



Homework Assignment and Journaling –Class # 4

This week you will be asking the same questions that we ask our clients in our practice. Tapping while asking the questions below will give you insights that will then lead you to the contributing emotional factors of your physical problems. This is however not a substitute for medical advice. We suggest that you work in conjunction with your doctor when working on these problems.

KC: Even though I am having some physical symptoms that correspond to some hormonal changes going on in my body whether it be the time of the month, the stage of my life, or a physical condition or disease that I am suffering from...and I am not sure what the emotional issues are I deeply and profoundly love and accept myself. Even though I have no clarity as to why my body is feeling the way it does but I see some sexual dysfunction as a result I deeply and profoundly love and accept myself. Even though I may be experiencing a lack of libido, erectile dysfunction, vaginal dryness, premature ejaculation, anorgasmia, or some other physical symptom related to my hormones and my unhappiness with my current sexual life, I choose to allow my mind to assist me in the exploration of the emotional causes.

TH: Something is wrong and it's probably hormonal.

3E: I feel it in my body.

EB: It's affecting my sex life.

OE: It's spilling over in to the other areas of my life.

UE: And I don't know what the root cause of it is.

UN: My hormones are out of whack.

CP: And it's showing up as a physical condition in my body

CB: I'm frustrated because I don't know the answer

UA: But I definitely see the results

TH: I feel completely dissatisfied with my sex life

3E: I am going to put on my EFT world view glasses

EB: If there was an emotional reason for these fluctuating hormone Levels, what would it be?

OE: If there was some situation 6 months to a year before having this problem that triggered this chain of events in my body, what would it be?

