

Doom and Gloom

Begin tapping on the Karate Chop Point:

Even though there is so much doom and gloom in my life right now, I don't know which way to turn, I don't know what is going to happen in my life, I am not sure where my life is headed, I deeply and completely love accept and forgive myself

Even though every time I try I seem to be pulled back down, I can't seem to get out of where I am, nothing seems to be going my way, how can it, the economy is in the pits, everywhere I look the is such doom and gloom on the horizon, I deeply and completely love accept and forgive myself

Even though I cannot possibly imagine that my life is going to improve, every time I turn on the TV I hear something new about the bad state of the world economy, I worry so much about my further, my children's future, I worry about my job, I worry if I will ever find a good job, I worry that I will lose what I have and that I will become another statistic, but in this moment I choose to forgive myself, as I deeply and completely love and accept the whole of me anyway.

Sequence:

EB All this doom and gloom

SE All I see is gloom on the horizon

UE I can't seem to find a way out

UN My life is headed down the same road

Ch The same road as everyone else

CB How can I expect anything else

UA What makes me so different to anyone else

H I can't expect anything more

EB So many people are in hard times
SE I know I am next
UE My life is doomed
UN I am doomed to go down that path
Ch I just know there is no way out
CB I worry so much about my finances
UA I worry about losing everything I have
H I worry about not being able to have the things I want

EB What if I lose everything
SE I will feel so useless
UE So useless that I could not provide
UN I could not provide for my family
Ch I feel so useless
CB There is nothing I can do
UA nothing I can do to change anything
H I am powerless to change my life

EB My finances are out of my control
SE Its not up to me
UE The economy is bad so I just know I could lose my job
UN I just know I am doomed like my friends
Ch I know I am doomed like everyone on the TV
CB My life is so gloomy
UA How am I ever going to get out
H I just know I will never be able to change

EB But what if change is already occurring
SE What if the worse is over already
UE I know the News keeps telling me otherwise
UN But what if the worse if over for me
Ch What if it gets worse, so what
CB I might not be able to change where I am
UA But maybe I can change my future
H Maybe I am worthy of change

EB Maybe I am worthy of being a success in my life
SE I am worthy of having money and success
UE I can be just as successful cleaning dishes
UN I can be just as successful owning a business
Ch I am worthy of being successful know matter where I am
CB I choose to let go of the control others have on me
UA I choose to let go of the control the TV has on my life
H I choose to accept that change is happening in my life

EB I am worthy of happiness and success
SE My neighbor is worthy of happiness and success
UE My country is worthy of success
UN I choose to be the change in my life
Ch I am prepared to do what it takes
CB If it is meant to be its up to me
UA I am the change in my life
H I choose to be the best I can be

Life Changing Programs



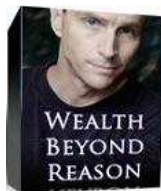
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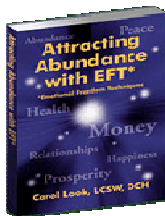
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