during Summer of X</i> | <i>Example: Praised for cat painting at primary school</i> | <i>Example: Visited Paris with X</i>   | <i>Example: Got help for anger / anxiety</i> |
|   |  |  |  |
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# EFT Tapping to support you

*If you struggle to see how the past positive experiences can counteract the negatives or you're feeling down about the lack of positive experiences or can't see how identifying these supports your goal, then the tapping script on the next page has been created to acknowledge the times in life when things have been positive and support growth. Recognising them as a foundation.*

*As you read the script (out loud or silently) tap on the named points with your fingers. While the points are named, **you can just tap anywhere as you get familiar with the points.***

*If any of the words do not fit you and your situation feel free to change them. You can add more if you want to.*

*If tapping and reading doesn't work for you then you can record yourself reading the script and replay while tapping.*

## Tapping points

- 1 Side of the hand
- 2 (AE) Above eyebrows
- 3 (SE) Side of eye
- 4 (UE) Under eye
- 5 (UN) Under nose
- 6 (OC) On chin
- 7 (CB) Collarbone
- 8 (UA) Under arm
- 9 (TOH) Top of head



# EFT Tapping Script for past positive experiences

Read out loud and tap on the points

## 1. Side of the hand

Even though I have negative experiences in my past,  
I can identify positive experiences as well  
Even though I have pain and hurt in my past,  
I can learn and grow from them  
Even though I have guilt and shame from my past,  
I can draw on the good memories

## While tapping around the points

2. (AE) - I appreciate my past positive experiences
3. (SE) - Even if that can sometimes feel like grasping at straws
4. (UE) - From a pile of muddy crap in my past
5. (UN) - I also know that mud and straw make bricks
6. (OC) - So its worthwhile finding every straw
7. (CB) - Every positive experience is worth nurturing
8. (UA) - Recognising them gives them light to grow
9. (TOH) - Even if there are tears of loss, they give healing

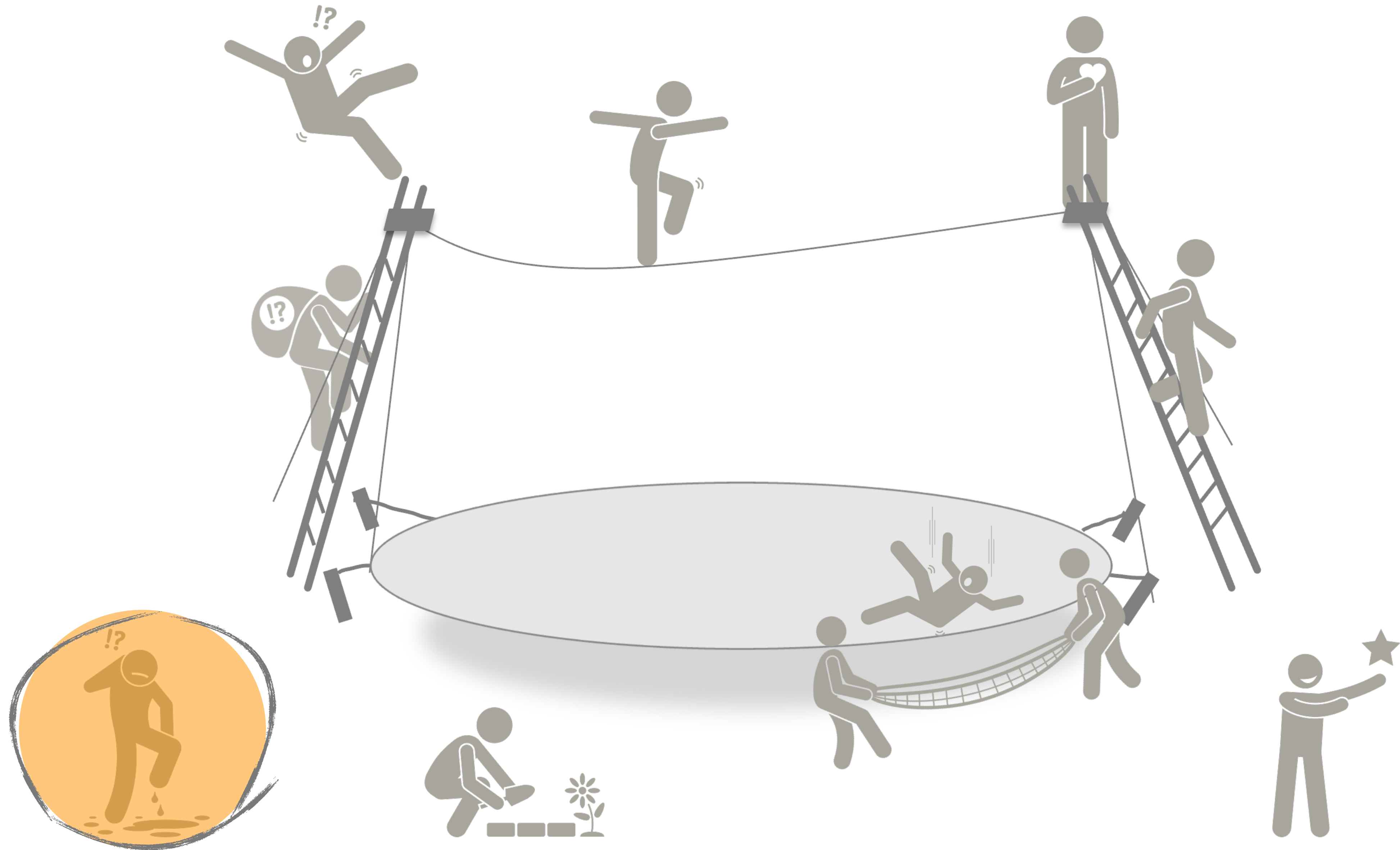
*Deep breath*

2. (AE) - This reflection is helping me grow
3. (SE) - I am proud of myself for tapping on this now
4. (UE) - This can help me to overcome difficulties
5. (UN) - To find new ways to appreciate myself
6. (OC) - I can remember times of learning
7. (CB) - I can reflect on times of growth
8. (UA) - I have managed to solve problems
9. (TOH) - I have achieved wonderful things in my life

2. (AE) - I appreciate my journey
3. (SE) - Times with my friends
4. (UE) - Times with my family
5. (UN) - I have overcome difficulties
6. (OC) - I choose to focus on what I have learnt
7. (CB) - To see the moments of love in my life
8. (UA) - To bring that love into my heart
9. (TOH) - Let it flow and grow

