
Conquer Your Fear of Failure and Your Fear of Success

by Stacey Vornbrock, M.S., Sports Performance Pioneer



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The information presented in this ebook is educational in nature and is provided as only general information. In reading this ebook, you understand that you will be introduced to a modality called Emotional Freedom Techniques (“EFT”) which is a technique referred to as a type of energy therapy. To date, EFT has yielded remarkable results for relieving emotional and physical distress and enhancing athletic performance. EFT appears to have promising mental, spiritual, and physical health benefits but has yet to be fully researched by the Western academic, medical, and psychological communities. The prevailing premise is that EFT uses the ancient Chinese meridian system to relieve emotional stress and physiological pain and it balances the energy system with a gentle tapping procedure which stimulates designated meridian end points on the face and body. By reading this ebook you understand that EFT could be considered experimental and the author does not know how you will personally respond to EFT and/or whether EFT will help you with a particular problem or issue.

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Two Sides of the Same Coin

The fear of failure and the fear of success can stop you from achieving your full potential. Whether you are wanting a different job; wanting to start your own business; wanting to improve your athletic performance; wanting to get out of an old relationship; wanting to get into a new relationship; wanting to go back to school to learn something new; or wanting to get out of your old ruts, either the fear of failure and/or the fear of success can keep you stuck.

I believe the fear of failure and the fear of success are two sides of the same coin and can be intertwined. It's important to check for both when you find you're not accomplishing your desired goals.

Fear of Failure

The truth is, failure is inevitable. Everyone fails. It's part of being human and it's part of taking risks. The most successful people have failed the most. There is no way to have success without failure.

One of the best quotes I read was from Paul Coelho who said, "The road to success runs right through failure".

Thomas Edison said, "I failed my way to success".

The fear of failure is a force that can hold you back from taking even the first step towards what you want. It's easier to do nothing than to take that first step.

Here's the irony; when you don't try, you've already failed. When you allow the fear of failure to hold you back, you are already experiencing the very failure you fear.

What is needed is a shift in perspective. That's what successful people have done...they have shifted their perspective when they experienced failure. Instead of looking at their failure as a loss or something wrong, they knew they were one step closer to achieving their dream.

Steve Jobs failed miserably with his “Lisa” computer before he went on to develop Macintosh. Richard Branson is a high school drop out. Einstein did poorly in school. Walt Disney filed for bankruptcy in his business. The list goes on and on.

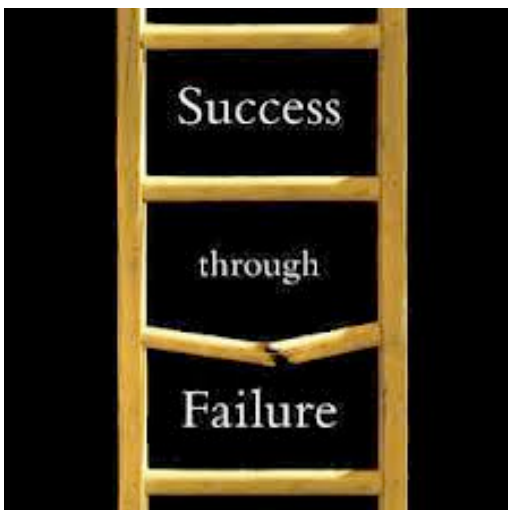
One thing that sets successful people apart from everyone else is their persistence. They refuse to give up when they fail. Because they know they are one step closer to achieving their dream, they persist. They don’t dwell on their mistakes, setbacks, or failures; instead they remain focused on their ultimate goal.

That may involve trying something different or using a new approach with what they’re doing or bringing in support to accomplish what their next step is; what matters is they immediately pick themselves up and move on.

I have a greeting card in my office that says, “**Fall down seven times, get up eight**”. This is what successful people do over and over again. It isn’t that they don’t fall down, they simply get up and continue on *when they do fall*.

There are many aspects to the fear of failure, but I’ve created tapping protocols for what I believe are four of the key aspects:

Winners
are not people who
never fail,
but people who
never
quit



- Releasing past mistakes
- Fear of being judged and criticized by others
- Perfectionism - I can’t make a mistake
- Habit of focusing on what I don’t want



Past Mistakes

Let's start with clearing out our past major mistakes. They are held in every cell membrane of the body and are directly influencing your current choices. It's like having a program running in the background on your computer. You don't know the program is running but you sure see and feel the results of it.

Anytime you're in a situation that remotely looks, feels, smells, sounds, or tastes like one of those past major mistakes, the memory of that mistake is activated in your cells and you will have a conscious or unconscious reaction to what's happening. You will not be able to make a choice or decision from a "present moment" place. Instead, these unresolved memories and emotional chemicals will influence you. You will most likely make your choice or decision from a fearful, guarded place.

