

Rich Mom EFT – Responsibility 1

Focus :	I'm fully responsible for all failures in my life
Your Focus:	

- ⇒ Tune into a painful memory attached to the Focus or your focus (change the words to fit your situation)
- ⇒ Rate your emotions (scale 0-10; 10 = severe feelings)
- ⇒ **Repeat the Focus, your focus daily (morning, afternoon, evening) for 7 days or until your emotional rate = 0**

Focus

- 1) Rub the sore spot & repeat:
 - a) Even though I was resistant to taking full responsibility for all failures in my life, I deeply & completely love & accept myself
 - b) Even though I didn't really want to take full responsibility for all failures in my life, I deeply & completely love & accept myself
 - c) Even though I only pretended to take full responsibility for all failures in my life, I allow to forgive & accept myself
 - 2) Tap on the energy points, repeat reminder phrase & do Ho'oponono:
(reminder phrase: all failures in my life)
 - a) Eyebrow: (reminder phrase), I love you, I'm sorry, Please forgive me, Thank you
 - b) Side of eye: - “ -
 - c) Under eye: - “ -
 - d) Under nose: - “ -
 - e) Chin point: - “ -
 - f) Collarbone: - “ -
 - g) Under arm: - “ -
 - h) Top of head: - “ -
 - 3) Take a deep breath, allow yourself to feel the energy moving through you...
- ⇒ Rate your emotions again (scale 0-10; 10 = severe feelings).
 - ⇒ Aim at a rating of 0 on your emotions re: Focus or your focus.



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