*Deep breath*

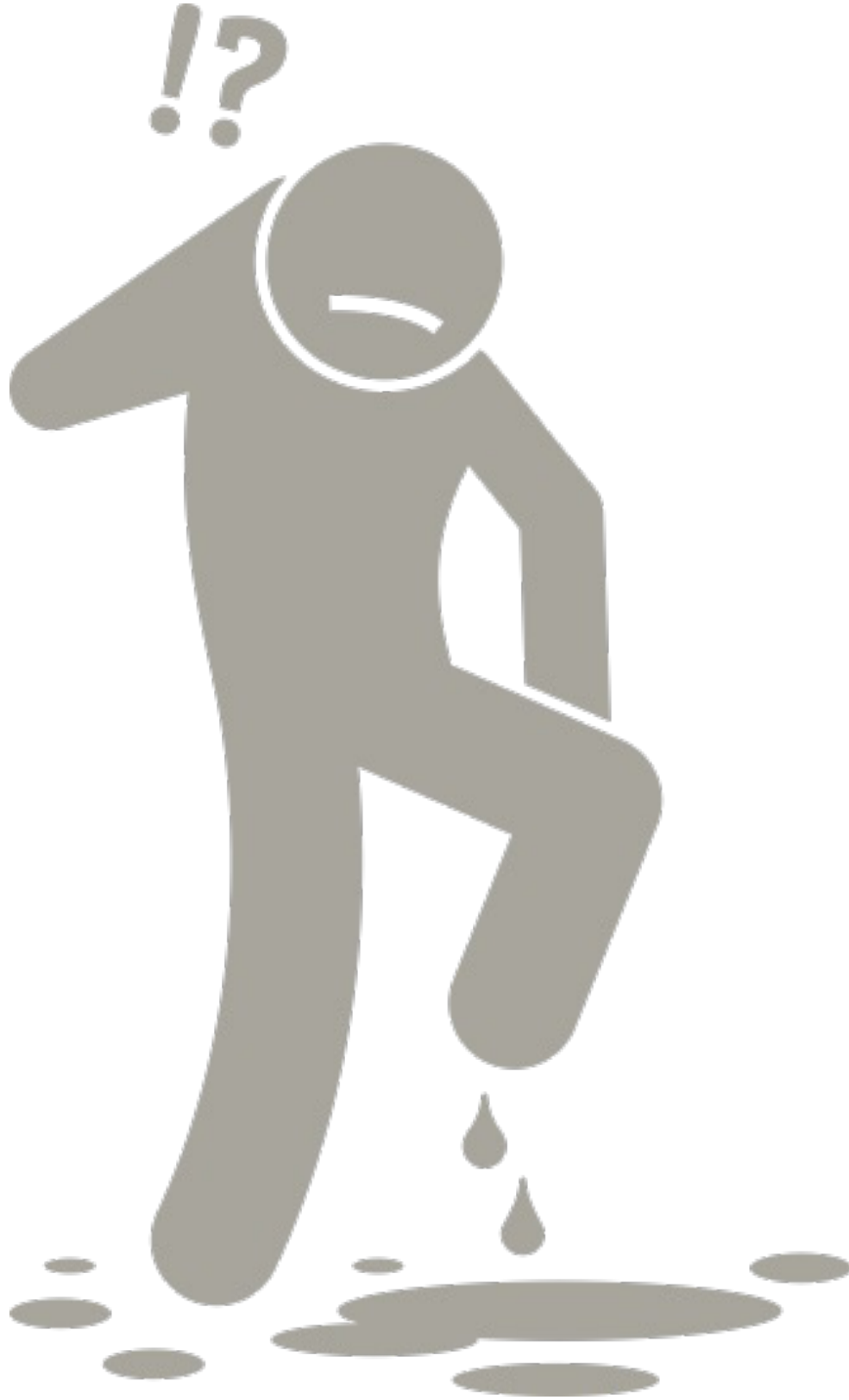
### 3. The Muddy Path



# Prompts to consider past experiences

When there is a lot of ‘crap’ in the past, the foundation under the tightrope structure can be unstable and make life wobble.

Let’s gently dig into the past to understand the experiences that may be triggering a fight, flight or fright response in us today.



## Reflective questions

The past experiences and significant events that I know have significantly impacted my life and outlook are...

The negative messages / assumptions / beliefs have I internalised from others includes ...

I have a sense of experiencing trauma but can't remember it - in particular I wonder ....

If I were to think of what these experiences mean for me now, I realise the main baggage I'm carrying is ...

## When and where have you experienced some difficult times?

Using the prompts, fill in the spaces where you have experienced negative or harmful events

You can write down what exactly happened but you don't need to if this is too difficult.

If you want to name them, sometimes it helps to start with "the time when ...."

| <b>Parent</b> (home life)          | <b>Professional</b> (Work / Career)         | <b>Partner</b> (Friends / Social life)  | <b>Personal</b> (Self-Care)                   |
|------------------------------------|---|---|---|
| <i>Example: The time X left us</i> | <i>Example: The time I was bullied by X</i> | <i>Example: The time X assaulted me</i> | <i>Example: The time I had a panic attack</i> |
|                                    |   |   |   |
|                                    |   |   |   |
|                                    |   |   |   |
|                                    |   |   |   |

## You may be asking ...

**There is sooo much trauma in my past, how do I release it all??**

Remember your support network. We will also explore your personal strengths that help you stay balanced. Also, your values that support action.

The Tapping Scripts in this workbook are designed to help clear the trauma that triggers the stress and anxiety responses.

**But I had a good life, so what's making me 'fall off'?**

Past childhood trauma will often be the cause of 'falling off' but trauma does not have to involve big abusive events, it can be relatively innocent experiences that have stuck in the subconscious and created an alert.

There may be experiences in adulthood, at college or work, in relationships or during other events, that have created a trigger or alert.

There will often be compounding reasons that lead to uncontrollable behaviours. This can also be due to current worries and pressures or due to a lack of inner strength or lack of support (we look at all these further in the workbook)

# EFT Tapping to support you

*If you have identified several painful or hurtful experiences then the tapping script on the next page has been created to acknowledge these experiences and open up to the possibility of healing from them.*

*As you read the script (out loud or silently) tap on the named points with your fingers. While the points are named, **you can just tap anywhere as you get familiar with the points.***

*If any of the words do not fit you and your situation feel free to change them. You can add more if you want to.*

*If tapping and reading doesn't work for you then you can record yourself reading the script and replay while tapping.*

## Tapping points

- 1 Side of the hand
- 2 (AE) Above eyebrows
- 3 (SE) Side of eye
- 4 (UE) Under eye
- 5 (UN) Under nose
- 6 (OC) On chin
- 7 (CB) Collarbone
- 8 (UA) Under arm
- 9 (TOH) Top of head



# EFT Tapping Script for **past negative experiences**

Read out loud and tap on the points

## 1. Side of the hand

Even though I have painful and hurtful experiences,  
I am open to healing

Even though I have painful and hurtful experiences,  
I can learn to heal from these

Even though I have painful and hurtful experiences,  
I can start to love and accept myself

## While tapping around the points

2. (AE) - All this hurt and pain from my past
3. (SE) - I struggle to let it go
4. (UE) - My life changed after this
5. (UN) - My identity was formed from this
6. (OC) - Who would I be if I just accepted and let them go?
7. (CB) - It's too difficult and painful to think about it
8. (UA) - All these painful emotions
9. (TOH) - Guilt, loss, rage and grief

*Deep breath*

2. (AE) - I don't want to keep carrying around all this pain
3. (SE) - I'm tired of feeling sad and hurt
4. (UE) - Being reminded of it is too painful
5. (UN) - This explains my unbalanced behaviour
6. (OC) - Even if I can't name the event, something triggers me
7. (CB) - It is part of who I am
8. (UA) - It's painful to think of letting it go
9. (TOH) - I can choose to hold on to this

2. (AE) - I can also choose to heal from these experiences
3. (SE) - A part of me wants to soak in the crap of revenge
4. (UE) - A part of me wants healing and release
5. (UN) - I honour all my feelings and needs
6. (OC) - I can remember the event and start healing my heart
7. (CB) - I can honour my past and start releasing my negative thoughts
8. (UA) - Knowing that through forgiveness, I claim my power
9. (TOH) - I claim my right to hurt and to heal