Usually, past mistakes feel so horrible to us because we were embarrassed by what happened. Of course there can be a host of other emotions connected to mistakes, but this seems to be the top one. That's the one we're going to focus on releasing. If you find other emotions connected to your memory of the event, tap on those as well. Also feel free to substitute specific words for what's written in the protocol...I had to make this general enough for everyone.

(If you're new to Emotional Freedom Techniques (EFT or tapping), please see Appendix A for a brief overview about the technique on page 29. For a demonstration of the tapping points I use, please see Appendix A on page 31.

You'll notice that each tapping protocol that I have developed in this ebook will have EB, SE, UE, UN, CH, CB, UA, WR, which tells you what point to tap while you are repeating the words.)

Tapping Protocol for Releasing Past Mistakes

Tune into the worst mistake you've ever made in any area of your life while you tap this protocol. See it, feel it, and hear it as you tap this. Once you've cleared this mistake, tune into the next worst mistake you've made and tap through this protocol again. Continue this process until you can't think of any more mistakes you've made.

Tap Karate Chop Point while saying:

"Even though I'm holding this embarrassment from making this mistake in every cell of my body, I deeply and completely love and accept myself. Even though I have should have known better and done better, I deeply and completely love and accept myself. Even though I'm afraid to fail because I can't risk feeling any more embarrassment, I deeply and completely love and accept myself."

EB: I've made so many mistakes in the past

SE: But the worst one I made was _____ (name the mistake)

UE: How could I have done that

UN: I don't know what I was thinking

CH: I'm not sure how I let that happen

CB: I let everyone down

UA: I'm afraid everyone blames me for what happened

WR: I can't let people see I'm vulnerable and human

EB: I'm the only person who makes this kind of mistake

SE: I can't forgive myself for my choice with this

UE: I should have known better

UN: I didn't trust myself and listen to my inner guidance

CH: I haven't been able to let this go and forgive myself

CB: I feel so embarrassed by what happened

UA: Everyone knows I made that mistake

WR: I don't ever want to feel that embarrassed again

EB: I'm holding this embarrassment in all the muscles of my body

SE: I'm holding this embarrassment in all the ligaments of my body

UE: I'm holding this embarrassment in all the tendons of my body

UN: I'm holding this embarrassment in all the bones of my body

CH: I'm holding this embarrassment in all the joints of my body

CB: I'm holding this embarrassment in all the cartilage of my body

UA: I'm holding this embarrassment in all the tissues of my body

WR: I'm holding this embarrassment in all the nerves of my body

EB: I'm holding this embarrassment in all the fascia of my body
SE: I'm holding this embarrassment in all the membranes of my body
UE: I'm holding this embarrassment in every cell of my skin
UN: I'm holding this embarrassment in every cell of my spine
CH: I'm holding this embarrassment in all the fluids of my body
CB: I'm holding this embarrassment in all the fibers of my body
UA: I'm holding this embarrassment in all the organs of my body
WR: I'm holding this embarrassment in every cell of my heart

EB: I'm holding this embarrassment in all the neural pathways of my brain
SE: I'm holding this embarrassment in every cell of my eyes
UE: I'm holding this embarrassment in every cell of my ears
UN: I'm holding this embarrassment in every cell of my mouth and taste buds
CH: I'm holding this embarrassment in every cell of my touch
CB: I'm holding this embarrassment in every cell of my nose and smell
UA: I'm holding this embarrassment in every cell of my aura
WR: I'm holding this embarrassment in every cell of my energy body

Tap Karate Chop Point while saying:

"I give my body permission to release this embarrassment from making this mistake from every cell. My body no longer needs to hold onto this embarrassment and can choose to relax and let it go. I choose to forgive myself for this mistake. I did the best I could at the time. I give my body permission to release this embarrassment and the memory of this mistake from every cell membrane and cell receptor site."



Fear of Being Judged and Criticized

No one likes to be judged or criticized. This can be one of the biggest reasons that we are afraid to fail. Maybe others have judged you harshly for the risks you've taken in the past or have even taken pleasure in your failures.

One of the best pieces of advice I ever received was this – what people think about you is none of your business!

It's true, those are their private thoughts and they have nothing to do with me. What someone is thinking is a reflection of him/her and what's going on in their internal world. Judging and criticizing others is sometimes an indication that someone is not taking responsibility for that very issue in their life.

Most likely if you have a fear of being criticized it's because you have been your own worst judge and critic. I'm amazed at the way I talk to myself sometimes. I would never think about or say those critical things to another person, but I can really let myself have it!



Let's begin to clear this fear out with the next protocol. You may want to tap this daily if this is a big issue in your life. Feel free to change the words so they are specific to you.



Tapping Protocol for Fear of Being Judged and Criticized

Tap Karate Chop Point while saying:

“Even though my need for approval keeps me from taking the risks to get what I want, I deeply and completely love and accept myself. Even though my greatest fear is looking bad and stupid if I fail, I deeply and completely love and accept myself. Even though I’m afraid my family and friends may take pleasure in seeing me fail, I deeply and completely love and completely love and accept myself.”

