



### Homework Assignment - Class #6

We all know that stress is the #1 contributing factor in most illness and disease. It's also what we hear repeatedly from our clients as to why they aren't having sex. Ironic isn't it since sex in and of itself is a great stress reducer.

Here is the list once again of the top 10 stressors:

- Death of spouse
- Divorce
- Marital separation
- Jail term
- Death of a close family member
- Personal injury or illness
- Marriage
- Fired at work
- Marital reconciliation
- Retirement

Perhaps these aren't your current stressors. If they aren't then examine where most of your stress is coming from- work, money problems, your children, etc. Pick the one area that is a constant source of stress in your life. Fill in blanks below, add and edit as you need in order to make this as specific to your situation as possible. Remember it's better to be specific so if your work is driving you crazy target your tapping to be about a particular person or situation at work i.e. your boss who yelled at you the other day, the raise you didn't get, or your inability to get recognition in your team.

KC: Even though I feel stressed out, anxious and overwhelmed.

Even though sex is the last thing on my mind, I deeply and profoundly love and accept myself.

Even though all my mind keeps thinking about is the stress of keeping our jobs, paying the bills, and figuring out how we are going to ever sell our house in this terrible market, I deeply and profoundly love and accept myself.

Even though I am at my wits end on how to reign in the kids who are being a royal pain, and my mother is having health issues again, and now the furnace looks like it needs to be replaced and I have no desire to get naked and have sex and despite all that, I deeply and profoundly love and accept myself.

TH: All of this anxiety.

TE: This overwhelming stress

EB: I'm overwhelmed

SE: This stress is really affecting me

UE: The stress that has taken over my mind

UN: This heavy burden of pressure

CP: This pressure I feel \_\_\_\_\_ in my body

CB: This stress that's affecting my hormone levels

UA: It affects my ability to enjoy my life

TH: I can't even think about having sex

TE: Could I possibly let go of one stressor in my life with tapping?

EB: Would this make me more resourceful and enable me to cope better?

SE: Would I then be more open to connecting with my partner?

UE: Can I break this vicious cycle that has led to my low desire and low libido?

UN: It certainly seems better than the alternative.

CP: I can balance my hormone levels by addressing the underlying stress in my life

CB: I commit myself to working on one main stress producing area of my life.

UA: Tapping on it daily until I see a difference in my mind, body and spirit

TH: And I choose to have this happen easily and effortlessly.

Notice how much more at ease you are with others as a result of your tapping on stress.