*Deep breath*



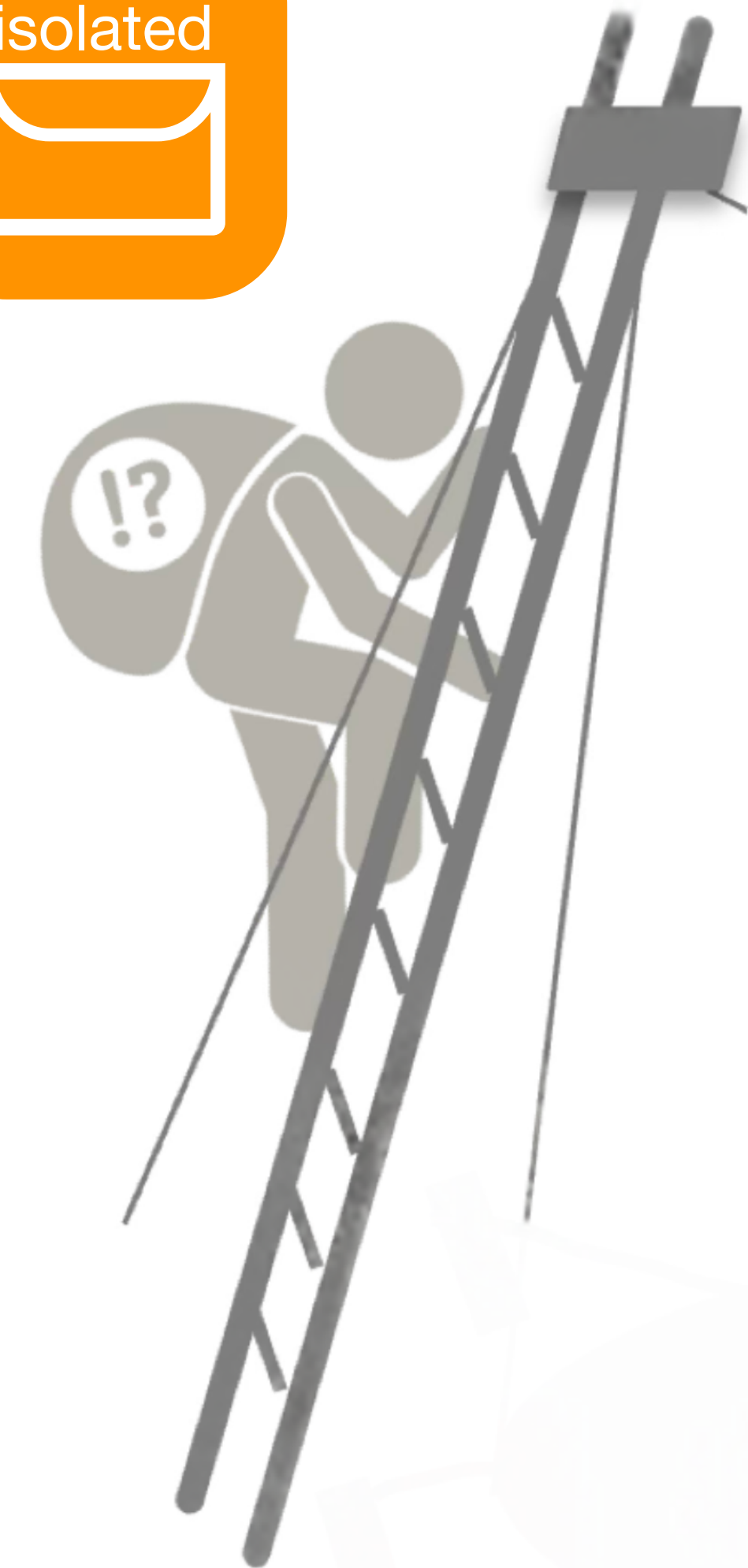
## Prompts to consider past experiences

Consider the thoughts and feelings you carry with you now.

Identify the people or experiences in your life that add extra pressure.

Some may be similar to the past muddy path but it's important to identify what is still present now.

While you can not change the past, you can work on your beliefs and present situation.



## Reflective questions

When thinking about my self talk - I realise that I view myself as ...

It's impossible for me to achieve my dreams because .....

I have these excuses for not achieving my goals...

The biggest fear that is stopping me to take action right now is...

## Do you still hold revenge, guilt or strong feelings about your past?

Read through the following beliefs / statements and fill in the relevant blanks.

Then score how true that is for you (10 = very true, 0 = not at all true)

If nothing comes to mind then score 0 and pass on to the next statement.

| Theme         | Belief / statement                             | Score NOW<br>10 = very true | Review again<br>in 3 months |
|---------------|--|-----------------------------|-----------------------------|
| Revenge       | I can never forgive _____ for _____            |                             |                             |
| Guilt / Shame | I have so much guilt about the time _____      |                             |                             |
| Grief         | I feel lost without _____ because they _____   |                             |                             |
| Anger         | If there's one thing I can't stand, it's _____ |                             |                             |
| Alone         | No-one understands how much _____ affected me  |                             |                             |
| Fear          | I'm still afraid of _____                      |                             |                             |

After using the tapping scripts consistently for 3 months, revisit these scores to see if there has been a shift.

## When and where are you feeling or experiencing these?

Try to identify times when you are more likely to feel strong emotions or be more pressured

| <b>Parent</b> (home life)                    | <b>Professional</b> (Work / Career)    | <b>Partner</b> (Friends / Social life) | <b>Personal</b> (Self-Care)   |
|--|--|--|-------------------------------|
| <i>Example: Exhausted with all the tasks</i> | <i>Example: Have to work for money</i> | <i>Example: Pressure to drink</i>      | <i>Example: Feel unworthy</i> |
|  |  |  |                               |
|  |  |  |                               |
|  |  |  |                               |

## What can you let go of?

This section of the tightrope is representative of taking baggage up the ladder. The more there is, the higher the ladder will be. As if each step represents each bit of 'baggage'. The higher the tightrope, the more wobbly and scary it is when you're trying to balance.

That's why it's important to work on letting go of baggage. Look at things a different way. Manage emotions, get help when feeling overwhelmed. Re-prioritise to manage pressures or taking some self-care.

With the areas you have identified, are there any that you could let go or get help with?

What feelings or pressures can you let go of?



What could you get help or support for?



# EFT Tapping to support you

*If you identified several pressures and overwhelming feelings, then the tapping script on the next page has been created for you. To acknowledge the baggage that we carry and consider ways to let go.*

*As you read the script (out loud or silently) tap on the named points with your fingers. While the points are named, **you can just tap anywhere as you get familiar with the points.***

*If any of the words do not fit you and your situation feel free to change them. You can add more if you want to.*

*If tapping and reading doesn't work for you then you can record yourself reading the script and replay while tapping.*

## Tapping points

- 1 Side of the hand
- 2 (AE) Above eyebrows
- 3 (SE) Side of eye
- 4 (UE) Under eye
- 5 (UN) Under nose
- 6 (OC) On chin
- 7 (CB) Collarbone
- 8 (UA) Under arm
- 9 (TOH) Top of head



# EFT Tapping Script for **baggage up the ladder**

Read out loud and tap on the points

## 1. Side of the hand

Even though I have so much to do and no time to do it,  
I give myself time to tap and release  
Even though I carry a lot of pressure and stress,  
I am open to healing  
Even though I feel overwhelmed and stuck,  
I am open to love and accept myself

## While tapping around the points

2. (AE) - I am carrying so much
3. (SE) - It's a heavy burden
4. (UE) - Yet how do I let it go?
5. (UN) - It seems almost impossible
6. (OC) - Nothing has worked before
7. (CB) - So I keep carrying these thoughts and feelings
8. (UA) - I see and feel the pressure
9. (TOH) - It's constant and ever present

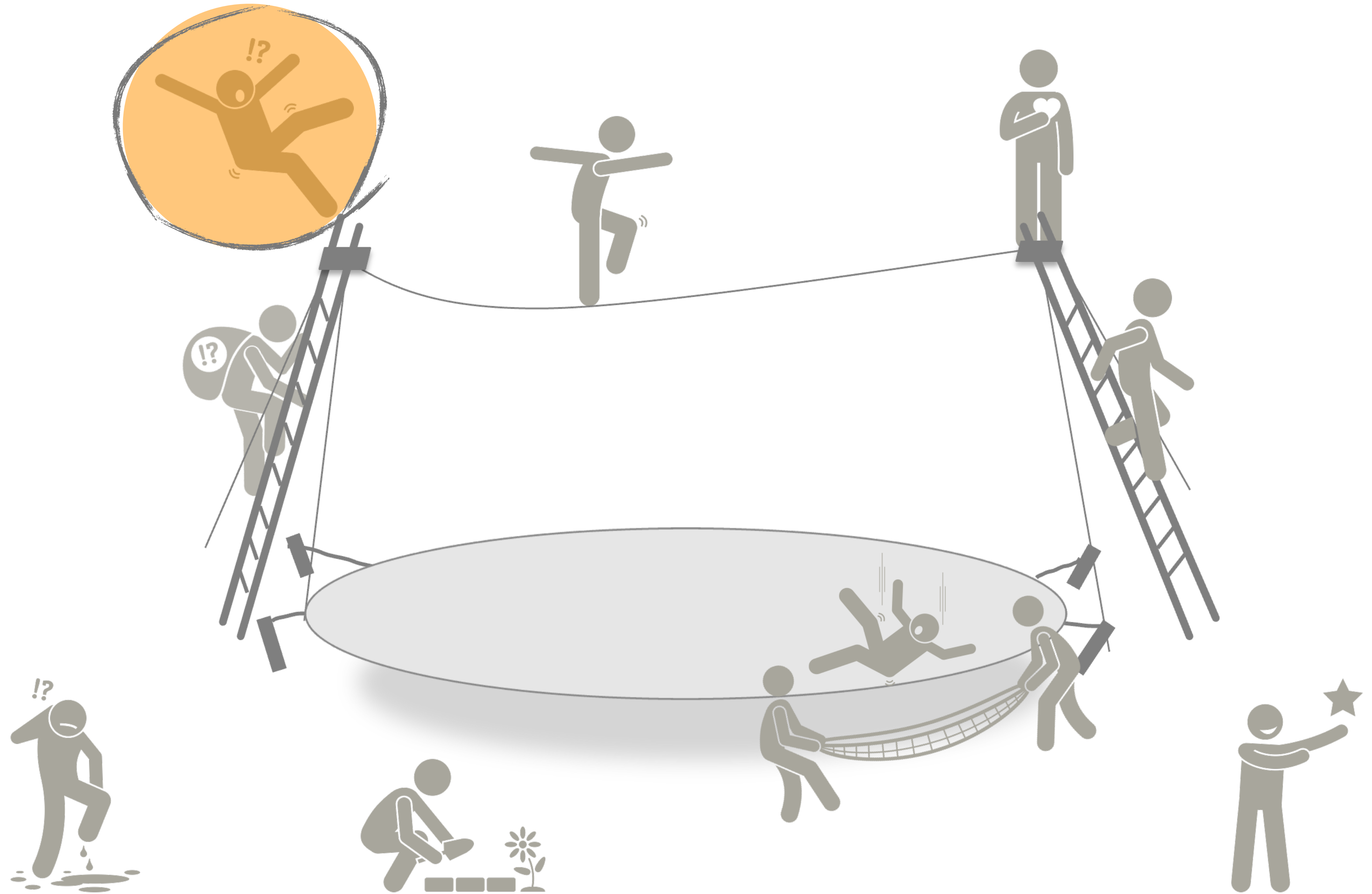
*Deep breath*

2. (AE) - I just suck it up
3. (SE) - No one will help me anyway
4. (UE) - I am not worthy of their help
5. (UN) - So here I am, having to deal with it myself
6. (OC) - I don't have time to stop and reprioritise
7. (CB) - I don't want to feel this way
8. (UA) - But I can't see any other way
9. (TOH) - If I ask for help I'll be disappointed