EB: I need approval from others

SE: Everyone has an opinion about what I’m doing

UE: I pay more attention to what others think than what I want

UN: I make my decisions based on what others think rather than on what I want

CH: I’m afraid I’ll look bad if I fail

CB: I’m afraid I’ll look stupid if I fail

UA: People may take pleasure in seeing me fail

WR: Sometimes I feel my family and friends are just waiting for me to fail

EB: I don’t want to disappoint my family and friends if I fail

SE: If I don’t go after what I want so no one can criticize me for failing

UE: I don’t want to feel humiliated by my failure

UN: I often judge myself as a failure

CH: I’m my own worst critic

CB: I constantly judge myself negatively

UA: I’m not living up to my own expectations

WR: People might reject me if I fail

EB: I’m holding this fear of being criticized in all the muscles of my body

SE: I’m holding this fear of being criticized in all the ligaments of my body

UE: I’m holding this fear of being criticized in all the tendons of my body

UN: I’m holding this fear of being criticized in all the bones of my body

CH: I’m holding this fear of being criticized in all the joints of my body

CB: I’m holding this fear of being criticized in all the cartilage of my body

UA: I’m holding this fear of being criticized in all the tissues of my body

WR: I’m holding this fear of being criticized in all the nerves of my body

EB: I’m holding this fear of being criticized in all the fascia of my body

SE: I’m holding this fear of being criticized in all the membranes of my body

UE: I’m holding this fear of being criticized in every cell of my skin

UN: I’m holding this fear of being criticized in every cell of my spine

CH: I’m holding this fear of being criticized in all the fluids of my body

Conquer Your Fear of Failure and Your Fear of Success

CB: I'm holding this fear of being criticized in all the fibers of my body

UA: I'm holding this fear of being criticized in all the organs of my body

WR: I'm holding this fear of being criticized in every cell of my heart

EB: I'm holding this fear of being criticized in all the neural pathways of my brain

SE: I'm holding this fear of being criticized in every cell of my eyes

UE: I'm holding this fear of being criticized in every cell of my ears

UN: I'm holding this fear of being criticized in every cell of my mouth & taste

CH: I'm holding this fear of being criticized in every cell of my touch

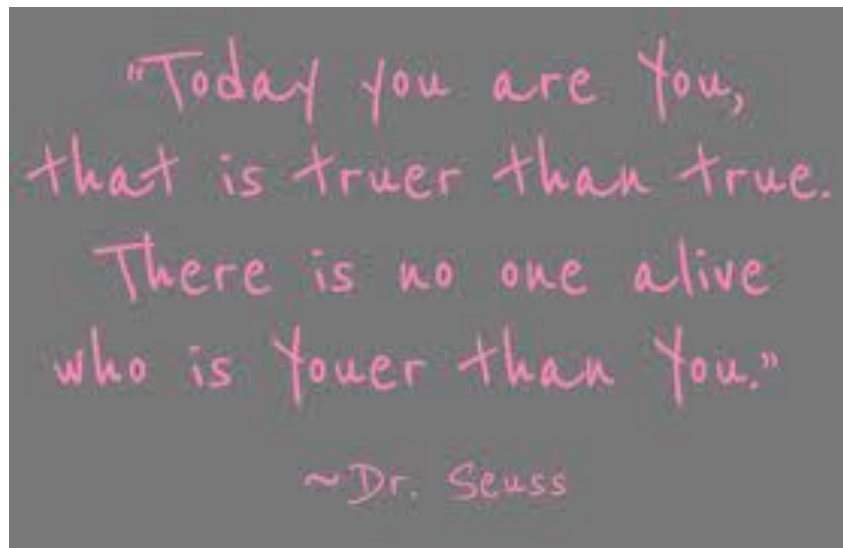
CB: I'm holding this fear of being criticized in every cell of my nose and smell

UA: I'm holding this fear of being criticized in every cell of my aura

WR: I'm holding this fear of being criticized in every cell of my energy body

Tap Karate Chop Point while saying:

"I give my body permission to release this fear of being judged and criticized if I fail from every cell. My body can choose to relax and let go of needing other people's approval. I choose to make my decisions based on what I want for myself rather than on what other's think. I choose to praise myself for my failures and know they are bringing me one step closer to my success. I give my body permission to release this fear of being judged and criticized if I fail from every cell membrane and cell receptor site."





Perfectionism

Perfectionists often have an extreme fear of failure. A perfectionist will not even attempt to do something if they believe they can't do it perfectly. They believe everything has to be done at the highest level possible and there is no room for mistakes.

There is even a correlation between perfectionism and procrastination. If you believe you have to do something perfectly, you won't even start the project for fear of failing. It may just look like procrastination, but in fact it's fear of failing that's causing the procrastination.

If you are a perfectionist, I have something important to tell you – *no one* can relate to a perfect person. We relate to each other's flaws. In fact we love each other for our flaws! I can relate to anyone who makes mistakes; I can't relate to anyone who is perfect or does things perfectly. The very thing you are striving for will alienate you from your friends and family because no one can relate to perfection.

