Tower of shame and guilt

(This process, “Tower of Shame”, was created by Dr. Lindsay Kenney, a pioneer/master EFT practitioner…however, the following script was written by Dr. Jane)

BEFORE YOU BEGIN:

Close your eyes and visualize all the things you’ve ever regretted in your life….things that make you cringe when you think about it…things you’re embarrassed to share with anyone else…your dark secrets…things you want to forget. Think of all the screw-ups you’ve made…the lies you said…all the bad things you’ve done, said or thought about yourself or other people…accidental or deliberate.

Now pull them out of your body. Literally pull them out, and place them in front of you, like a big pile. Now, I want you to look at your tower, your pile of junk, you mountain of crap…and measure it…how high, how does it feel, how deep, how wide, how many, what color, does it stink, what’s the energy?

I want you to just get a feel of this tower of shame, guilt, embarrassment, remorse, disappointment, regret, sadness, grief, loss, failures, shortcomings... what’s the intensity? 10/10…0/10?

TAPPING SCRIPT:

KC: Even though this guilt, shame and remorse, keep me from moving on and feeling worthy, there’s a part of me that doesn’t want to let it go. I deeply and completely love and accept myself anyway

Even though this Tower of Shame, guilt and remorse, feel so icky and caused me to sabotage all my efforts, there’s a part of me that doesn’t want to let it go. This is my story, my excuse, my identity. This is how I punish myself. I want to love and accept myself in spite of my resistance.

Even though I really want to get on with my life, get over my past, and work on my goals, there’s a part of me that really wants to hang on to this, for whatever reason, conscious or not, I choose to love, accept, and respect myself anyway.

Even though I’m sick and tired of carrying this pile of junk, this tower of shame, this mountain of crap around me, I’m really attached to this. Somehow it is serving a purpose in my life, and I don’t want to let it go. I deeply and profoundly love and forgive myself.

**Tapping through the points:**

There is it, my tower of shame

All my failures and mistakes

All the bad deeds I’ve done

I’ve hurt a lot of people and myself

I’ve disappointed myself and others

All the things I should have and should not have done

I did them anyway

I misjudged myself

I’m such a failure

I deeply regret it

All this bitterness and hatred towards other people

All the things I wished I hadn’t said

I said them anyway

Those people deserved it anyway

They had it coming

I can’t just let this go

I’m right about this

This saddens me a lot

All the things I lost because of what I did

I’ve been so bad many times

I know I’ve hurt people

Even if they deserved it

I can’t believe I did and said those things

What was I thinking?

I should have known better

I could have done better

I just can’t forgive myself

Even if I know I have to

I feel so guilty, I can’t move on

**Breathe and check your tower/pile. Has it changed?**

I deeply regret what I’ve done

I am so sorry

I wish I could go back and change the past

I would make a different choice

I truly regret that I messed things up

No, I’m not

Yes, I am

I truly want to let this go

No, I don’t

Yes, I do

I can’t believe I messed up my own life and others

How could I have done this?

I’m sooo stupid

No, I’m not

I was very mean

No, I’m not

This is embarrassing

I’m so ashamed of myself

I don’t like feeling this way

No wonder I can’t succeed

No wonder I push all the love and money away

No wonder I push all the opportunities away

This is how I punish myself

I just don’t believe I deserve success

Yes, I do

No, I don’t

Yes, I do

I’ve done many bad things,

I should have done it differently

For whatever reason, I’m holding on to this

This has been my identity

But I really want to let it go

I really want to love and forgive myself

I really want to release this tower of pain and shame

All this guilt, dark secrets, and embarrassment

Al this disappointments, bitterness, and remorse

I want them all to go away

**Breathe and recheck the tower. How has it changed?**

**Still above 3/10**

I’m sick and tired of this crap

I don’t want to carry it around me

I don’t know how to let it go

I’m afraid to let go

I’m afraid it will change me

And I don’t want to change

I’m afraid I won’t like myself if I let this go

What if I don’t like myself when I let it go?

I don’t like myself now, what difference would it make?

I don’t feel safe letting it go

What if something bad happens to me…like karma…

I wouldn’t know how to protect myself

Holding on to this somehow protects me

Somehow it keeps me safe from doing more bad things

Somehow this keeps me from forgetting the bad things I’ve done

Somehow this is my reminder to be a good person

Somehow this keeps me in check, in balanced with karma

God can’t punish me if I’m already punishing myself, can He?

I really don’t want this thing around me

I wish I knew how to let this go

I want to feel safe letting this go

In spite of all the bad things I’ve done

I’m still a good person

Yes, I am

No, I’m not

Yes, I am

In spite of all this conflict

I’m just going to honor all of me

In spite of punishing myself consciously or unconsciously

I still deserve some good things in life, don’t I?

I may feel rotten sometimes,

But I’m not rotten all the time

I still have a heart of gold

I still know how to love and be nice to myself and others

I think I deserve forgiveness

I really do

**Breathe…recheck your tower…3/10?**

I think I’m ready to release this

Even just chunk of this

But it’ll be great if I can release it all

I deserve my freedom

I deserve my success

I deserve love and money

I deserve my health and happiness

I really want to release all of this

I am worthy of my wholeness

**1/10?**

Even though there’s still some regret and shame in my tower, for whatever reason, I now choose to completely eliminate this from my being

Even though there’s still some pain and bitterness in me, there’s still some guilt in there, for whatever reason,I now choose to compassionately forgive myself for everything I’ve done and clear my karma

Even though there’s still a bit of remorse and judgment in me, for whatever reason, I now choose to completely and deeply love and accept myself anyway.

This remaining part of the tower

I choose to completely eradicate it all

This remaining negative feeling about me and others

I choose to release them all

This remaining self-sabotage,

I choose completely banish it all from my being

Yeah, right, you can’t banish me

I am part of you

I choose to acknowledge this conflict anyway

I choose to honor all of me anyway

Even though I don’t want to, I choose to honor it anyway

This remaining self-punishment for my arrogance and all my judgments

I choose to forgive myself completely

It’s time to let it go

It’s time to move on

It’s time to forgive myself

It’s time to release myself from bondage and pain

I choose to acknowledge the goodness in me

I choose to honor the lovable parts of me, which is all of me

I choose to surprise myself by finding a way to make amends for what I’ve done

I choose to acknowledge all the good things I’ve done

Instead of beating myself up

I choose to love, trust, and respect, myself again

I choose to remember my many positive qualities

I am kind, loving, forgiving,

I am talented and smart

I choose to do the right thing

I allow myself to receive surprising blessings