2. (AE) - I can also choose to let go
3. (SE) - A part of me wants to struggle on alone
4. (UE) - A part of me wants healing and to get help
5. (UN) - I honour all my feelings and needs
6. (OC) - I can find ways to deal with this in a way that works for me
7. (CB) - I can learn new ways to deal with the pressure
8. (UA) - Knowing that through letting go, I can balance
9. (TOH) - I claim my right to feel and to heal

*Deep breath*

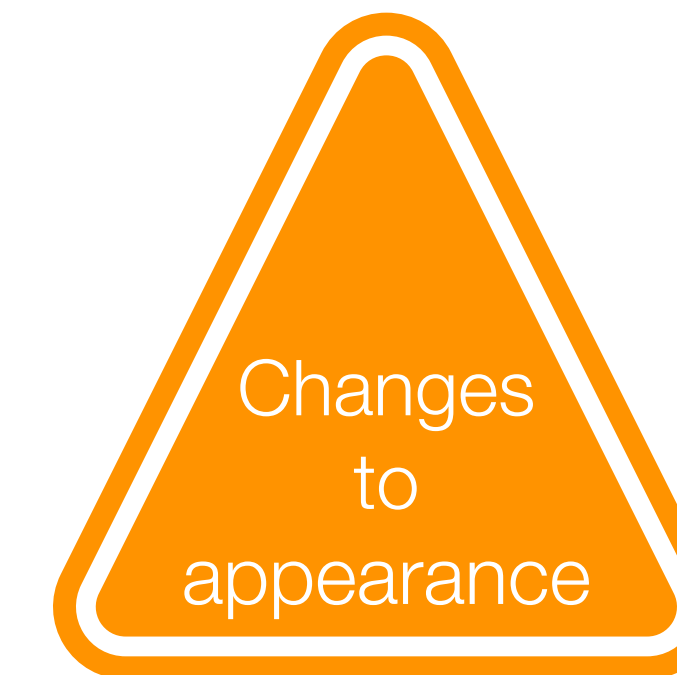
# 5. Falling Off



## How does your amygdala respond to stress or feel overwhelmed?

What are the warning signs that you are 'falling off' the tightrope of life?

Without self-criticism, judgement or guilt, honestly identify the behaviours that you have resorted to at times of stress or feeling overwhelmed. Or simply behaviours that you recognise.



## Reflective questions

When I think about the patterns of my behaviours that keep pulling you back away from my goals, I notice ...

The worst times I've "fallen back" was when ...

The main emotions that come up when I feel stressed are ...

If I were to succeed at my dream goal, my greatest fear would be ...

## When and where do you go into fight, flight or fright?

Without self-criticism, judgement or guilt...

Honestly identify the behaviours that you have resorted to at times of stress or overwhelm (or any reason)

Write them into the different columns depending on when/where you have used them:

| <b>Parent</b> (home life)    | <b>Professional</b> (Work / Career) | <b>Partner</b> (Friends / Social life) | <b>Personal</b> (Self-Care) |
|------------------------------|-------------------------------------|--|-----------------------------|
| <i>Example: Binge Eating</i> | <i>Example: Unfinished tasks</i>    | <i>Example: Runaway from problems</i>  | <i>Example: Self hate</i>   |
|                              |                                     |  |                             |
|                              |                                     |  |                             |
|                              |                                     |  |                             |

You may notice that some stress responses occur in all spaces, or if combined they increase the chances of a stress response (e.g home stress followed by being alone, or work stress followed by socialising). Be curious when exploring these.

# EFT Tapping to support you

*If you feel shame or guilt about your behaviours then the tapping script on the next page has been created to acknowledge our unhealthy behaviours, thank them for serving a purpose and allow some release.*

*As you read the script (out loud or silently) tap on the named points with your fingers. While the points are named, **you can just tap anywhere as you get familiar with the points.***

*If any of the words do not fit you and your situation feel free to change them. You can add more if you want to.*

*If tapping and reading doesn't work for you then you can record yourself reading the script and replay while tapping.*

## Tapping points

- 1 Side of the hand
- 2 (AE) Above eyebrows
- 3 (SE) Side of eye
- 4 (UE) Under eye
- 5 (UN) Under nose
- 6 (OC) On chin
- 7 (CB) Collarbone
- 8 (UA) Under arm
- 9 (TOH) Top of head



# EFT Tapping Script for **falling off**

## Read out loud and tap on the points

### 1. Side of the hand

Even though I have resorted to some unhealthy behaviours,  
I love and accept myself  
Even though I feel guilty about what I do sometimes,  
I am open to forgiving myself  
Even though I don't know what else to do sometimes,  
I am open to healing from this

### While tapping around the points

2. (AE) - I have unhealthy behaviours to cope
3. (SE) - I feel guilty about some of the things I've done
4. (UE) - It's become my way of dealing with stress
5. (UE) - There's always too much to deal with
6. (OC) - Why not let go sometimes?
7. (CB) - I deserve to have fun or escape the pain
8. (UA) - There's all the pressure and expectations
9. (TOH) - And I don't know how else to face them