Please understand that failure is an important part of life. It's how we learn, grow, and evolve. If Thomas Edison wasn't willing to fail, we wouldn't have the phonograph. If Steve Jobs wasn't willing to fail, we wouldn't have the iPod.

I must be perfect or no-one will love me.
I must be perfect or I'm a complete failure.
I must be perfect or I'll lose my job.
I must be perfect or what.....?|

Tapping Protocol for Fear of Making a Mistake

Tap Karate Chop Point while saying:

“Even though I can’t ever make a mistake, I deeply and completely love and accept myself. Even though any mistake means I’ve failed, I deeply and completely love and accept myself. Even though if I fail at something it means I lack value and worth as a person, I deeply and completely love and accept myself.”

EB: I can’t ever make a mistake

SE: I think if I make a mistake that means I’ve failed

UE: That means I can’t take risks

UN: I have to maintain my reputation as a high achiever

CH: I have to stick with what I know I can do

CB: I always have to be in control

UA: I think if I fail at something it means I lack value and worth as a person

WR: I am worthless if I’m not perfect

EB: If people see my flaws, they will reject me

SE: I live with this false belief that people will only like me if I’m perfect

UE: I live by what I should do rather than what I want to do

UN: No matter how much I do or hard I try, I feel inadequate

CH: I never feel good about myself

CB: I often set impossible goals for myself

UA: Then I feel horrible about myself when I fail to meet them

WR: And I see myself as a failure

EB: I procrastinate in order to avoid making mistakes

SE: If I never start my business or my project, I can’t fail

UE: I always have an excuse as to why I can’t start my business or my project

UN: I can’t even take the first step toward my goals

CH: I am paralyzed by my fear of making a mistake, so I do nothing

CB: I’m unwilling to learn something new because I know I won’t be good at it

UA: If I can’t do something perfectly, I’d rather not do it at all

WR: If I don’t try, I never have to fail

EB: I’m holding this fear of making a mistake in all the muscles of my body

SE: I’m holding this fear of making a mistake in all the ligaments of my body

UE: I’m holding this fear of making a mistake in all the tendons of my body

UN: I’m holding this fear of making a mistake in all the bones of my body

CH: I’m holding this fear of making a mistake in all the joints of my body

CB: I’m holding this fear of making a mistake in all the cartilage of my body

UA: I’m holding this fear of making a mistake in all the tissues of my body

WR: I'm holding this fear of making a mistake in all the nerves of my body

EB: I'm holding this fear of making a mistake in all the fascia of my body

SE: I'm holding this fear of making a mistake in all the membranes of my body

UE: I'm holding this fear of making a mistake in every cell of my skin

UN: I'm holding this fear of making a mistake in every cell of my spine

CH: I'm holding this fear of making a mistake in all the fluids of my body

CB: I'm holding this fear of making a mistake in all the fibers of my body

UA: I'm holding this fear of making a mistake in all the organs of my body

WR: I'm holding this fear of making a mistake in every cell of my heart

EB: I'm holding this fear of making a mistake in the neural pathways of my brain

SE: I'm holding this fear of making a mistake in every cell of my eyes

UE: I'm holding this fear of making a mistake in every cell of my ears

UN: I'm holding this fear of making a mistake in every cell of my mouth
and taste buds

CH: I'm holding this fear of making a mistake in every cell of my touch

CB: I'm holding this fear of making a mistake in every cell of my nose and smell

UA: I'm holding this fear of making a mistake in every cell of my aura

WR: I'm holding this fear of making a mistake in every cell of my energy body

Tap Karate Chop Point while saying:

"I give my body permission to release this fear of making a mistake from every cell. My body can choose to relax and let go of this belief that if I make a mistake it means I've failed. I choose to know and understand that people love me for my flaws; those flaws make me human and that's what people relate to. I give my body permission to release this fear of making a mistake and failing from every cell membrane and cell receptor site."



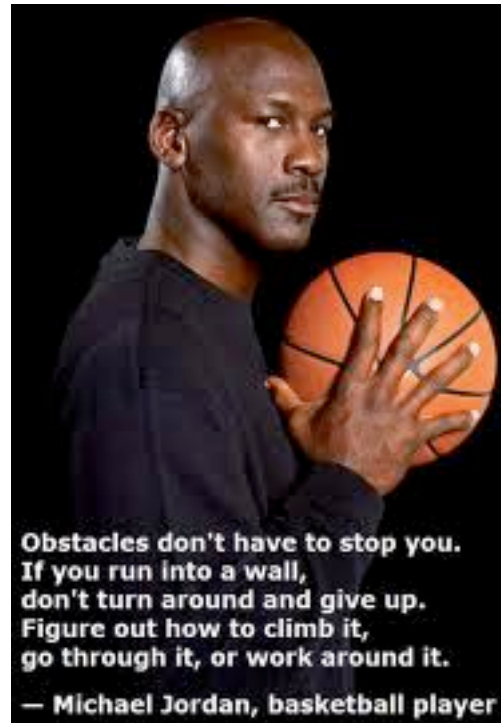
Focusing on What You Don't Want

Extremely successful people are clear about what they want and they stay focused on striving for success. People who are afraid of failure place their focus on avoiding failure and focus on what they don't want.

