



EFT Workbook and Journal for Everyone - People Pleaser, The Disease to Please

Tessa Cason

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EFT which stands for Emotional Freedom Technique is a simple yet highly effective process that changes dysfunctional beliefs and desensitizes painful emotions and memories. This workbook and journal explains the nuts and bolts of EFT tapping. The most important aspect of EFT tapping is the wording of the tapping statement. This workbook has taken the guesswork out of how to word a statement. 250 tapping statements have been included. It is laid out in an easy to follow format and includes the EFT statements that need to be tapped. Everything in our life is a direct result of our beliefs. Our beliefs determine our thoughts and feelings, our choices and decisions, as well as our actions and reactions. To change our lives, we have to change the dysfunctional beliefs, the mis-beliefs. The tapping statements that author Tessa Cason has included in this workbook address the dysfunctional beliefs and emotions. Do you mold yourself to fit someone else's idea of what and who you should be? Is it your responsibility to make everything right for everyone? Are you tired yet? People pleasing is not about nice people going too far attempting to please others. It is a debilitating psychological problem with far-reaching, serious consequences. The disease to please is a compulsive, even addictive, behavior pattern. People-pleasers become deeply attached to seeing themselves as nice people. At the core of their niceness is a deep fear of negative emotions. Some of the tapping statements in this Workbook include: "No" is not in my vocabulary." "Responsibility is my middle name." "I feel used and manipulated by others." "I do for others so I won't be rejected." "I am controlled by my need to please others." "I die inside whenever I am criticized by anyone." "I hide in shame when someone disapproves of me." "The person who seeks all their applause from outside has their happiness in another's keeping." Claudius Claudianus

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