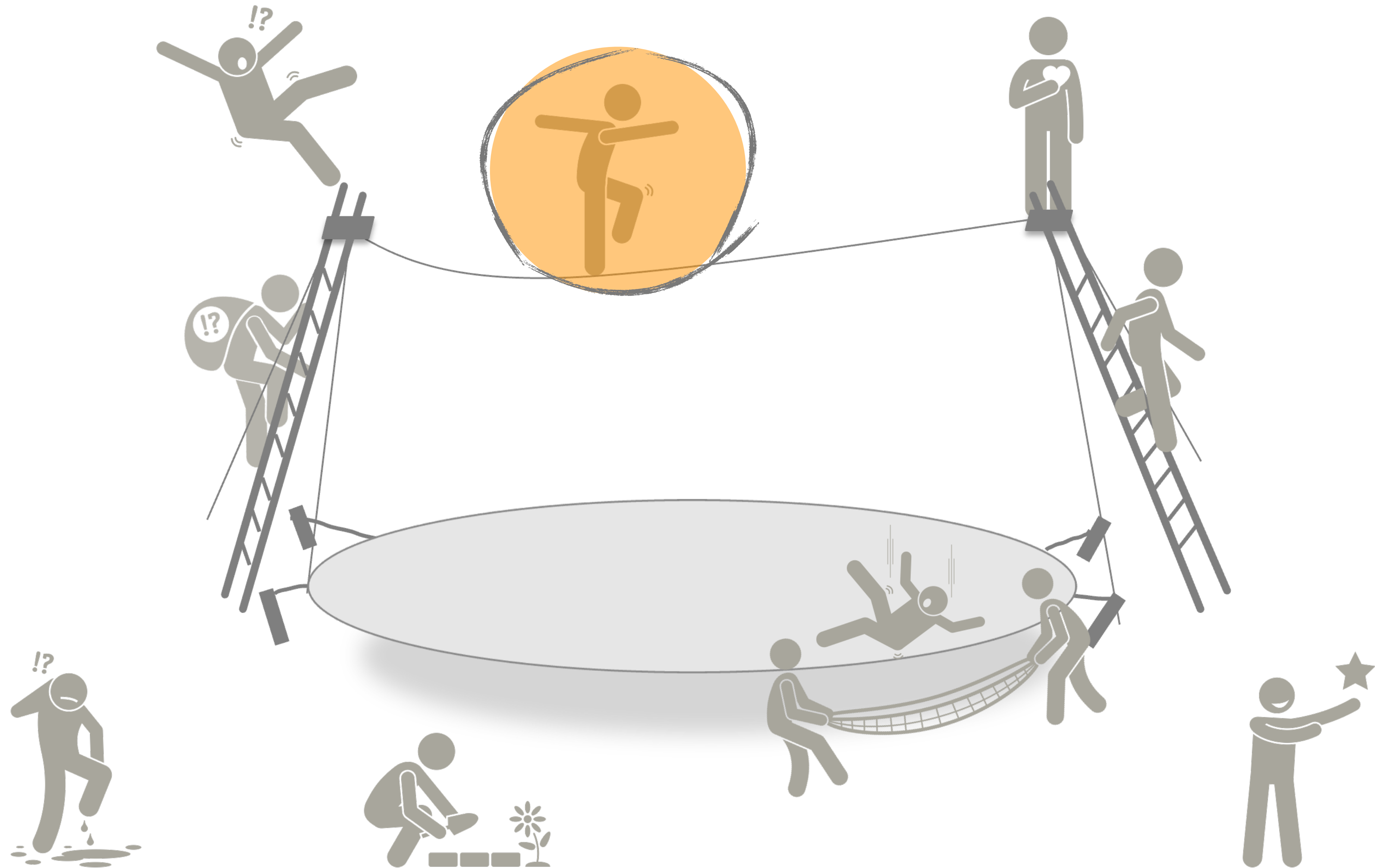
*Deep breath*

2. (AE) - So thank you subconscious for giving me a break
3. (SE) - I criticise and judge myself too much
4. (UE) - What's the big deal anyway
5. (UN) - Everyone has coping strategies like this
6. (OC) - So it's a warning sign I'm not coping
7. (CB) - Damn right I'm not coping, I can't do everything!
8. (UA) - No one's perfect, even if I want to be
9. (TOH) - No one can take away my fun

2. (AE) - A part of me knows this isn't the answer
3. (SE) - The odd stress reaction is OK but not all the time
4. (UE) - I don't want the guilt and shame
5. (UN) - A part of me wants to stop this cycle
6. (OC) - I am open to finding new ways to deal with stress
7. (CB) - and new ways to give myself a break and have some fun
8. (UA) - I choose now to own my power to make better choices
9. (TOH) - To take care of myself and let myself be at ease

*Deep breath*

# 6. Balancing on the Tightrope of Life



## What skills or qualities do you use to help you stay balanced?

Like the pole used by a tightrope walker, our qualities and skills help us balance.

Review the statements below. Identify all your qualities, skills and attributes.



Even if you don't display these all the time - if you have in the past then choose it.

Also think of compliments from others that you can choose.

|                           |                             |                                   |   |
|---------------------------|-----------------------------|-----------------------------------|---|
| Can find solutions        | Caring                      | Can take and share responsibility | Clever                                      |
| Know where to get help    | Funny                       | Take time to relax                | Prioritise<br>(Don't sweat the small stuff) |
| Can plan and be organised | Respect myself and others   | Take time to reflect              | Say no when I need to                       |
| Positive outlook          | Manage time and energy well | Learn from my mistakes            | Have a sense of purpose                     |

## Reflective questions

What positive words would my friends use to describe me?

What qualities am I proud to have?

When I think about myself as a child, I admire how I was ....

If nothing else, I know that I can rely on my (personal strength or quality) ....

## When and where do you use your coping skills or qualities most?

Order the skills, attributes and qualities in the order of how often you use or apply them.  
You can use the same in multiple places.

|   | <b>Parent</b> (home life) | <b>Professional</b> (Work / Career) | <b>Partner</b> (Friends / Social life) | <b>Personal</b> (Self-Care)          |
|---|---------------------------|-------------------------------------|--|--------------------------------------|
|   | <i>Example: Caring</i>    | <i>Example: Can find solutions</i>  | <i>Example: Funny</i>                  | <i>Example: Take time to reflect</i> |
| 1 |                           |                                     |  |                                      |
| 2 |                           |                                     |  |                                      |
| 3 |                           |                                     |  |                                      |

## When could you use these qualities in other situations?

You can put more into each section if you want. This exercise is to focus on the coping / balancing qualities and skills you draw on the most. Looking at your lists, do you find you rely on the same qualities or skills wherever you are? Or do you have different coping strategies for different situations?

Think about particular stresses you may have in each of these environments.

Are there any skills or qualities you normally use in a different place that you could apply to this place now?

Notes:

# EFT Tapping to support you

*If you struggled to identify your strengths and qualities, then the tapping script on the next page has been created to acknowledge that it can be difficult to identify and accept our strengths and to start opening up to owning them.*

*As you read the script (out loud or silently) tap on the named points with your fingers. While the points are named, **you can just tap anywhere as you get familiar with the points.***

*If any of the words do not fit you and your situation feel free to change them. You can add more if you want to.*

*If tapping and reading doesn't work for you then you can record yourself reading the script and replay while tapping.*

## Tapping points

- 1 Side of the hand
- 2 (AE) Above eyebrows
- 3 (SE) Side of eye
- 4 (UE) Under eye
- 5 (UN) Under nose
- 6 (OC) On chin
- 7 (CB) Collarbone
- 8 (UA) Under arm
- 9 (TOH) Top of head



# EFT Tapping Script for **balancing**

Read out loud and tap on the points

## 1. Side of the hand

Even though I struggle to identify my own strengths and qualities,  
I am open to self-acceptance

Even though I wish I could display more strength and positivity,  
I am open to love all of me

Even though I struggle to draw on my strengths,  
I am open to healing and finding my strength

## While tapping around the points

2. (AE) - I have proved to be resilient in so many ways

3. (SE) - I know I have strengths because I am still here

4. (UE) - I am juggling and spinning plates despite it all

5. (UN) - I'm using so many skills in the different areas of my life

6. (OC) - At home, at work and with friends

7. (CB) - Maybe I draw on these to help others more than myself

8. (UA) - But I have them regardless of the reason

9. (TOH) - I accept my strength and qualities

*Deep breath*

2. (AE) - I don't need to be a victim of circumstance

3. (SE) - I can draw on my skills in different areas of my life

4. (UE) - I can learn from my mistakes and find solutions

5. (UN) - I can manage my time and priorities

6. (OC) - It's OK to say no when I need to

7. (CB) - I take responsibility for what is mine

8. (UA) - Respecting others while also respecting myself

9. (TOH) - I open myself to shine in my strength

2. (AE) - I acknowledge all my beautiful qualities

3. (SE) - I can be funny, clever and caring

4. (UE) - I know how to be realistic and positive about a situation

5. (UN) - I choose to seek purpose in my life

6. (OC) - I can take time to reflect

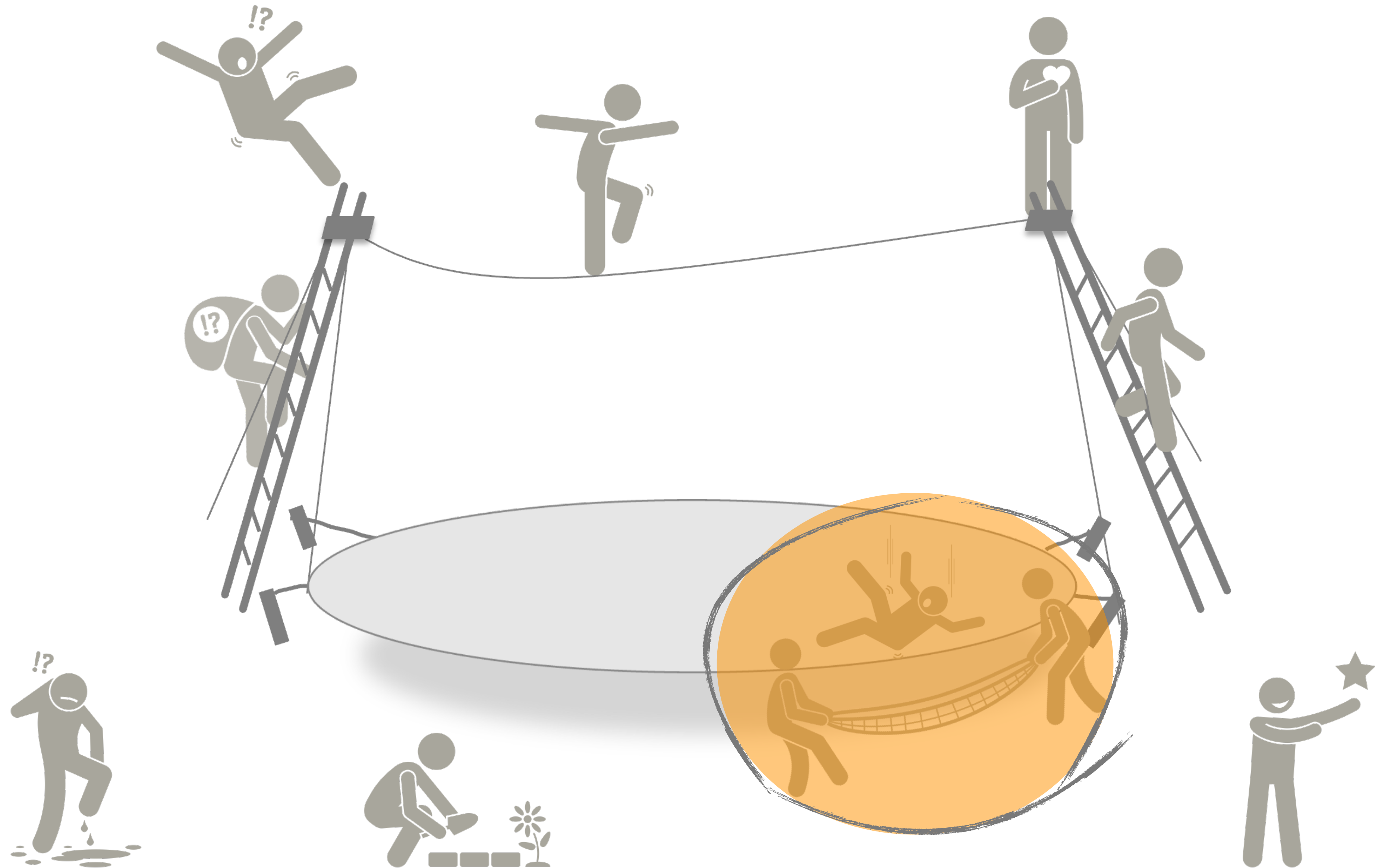
7. (CB) - I choose to have space to relax