When you are motivated by focusing on not making mistakes and worry about failing, you are imprinting on your subconscious mind exactly what you don't want. Your goal becomes avoiding mistakes rather than setting positive goals.

If you're an athlete focused on avoiding failure, this will cause you to play tentatively, tighten up, over think, and perform poorly. If you're focused on avoiding failure in your job or business, this will cause you to miss opportunities, over analyze, and make poor choices.

Successful people stay focused on what they want. They celebrate small accomplishments, knowing each one brings them one step closer to the goal they're working on.



Most importantly, they never quit or give up if they experience a set back, rejection, or failure. They simply use it as a learning experience and move on quickly. On the other hand, people who are afraid of failure use a rejection or a set back as an excuse to quit.

Tap this next protocol daily to release the habit of focusing on what you don't want – avoiding mistakes and worry about failing.

Tapping Protocol for Habit of Focusing on What I Don't Want

Tap Karate Chop Point while saying:

“Even though I’m focused on avoiding mistakes, I deeply and completely love and accept myself. Even though I can’t maintain focus on my goals and what I want to accomplish, I deeply and completely love and accept myself. Even though my focus is on avoiding failure, I deeply and completely love and accept myself.”

EB: My only focus is avoiding failure

SE: I worry about failing all the time

UE: I can’t stay focused on my goals

UN: I don’t even know how to figure out what I want

CH: My only goal is to avoid making mistakes

CB: I focus on the negative things that happen to me

UA: I can’t see the small accomplishments I make

WR: It feels easier to focus on what’s wrong rather than what’s right

EB: When I experience rejection, I want to quit

SE: I replay what happened and what was said over and over in my mind

UE: Rejection makes me feel like a failure

UN: If I experience a set back in reaching my goal, I can’t move on from it

CH: Any set back makes me feel like a failure and I want to give up

CB: I use any excuse to quit striving for my goals

UA: I don’t acknowledge my small accomplishments

WR: I only focus on what I do wrong, the mistakes I make, and what’s not right

EB: This habit of focusing on what I don’t want is in all the muscles of my body

SE: This habit of focusing on what I don’t want is in all the ligaments of my body

UE: This habit of focusing on what I don’t want is in all the tendons of my body

UN: This habit of focusing on what I don’t want is in all the bones of my body

CH: This habit of focusing on what I don’t want is in all the joints of my body

CB: This habit of focusing on what I don’t want is in all the cartilage of my body

UA: This habit of focusing on what I don’t want is in all the tissues of my body

WR: This habit of focusing on what I don’t want is in all the nerves of my body

EB: This habit of focusing on what I don’t want is in all the fascia of my body

SE: This habit of focusing on what I don’t want is in all my body membranes

UE: This habit of focusing on what I don’t want is in every cell of my skin

UN: This habit of focusing on what I don’t want is in every cell of my spine

CH: This habit of focusing on what I don’t want is in all the fluids of my body

CB: This habit of focusing on what I don’t want is in all the fibers of my body

UA: This habit of focusing on what I don’t want is in all the organs of my body

WR: This habit of focusing on what I don’t want is in every cell of my heart

EB: This habit of focusing on what I don't want is in the neural pathways of my brain

SE: This habit of focusing on what I don't want is in every cell of my eyes

UE: This habit of focusing on what I don't want is in every cell of my ears

UN: This habit of focusing on what I don't want is in every cell of my mouth and taste

