

WHAT I'M REALLY WORRIED ABOUT

Even though there's something else that I'm really worried about, somehow I can love and accept myself
Even though under this stress is what I'm really worried and scared about, somehow I can love and forgive myself
Even though there's more to this stress, the thing that I'm really scared about, somehow I can love and forgive myself

The real source of my stress is that I'm worried about something else
There's something more at the core of this stress
Than the person or incident that I seem to be stressed about
That argument, or particular situation, is really only the surface
There's something more at the core
There's something here that I'm really worried about
There's something more that I'm actually scared about
The stress response is a response to danger, after all
In Some way, part of me feels endangered, and perhaps I can use this tapping to address that part too.

I want to be over all these feelings about what's really at the core of this stress—what it is that am I really worried about

If I've had an argument with a loved one
That really stresses me, what is it that's really going on?
Am I afraid they really meant what they said to me?
That they really don't care about me?
Am I afraid they might want to end or change the relationship?
What is really the source of stress in that relationship?
What other relationship does that remind me of?
Why does that argument really bother me?
What feelings for that other person am I really afraid of?

Somehow I can be completely, 100% over all these feelings about what's really at the core of this stress—what it is that I'm really worried or scared about

If I'm stressed about my physical health, what is it that is really bothering me?
Am I scared of these aches and pains, my own body's reactions?
Is it the fear of: What's going on in my body?
What have I heard or read or been told about my condition that scares me?
What does a deteriorated level of health really mean to me?
Different degrees of health mean different things to different people
Who or what does my health condition remind me of?
When was the first time I felt this kind of health-related fear?
What does it really mean to be scared of what's going on in my body—what does it represent?

Somehow I can use this tapping method and all these tapping videos to release all these underlying worries and fears that drive my stress responses.

I encourage you to take what you have learned about yourself in this and previous StressBuster videos, and to use my Most Worthwhile Hour videos to address all of the aspects of those underlying issues.

I want to be completely, 100% over all these feelings about what's really at the core of this—what it is that I'm really worried about

If I'm stressed about a project at work, what am I really stressing about?
Am I worried about my level of performance?
That I'm not meeting standards?
Do I feel like I'm not good enough in my job?
Do I feel like I might lose my job?
Is it an aspect of public speaking or personal interaction?
Am I afraid of ridicule? Am I afraid of making mistakes?
What does that work project really remind me of?
When was the first time I felt that same kind of stress?

Somehow I will be completely, 100% over all these Feelings about what's really at the core of my stress—what I'm really scared about

If I'm stressed about my finances, what is it that a lack of money means to me?
What is it that can only be provided by money?
What do I have to give up if I don't have enough money?
Am I afraid of not being able to provide for myself or others?
Am I afraid of losing the roof over my head?
Is it an issue of worthiness—deserving more than I have?
Is it an issue of prestige or power?
Is it an issue of perception of class or status—being grown up, responsible, having achieved certain stage of life?
When was the first time I remember having this same feeling of stress that I now feel about my finances?