8. (UA) - These help me stay balanced

9. (TOH) - I am claiming my power now

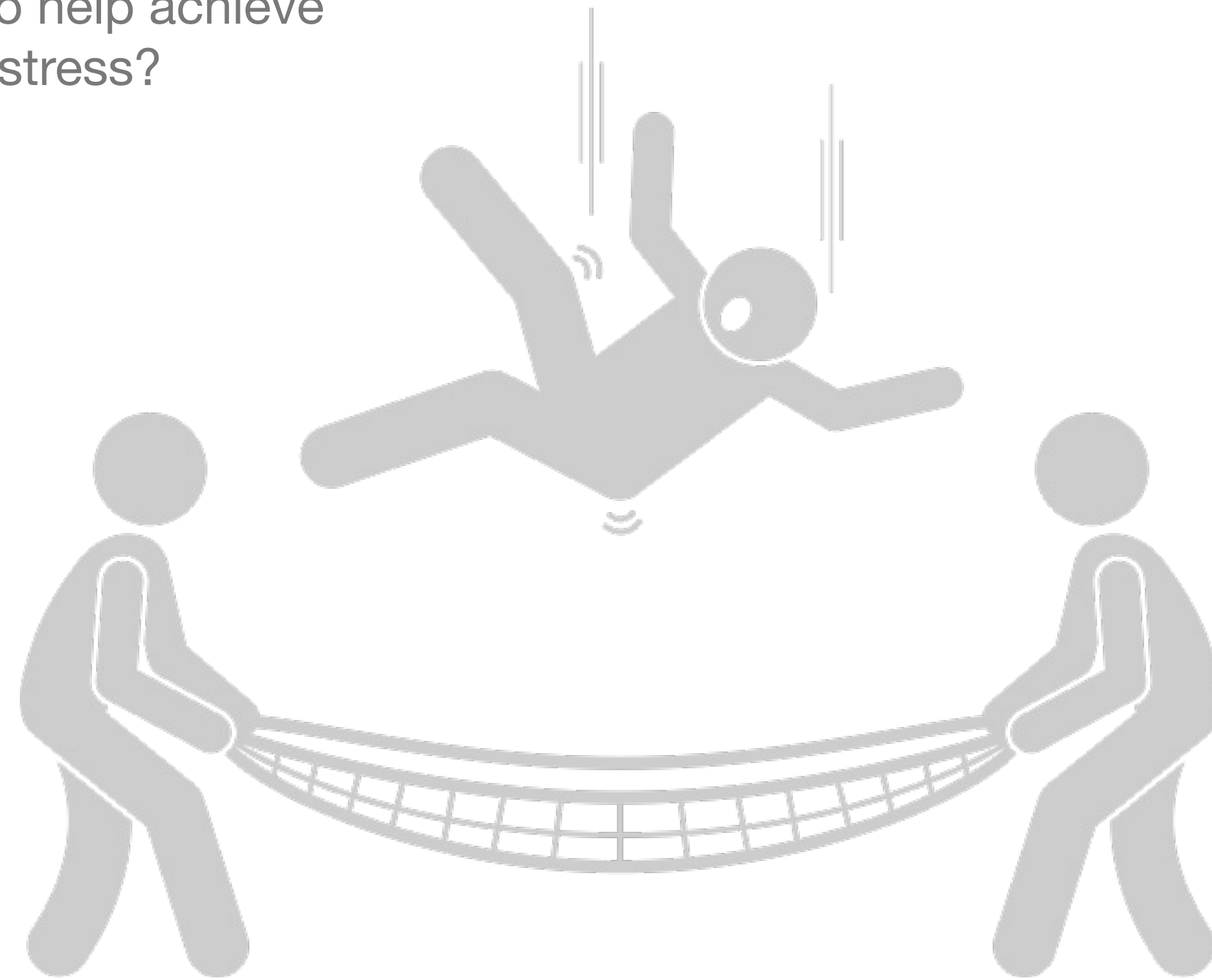
*Deep breath*

# 7. The Safety Net



## Prompts to identify your safety net

Who and what can you turn to for support to help achieve your goals and during times of change and stress?



Someone who checks up on me

Someone to talk to

My religion / faith

Place of support, where I feel I belong

Someone I can trust

Someone who loves me no matter what

Space to reflect

Safe space to let go

Someone who offers practical help

Someone to just 'be with'

Positive activities

Sleep and Nutrition

Inspiring leaders or role models

Rules or routine that I can turn to

People who expect good of me

## Reflective questions

I can count on this person / these people to support me no matter what happens:

The spaces and places I feel most comfortable to be myself are ...

The behaviours and habits I regularly practice and I know supports me to balance and move forward are...

The gap in my safety net is mostly in regard to ....

## What do you do / who do you turn to as your safety net?

Review the prompts and the answers to the reflective questions. Now start identifying people, places and activities that you use as a way to 'bounce back' during or after difficult periods of time (or that you could start turn to for support or balance)

| <b>Parent</b> (home life)                | <b>Professional</b> (Work / Career) | <b>Partner</b> (Friends / Social life)    | <b>Personal</b> (Self-Care)          |
|--|-------------------------------------|---|--------------------------------------|
| <i>Example: Texts from X to check OK</i> | <i>Example: Place to reflect</i>    | <i>Example: X loves me no matter what</i> | <i>Example: Running / Meditation</i> |
|  |                                     |   |                                      |
|  |                                     |   |                                      |
|  |                                     |   |                                      |

# EFT Tapping to support you

*If you struggle to ask for help or lean on your support network, then the tapping script on the next page has been created to acknowledge this. To open up to the idea of asking for help as a way of self-love and self-care.*

*As you read the script (out loud or silently) tap on the named points with your fingers. While the points are named, **you can just tap anywhere as you get familiar with the points.***

*If any of the words do not fit you and your situation feel free to change them. You can add more if you want to.*

*If tapping and reading doesn't work for you then you can record yourself reading the script and replay while tapping.*

## Tapping points

- 1 Side of the hand
- 2 (AE) Above eyebrows
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- 5 (UN) Under nose
- 6 (OC) On chin
- 7 (CB) Collarbone
- 8 (UA) Under arm
- 9 (TOH) Top of head



# EFT Tapping Script for **safety net**

## Read out loud and tap on the points

### 1. Side of the hand

Even though I try to do it all myself,  
I can show myself love by asking for help  
Even though I sometimes feel alone or isolated,  
I am open to finding support  
Even though I struggle to open up to others,  
I am open to finding ways to heal

### While tapping around the points

2. (AE) - I struggle to lean on others for help
3. (SE) - I don't want to burden them with my problems
4. (UE) - I just want to escape from the problems when I can
5. (UN) - So often I've been left to just deal with it
6. (OC) - Others letting me down or not showing up
7. (CB) - It is difficult to trust other people
8. (UA) - So it's easier to do it myself
9. (TOH) - Suck it up and be my own safety net

