

# Holistic Belief Reprogramming – 7 Day Video Course Workbook

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Available At [ErikaAwakening.com](http://ErikaAwakening.com)

## *Day Five – Releasing Negative Beliefs, Emotions, and Memories*

### **Homework:**

Apply the tapping routine that Erika Awakening demonstrated to all of the limiting beliefs and negative memories that you listed on Day Three. If applied properly and thoroughly, the tapping routine will bring the negative emotions that you identified down to lower numbers of intensity and should result in the limiting beliefs feeling “less true.”

Gauge your progress by re-numbering the limiting beliefs and emotions that you listed on Day Two as to how intense or how true they feel AFTER applying the tapping routine.

There is no need for discouragement if you are not yet able to get the negative beliefs, emotions, and memories down to a “zero.” Some issues are complex and have many layers. It is important to keep peeling off layers (as with an onion) until the belief, emotion, or memory has been “collapsed” and its emotional weight disappears.

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After you have tapped thoroughly on the negative aspects of your situation, reassess the positive affirmation (your ideal resolution of the current problematic situation) that you selected on Day Four of the 7-Day Introductory Course.

How possible does it seem that you could achieve your positive outcome on the 1 to 10 scale (with 0 being “impossible” and 10 being “a certainty”)?

Write the number here: \_\_\_\_\_