CH: This habit of focusing on what I don't want is in every cell my touch

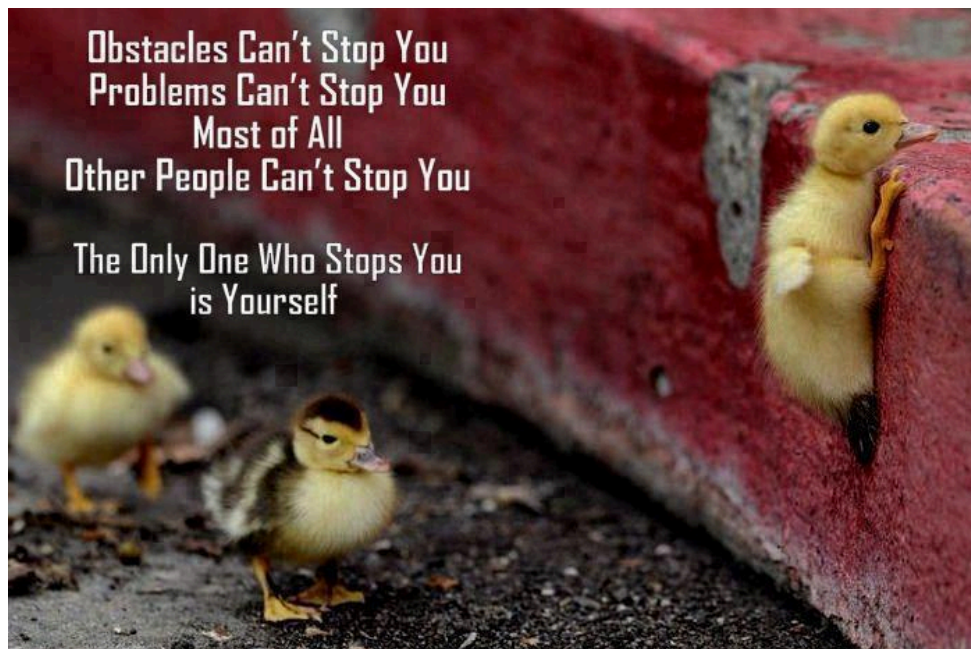
CB: This habit of focusing on what I don't want is in every cell of my nose and smell

UA: This habit of focusing on what I don't want is in every cell of aura

WR: This habit of focusing on what I don't want is in every cell of my energy body

Tap Karate Chop Point while saying:

"I give my body permission to release this habit of focusing on avoiding failing from every cell. My body can choose to relax and let go of this habit of focusing on avoiding mistakes. My body can relax and let go of this habit of focusing on what's wrong. I choose to know and understand that when I experience a rejection or a set back, that means I'm one step closer toward my goal. I give my body permission to release this habit of focusing on what I don't want from every cell membrane and cell receptor site."



Fear of Success



The word “success” is defined as “the favorable or prosperous termination of attempts or endeavors and the attainment of wealth, position, honors, or the like”.

The fear of success can stop you from achieving your full potential of your attempts and endeavors. When you envision success, can you feel something holding you back?

Many of the athletes I work with have a genuine fear of success. They know that if they achieve the success they are seeking, their life will change forever. And on the whole, we don’t like change...especially if the change we envision is negative.

The main concern I’ve heard over and over is this: “if I succeed, there will be an expectation that I always have to maintain that level of success”. Yikes, who wants to feel that kind of pressure? It’s safer and more comfortable to stay where you are.

There are many aspects to the fear of success but I’ve created tapping protocols for what I believe are three of the key aspects:

- Fear my life will change if I’m successful
- I don’t deserve success
- Success won’t bring me what I want and I’ll be disappointed

My Life Will Change if I’m Successful

We all love something that’s familiar and comfortable. We like the safety of what’s predictable. We like knowing how our family and friends relate to us in our lives. We like our day-to-day routines.

Going for our dreams requires change. It demands we put ourselves out there in new and uncomfortable ways. There’s no way of knowing exactly how our life can change when we achieve the success we desire.



Conquer Your Fear of Failure and Your Fear of Success

One thing is for certain; your life will change if you're successful. You will have to develop new routines, you'll have more coming at you daily, people may want more and expect more from you, people may ask you for money and favors, or you may have less time to spend with family and friends. You may even lose family and friends if they're jealous or resentful of your success.

This unconscious fear of change can hold you back from claiming your success. Tap this protocol daily until you feel these statements are no longer true and you feel willing to experience the change that success brings.

People will judge me to even
higher standards

My relationships may be
affected for the worse

What if I succeed?

I will be in a position
where I may be criticised
and targeted

My current lifestyle will turn on
its head. Do I want that?

Tapping Protocol for Fear My Life Will Change if I'm Successful

Tap Karate Chop Point while saying:

“Even though I’m holding this fear in every cell of my body that if I’m successful, my life will dramatically change, I deeply and completely love and accept myself. Even though I could lose my friends and family if I become a success, I deeply and completely love and accept myself. Even though it feels easier and safer to stay where I’m at, I deeply and completely love and accept myself.”

EB: Everything in my life will change if I become successful

SE: My friends might become envious and jealous of my success

UE: I might lose some or all my friends

UN: I can't be more successful than my parents

CH: I can't be more successful than my brothers and sisters

CB: I can't be more successful than my spouse

UA: My family and friends might resent my success

WR: I can't risk having my family unhappy with me

EB: I could end up alone and lonely

SE: I've always heard it's lonely at the top

UE: I'd rather stay small than lose everyone and be alone

UN: I'll have more responsibilities and less time to spend with my family & friends