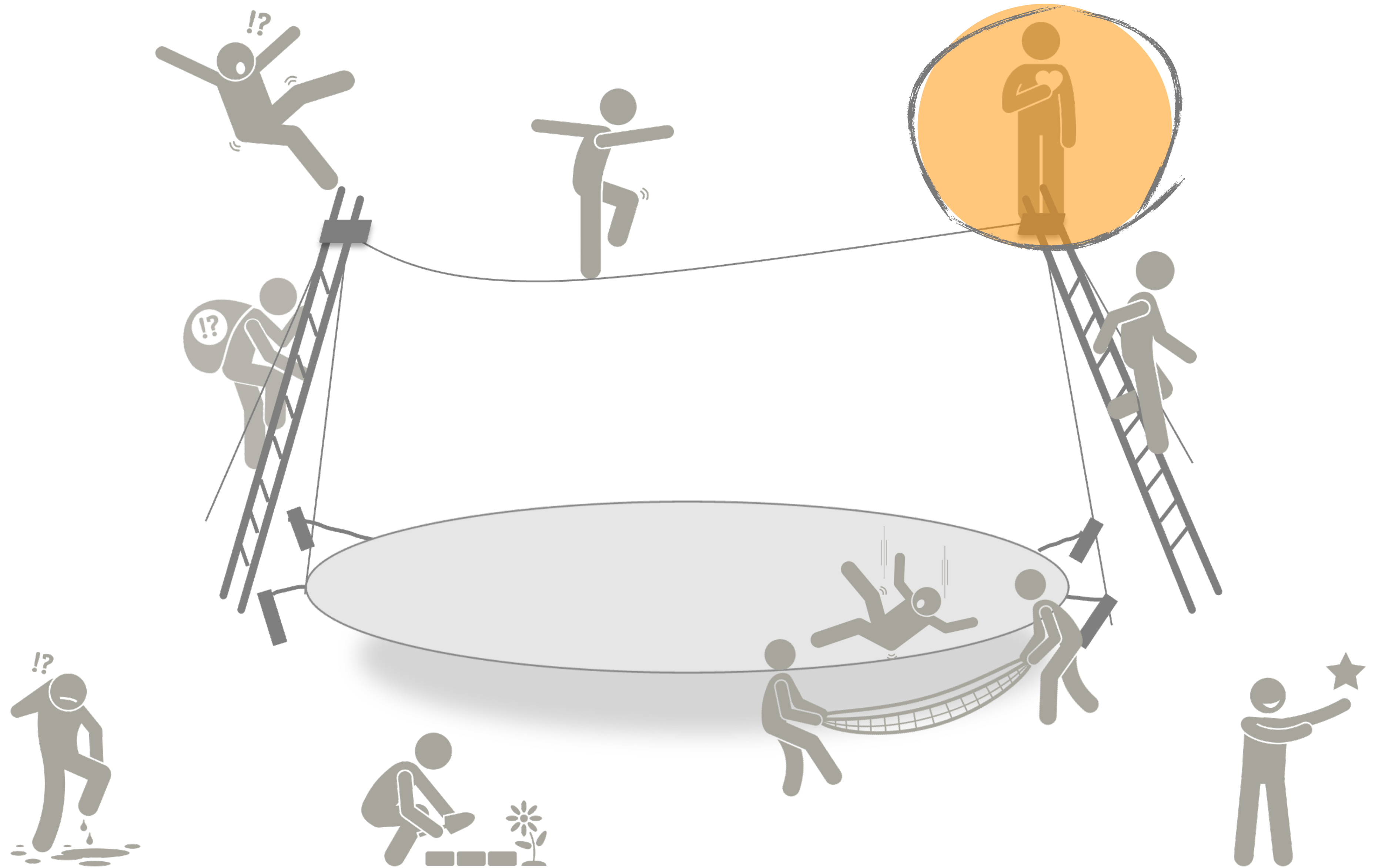
*Deep breath*

2. (AE) - I am grateful for how independent I am
3. (SE) - Focusing on routines that are familiar
4. (UE) - Doing solo activities to clear my head
5. (UN) - Getting the job done so I can hide
6. (OC) - If I don't do it then I'll be questioned and judged
7. (CB) - If I get other people to do it, it won't be good enough
8. (UA) - I can be inspired by those who have achieved this
9. (TOH) - Aren't we praised when we do it all?

2. (AE) - I am open to the possibility that asking for help is not weak
3. (SE) - That having someone be there is rather nice
4. (UE) - That I can be independent and choose to ask for help
5. (UN) - That I can fall into my routines and get support
6. (OC) - I accept that sleep and nutrition can be a safety net
7. (CB) - That I can find ways that work for me
8. (UA) - When I ask for what is important to me
9. (TOH) - I am both powerful and supported

*Deep breath*

# 8. Values



## Prompts to consider your values

Review the prompts and try to identify your TOP THREE values that you would priorities over the others.

If you have a value that is not listed here then still use that - or reword any that fit better for you.



## Reflective questions

As a child, the thing I most wanted over anything else was ...

If I were to choose between kindness or making decisions for myself, I would choose ... because:

If I were to choose between routines or having fun, I would choose ... because:

If I were to choose between authentic or loyalty I would choose ... because:

## What are the top 3 values you identify with and when do you prioritise them?

| My top values | A time when I prioritised this value: |
|---------------|---------------------------------------|
| 1             |                                       |
| 2             |                                       |
| 3             |                                       |

Your values will drive many of your behaviours. How you balance on the tightrope. If you fall off, or take action.

Picture what someone's priorities and choices will be if their top 3 values are *loyalty, kindness and giving to others*. Compared to someone whose top 3 values are *adventure, making decisions for myself and recognition*. Both are holding important values to them and will create different choices and actions.

Consider how your values impact on your decisions and choices. How are they different to others decisions?

# When and where would you most likely prioritise different values?

Review all the prompts and then start identifying places and times that you most likely apply each value

| <b>Parent</b> (home life) | <b>Professional</b> (Work / Career) | <b>Partner</b> (Friends / Social life) | <b>Personal</b> (Self-Care)    |
|---------------------------|-------------------------------------|--|--------------------------------|
| <i>Example: Fairness</i>  | <i>Example: Authority</i>           | <i>Example: Adventure</i>              | <i>Example: Peace and Calm</i> |
|                           |                                     |  |                                |
|                           |                                     |  |                                |
|                           |                                     |  |                                |
|                           |                                     |  |                                |
|                           |                                     |  |                                |

## Achieving balance with your values

There will be times when we need to prioritise one value over another. For example the value of giving to others may override all others at times of caring for a sick child (or whenever you cook dinner!).

Of course it's possible to bring competing values into the same space. For example, you prioritise security by having a job. You can also prioritise having fun after work. You can prioritise some peace after the kids are asleep.

You could even have some fun or 'me time' while cooking dinner. For example by having the music up loud or watching your favourite movie in the background.

The values of others in our lives will also impact on how much we live by our values. Have a think about how your values are similar or different to your family, friends or colleagues? How do these impact you?

Which values are you able to combine in a task or situation for a more balanced life?



Do you have a decision to make? How might your top values help that decision? Do others' values have an influence on the decision?



# EFT Tapping to support you

*If you find that your values clash in areas of your life or have not been prioritised then the tapping script on the next page has been created to acknowledge your competing demands and how values drive our behaviour and you can choose a high-value life*

*As you read the script (out loud or silently) tap on the named points with your fingers. While the points are named, **you can just tap anywhere as you get familiar with the points.***

*If any of the words do not fit you and your situation feel free to change them. You can add more if you want to.*

*If tapping and reading doesn't work for you then you can record yourself reading the script and replay while tapping.*

## Tapping points

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- 7 (CB) Collarbone
- 8 (UA) Under arm
- 9 (TOH) Top of head



# EFT Tapping Script for values

## Read out loud and tap on the points

### 1. Side of the hand

Even though my values may clash with responsibilities in my life,  
I can accept and value myself

Even though my values can be different to what others value,  
I can accept and value myself

Even though my values may drive my actions, even unhealthy ones,  
I can accept and value myself

### While tapping around the points

2. (AE) - When I follow my values I am more at ease
3. (SE) - If I don't prioritise them I can lose my balance
4. (UE) - My responsibilities can clash with my values
5. (UN) - Yet, I am trying to do my best
6. (OC) - With the time and resources I have
7. (CB) - To balance my responsibilities and values
8. (UA) - I can prioritise what's important
9. (TOH) - For me and for others

*Deep breath*

2. (AE) - I wonder if I inherited my values?

