

STRESS DUE TO LACK OF CONTROL

Even though I feel stress because I have no control in this situation, somehow I can be alright
Even though this stress comes from a lack of control over these circumstances, somehow I can love and forgive myself
Even though I have no control to affect this situation, and that causes me stress, somehow everything's going to be okay

I have no control
There's no way I can affect or change these circumstances
I want to change things
But I have no control
I want things to be different
But I feel like I have no control
I'm powerless to change things
And that's a very stressful position to be in
Having no control is a very stressful place to be

I want to be over all this stress about not having control to change things

I need things to be different
But I'm powerless to affect change
Nothing I can say or do will change the reality of what's going on here
I'm powerless to change things
I have no control in this situation
But I feel the need to change things
I can't possibly accept this situation the way it is
But perhaps I can somehow accept my feelings about it
Maybe there's some way I can accept my feelings, even if I can't accept this situation

I want to be completely 100% over not being able to accept things the way they are and having no control

I have no control
I want to be able to control what's going on
I want to be able to change the reality of this situation
Because it's unacceptable the way it is
I find it unacceptable, but I'm powerless to affect change
I'm powerless in the face of this reality
But somehow I will be okay
I have no control and that's the worst feeling to have
I'm powerless in this situation, and that's the worst possible thing

Somehow, I will be completely 100% over all these feelings of having no control

I have no control to change things - It's out of my control
I can't do or say anything, I feel so powerless
I am powerless to change the situation - It is out of my control
My emotions feel out of my control
It would be easier to control this situation than to control these emotions
My emotions feel out of control
I feel powerless to control these emotions, and that's the worst feeling to have
Somehow I can accept all these feelings
Somehow this tapping is helping me to address these feelings