CH: If I become successful, people will want more from me

CB: People will ask me for money

UA: People will ask for more of my time

WR: People will ask me for favors

EB: I won't be able to say no to my family and friends

SE: If I'm a success, I'll get more attention

UE: People will notice me and I'll be in the spotlight more often

UN: It's easier and more comfortable to stay just where I am

CH: At least I feel comfortable staying small

CB: My life is safe and predictable the way it is now

UA: I may lose control of my schedule and my life if I'm successful

WR: I am really afraid of the unknown and how my life may change

EB: I'm holding this fear my life will change in all the muscles of my body

SE: I'm holding this fear my life will change in all the ligaments of my body

UE: I'm holding this fear my life will change in all the tendons of my body

UN: I'm holding this fear my life will change in all the bones of my body

CH: I'm holding this fear my life will change in all the joints of my body

CB: I'm holding this fear my life will change in all the cartilage of my body

UA: I'm holding this fear my life will change in all the tissues of my body

WR: I'm holding this fear my life will change in all the nerves of my body

EB: I'm holding this fear my life will change in all the fascia of my body

SE: I'm holding this fear my life will change in all the membranes of my body

UE: I'm holding this fear my life will change in every cell of my skin

UN: I'm holding this fear my life will change in every cell of my spine

CH: I'm holding this fear my life will change in all the fluids of my body

CB: I'm holding this fear my life will change in all the fibers of my body

UA: I'm holding this fear my life will change in all the organs of my body

WR: I'm holding this fear my life will change in every cell of my heart

EB: I'm holding this fear my life will change in all the neural pathways of my brain

SE: I'm holding this fear my life will change in every cell of my eyes

UE: I'm holding this fear my life will change in every cell of my ears

UN: I'm holding this fear my life will change in every cell of my mouth & taste

CH: I'm holding this fear my life will change in every cell of my touch

CB: I'm holding this fear my life will change in every cell of my nose and smell

UA: I'm holding this fear my life will change in every cell of my aura

WR: I'm holding this fear my life will change in every cell of my energy body

Tap Karate Chop Point while saying:

"I give my body permission to release this fear that if I become successful my life will change, from every cell. My body can choose to relax and let go of this fear that if I'm successful, I'll lose my family and friends. I choose to know and understand that I've made many changes in my life and I've always successfully adapted to those changes. I have the ability to adapt to being successful. I give my body permission to release this fear that if I become successful my life will change, from every cell membrane and cell receptor site."



Deserving Success

I'm always shocked at the number of professional athletes I work with who feel they don't deserve success. They say things to me like, "maybe I haven't worked hard enough" or "I don't want people to think I'm arrogant if I claim my success".

What's interesting is that when I ask an elite athlete (someone who's already made it to the top) if they deserve their success, they always answer with a resounding, "Yes, I sure do deserve it!" They have an entirely different conversation going on in their head.

I believe this is true for all successful people. They know they deserve their success; they know they've worked hard to get to where they are; they feel good about claiming their success; and deep down, they know they are good enough.

If deserving success is an issue for you, tap this protocol daily until you start to feel confident, deserving, and willing to claim your accomplishments.



Tapping Protocol for Not Deserving Success

Tap Karate Chop Point while saying:

“Even though I don’t feel I deserve success, I deeply and completely love and accept myself. Even though I haven’t worked hard enough to be successful, I deeply and completely love and accept myself. Even though some of my success feels too easy, I deeply and completely love and accept myself.”

EB: I haven’t really earned this success

SE: I feel I haven’t worked hard enough to achieve this success

UE: I’m afraid to claim my success

UN: I need to struggle longer and harder before I can claim my success

CH: I don’t want to appear egotistical

CB: I’m afraid I’ll appear arrogant to others if I claim my success

UA: I have confused confidence with arrogance

WR: If people only knew the truth, they would know I don’t deserve this success

EB: I feel like such a fraud sometimes

SE: There are so many people who are more talented than I am

UE: There are so many people who are smarter and brighter than I am

UN: I don’t deserve success

CH: I don’t deserve acknowledgment of my achievements and accomplishments

CB: I feel others are more deserving of success than I am

UA: I have trouble accepting the compliments I get on my success

WR: Deep down I don’t feel good enough

EB: I don’t deserve all the things success brings

SE: I am not truly worthy of real success

UE: I don’t deserve to be recognized and honored

UN: There are many others who deserve this more than I do

CH: Sometimes I feel guilty about my success

CB: I haven’t work hard enough to earn it

UA: I can only claim some of my success but not all of it

WR: I’d feel too guilty if I claimed all my success

EB: My muscles are not in harmony with deserving success

SE: My ligaments are not in harmony with deserving success

UE: My tendons are not in harmony with deserving success

UN: My bones are not in harmony with deserving success

CH: My joints are not in harmony with deserving success

CB: My cartilage is not in harmony with deserving success

UA: My tissues are not in harmony with deserving success

WR: My nerves are not in harmony with deserving success

Conquer Your Fear of Failure and Your Fear of Success

EB: My fascia is not in harmony with deserving success
SE: My membranes are not in harmony with deserving success
UE: My skin is not in harmony with deserving success
UN: My spine is not in harmony with deserving success
CH: My fluids are not in harmony with deserving success
CB: My fibers are not in harmony with deserving success
UA: My organs are not in harmony with deserving success
WR: My heart is not in harmony with deserving success