3. (SE) - The values of my parents or authority figures

4. (UE) - Maybe I have my own and theirs, everyone is unique

5. (UN) - What I value may not be the same as others

6. (OC) - I can choose to keep or release others values

7. (CB) - I can also respect their value-driven choices

8. (UA) - It's ok to have new values that support my changing identity

9. (TOH) - I can apply different values at different times in my life

2. (AE) - I choose to live a value-led life

3. (SE) - To prioritise my decisions to what is important

4. (UE) - To find ways to bring my values into activities that don't align

5. (UN) - I am open to the possibility that I can ...

6. (OC) - Be creative and secure

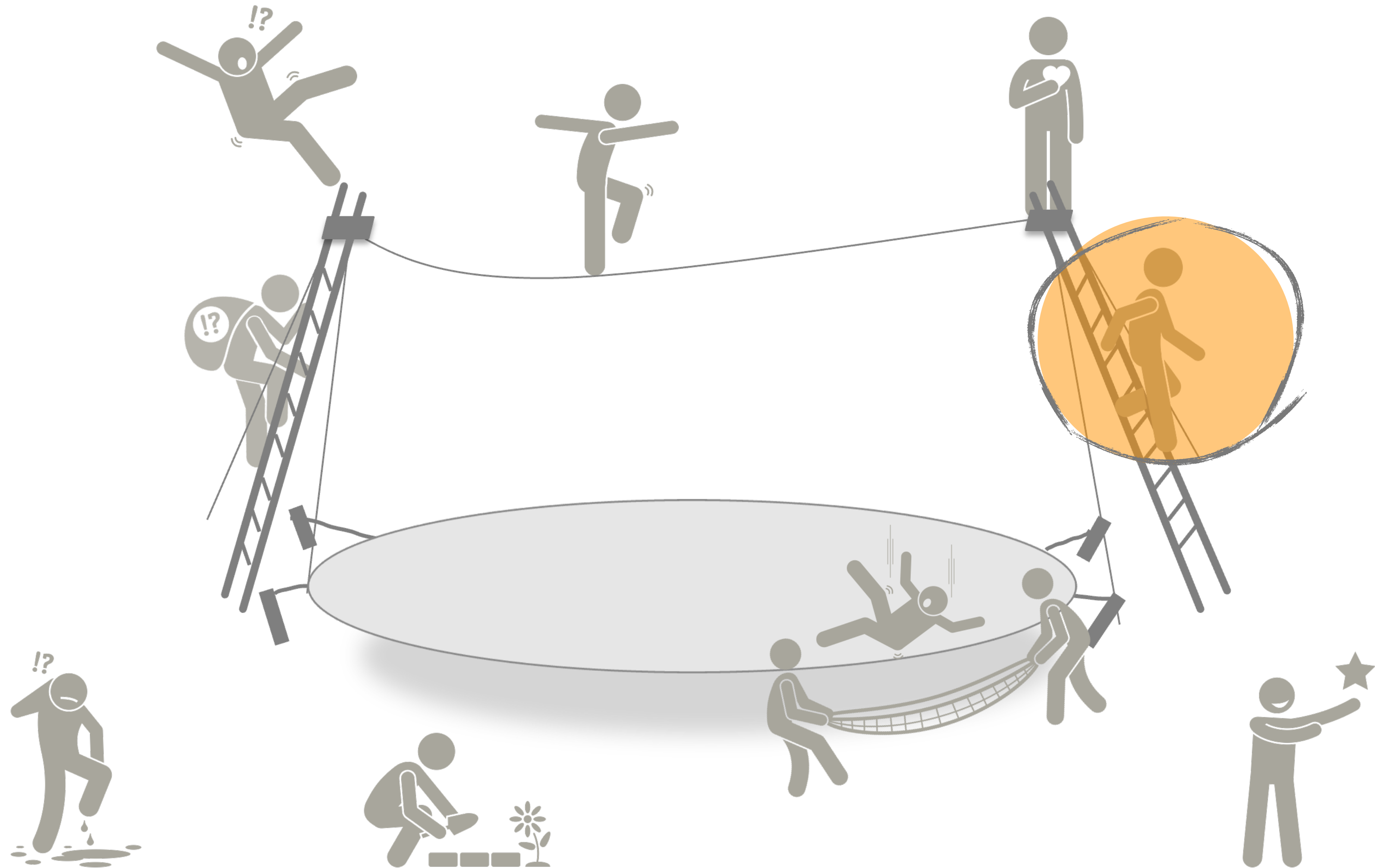
7. (CB) - Give to others and have fun

8. (UA) - Show authority and kindness

9. (TOH) - Value myself and others

*Deep breath*

## 9. Steps off the Tightrope



## Prompts to consider next steps

Review the prompts and consider just one step that you can focus on to support your goals and achieve more balance in your life. Also consider actions you can take to get on a more stable path.



Prioritise self-care

Take time to relax

Learn ways to deal with stress

Learn and use time management

Get active

Reduce or stop drug / alcohol use

Make or keep positive connections

Make the most of new chances

Actively reflect or self-assess

Journal uncertainties

Celebrate sparkling moments

Ask for support (where feel belong)

Accept that no-one is perfect

Establish boundaries

Let go more

Remain hopeful

## Reflective questions

I find it easy to take action when ...

Even though I may not want to, the thing I know I need to consistently take action with is ...

Reviewing all of my goals, the one I want to prioritise right now is:

With this priority goal in mind, the next first (however small) step that I'm going to take is:

## When and where would you like to try these steps to help you balance?

Review the prompts and then start identifying places and times that you will take action

| <b>Parent</b> (home life)  | <b>Professional</b> (Work / Career)  | <b>Partner</b> (Friends / Social life)  | <b>Personal</b> (Self-Care)                 |
|--|--|---|---|
| <i>Example: This Sunday, spend 2 hours just being with my children and partner</i> | <i>Example: This week, break up tasks for project X so I can 'log-off' on time</i> | <i>Example: next time we're out with X, have a glass of water with the drinks</i> | <i>Example: Each morning do 5 stretches</i> |
|  |  |   |   |
|  |  |   |   |
|  |  |   |   |

# EFT Tapping to support you

*If you're struggling to see how you can make the time to take these steps then the tapping script on the next page acknowledges how difficult it can be to prioritise self-care and helps you make a promise to take one step at a time*

*As you read the script (out loud or silently) tap on the named points with your fingers. While the points are named, **you can just tap anywhere as you get familiar with the points.***

*If any of the words do not fit you and your situation feel free to change them. You can add more if you want to.*

*If tapping and reading doesn't work for you then you can record yourself reading the script and replay while tapping.*

## Tapping points

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- 8 (UA) Under arm
- 9 (TOH) Top of head



# EFT Tapping Script for **steps down**

## Read out loud and tap on the points

### 1. Side of the hand

Even though I feel overwhelmed at what I need to change in my life,  
I am here doing this now  
Even though I have tired and failed at so many things before,  
I am open to trying this out  
Even though there is so much I would like to do differently,  
I can accept where I am now

### While tapping around the points

2. (AE) - Wouldn't it be nice to do things differently
3. (SE) - Just say 'no' and prioritise me!
4. (UE) - When would I get the time to do any self-care?
5. (UN) - It would be so nice to have space to reflect
6. (OC) - Get rid of all the noise and calm my mind
7. (CB) - I have tried some of these before
8. (UA) - They just added more stress to my busy life
9. (TOH) - Trying to do everything is stressful

*Deep breath*

2. (AE) - I honour my process
3. (SE) - Even if something has failed
4. (UE) - Doesn't mean it wasn't worth a try
5. (UN) - I can recognise steps I would like to try
6. (OC) - That I know work for me
7. (CB) - These are important to keep me balanced
8. (UA) - When I am balanced things go easier
9. (TOH) - Time starts to open up to me

2. (AE) - I am open to choosing at least one step
3. (SE) - And to take things one step at a time
4. (UE) - I can choose a step that aligns with my values
5. (UN) - One that provides positive experience
6. (OC) - Or perhaps connects to my safety net
7. (CB) - I can choose my own steps for balance
8. (UA) - I am stepping into my power now
9. (TOH) - Letting my true nature shine

*Deep breath*

# Congratulations - high five!

You have just worked through some powerful reflections about your goals and safety net of support.

You have reviewed your past experiences that either provided stability or made things wobbly. The current worries and pressures that make life more difficult (higher ladder). What 'falling off' looks like and the strengths you have to help you balance. A finally, the values that support your actions and the steps you can take to get to more stable ground.

I hope that the tightrope framework has been helpful. That you have found areas to focus on for your own self-care and healing.

If you would like more information please visit [www.tightropetool.com](http://www.tightropetool.com)