EB: The neural pathways in my brain are not in harmony with deserving success
SE: My eyes are not in harmony with deserving success
UE: My ears are not in harmony with deserving success

UN: My mouth and taste buds are not in harmony with deserving success
CH: My sense of touch is not in harmony with deserving success
CB: My nose and smell are not in harmony with deserving success
UA: My aura is not in harmony with deserving success
WR: My energy body is not in harmony with deserving success

Tap Karate Chop Point while saying:

“I give my body permission to release this feeling I don’t deserve success from every cell. My body can choose to relax and let go of this feeling that deep down I’m not good enough. I no longer need to hold onto this feeling that I haven’t worked hard enough or earned my success. I choose to claim my success. I give my body permission to completely and fully harmonize with claiming and deserving my success.”



Fear of Disappointment

We all hate disappointment! There's nothing worse than putting time, energy, and effort into something and then feeling royally disappointed about how it turns out.

This can be especially true for achieving our goals. There's no guarantee that once we get what we think we want, we'll love it or feel satisfied by it. Setting and achieving goals is a risk.



Maybe you're afraid that if you achieve the success you desire, you'll have to constantly work harder to maintain that level of success. You may be afraid that you can't keep producing successful results or live up to people's expectations of you. It can feel safer to not even try rather than disappointing yourself and others.

If you are afraid you'll be disappointed once you achieve success or you're fearful you can't maintain that level of success, tap this protocol daily until it's no longer an issue.

Tapping Protocol for Fear of Disappointment

Tap Karate Chop Point while saying:

"Even though I'm holding this fear in every cell of my body that if I achieve the success I desire, I'll still be unhappy, I deeply and completely love and accept myself. Even though I am so afraid if I get what I want I'll be disappointed, I deeply and completely love and accept myself. Even though I'm afraid I won't be able to maintain my success, I deeply and completely love and accept myself."

EB: I'm afraid to get my hopes up about success

SE: I don't want to expect success and then fail

UE: I'm afraid I'll be disappointed once I reach my goals

UN: I could reach all my goals and still be unsatisfied

CH: What if all my effort isn't worth it and I'm still not happy

CB: I could reach all my goals and then lose it all

UA: It's safer to remain an underachiever, then I can't be disappointed

WR: I'm afraid I'll disappoint my loved ones

EB: If I achieve success, I'll have to work even harder to maintain it

SE: I'm afraid I can't maintain this high level of performance

UE: It takes a lot of work to remain successful

UN: I may not be able to keep producing these results

CH: People will expect more of me once I'm successful

CB: I won't be able to stand the pressure of people's expectations

UA: I don't want to disappoint anyone, including myself

WR: It feels safer not to try, then no one can be disappointed in me

EB: I'm holding this fear of disappointment in all the muscles of my body
SE: I'm holding this fear of disappointment in all the ligaments of my body
UE: I'm holding this fear of disappointment in all the tendons of my body
UN: I'm holding this fear of disappointment in all the bones of my body
CH: I'm holding this fear of disappointment in all the joints of my body
CB: I'm holding this fear of disappointment in all the cartilage of my body
UA: I'm holding this fear of disappointment in all the tissues of my body
WR: I'm holding this fear of disappointment in all the nerves of my body

EB: I'm holding this fear of disappointment in all the fascia of my body
SE: I'm holding this fear of disappointment in all the membranes of my body
UE: I'm holding this fear of disappointment in every cell of my skin
UN: I'm holding this fear of disappointment in every cell of my spine
CH: I'm holding this fear of disappointment in all the fluids of my body
CB: I'm holding this fear of disappointment in all the fibers of my body
UA: I'm holding this fear of disappointment in all the organs of my body
WR: I'm holding this fear of disappointment in every cell of my heart


EB: I'm holding this fear of disappointment in all the neural pathways of my brain
SE: I'm holding this fear of disappointment in every cell of my eyes
UE: I'm holding this fear of disappointment in every cell of my ears
UN: I'm holding this fear of disappointment in every cell of my mouth & taste
CH: I'm holding this fear of disappointment in every cell of my touch
CB: I'm holding this fear of disappointment in every cell of my nose and smell
UA: I'm holding this fear of disappointment in every cell of my aura
WR: I'm holding this fear of disappointment in every cell of my energy body

Tap Karate Chop Point while saying:

"I give my body permission to release this fear that if I'm successful, I'll just be disappointed, from every cell. My body can relax and let go of this fear that I won't be able to maintain my high level of performance if I am successful. I give my body permission to release this fear I'll be disappointed if I'm successful from every cell membrane and cell receptor site."




Summary



What is the worst thing that could happen if I fail?

After you've tapped all these protocols, ask yourself this question, "what is the worst thing that could happen if I fail at this?" Write down what comes to mind and tap on that. Continue to ask that question and tap until your mind is blank when you ask the question.

Now ask yourself, "what is the worst thing that could happen if I succeed at this?". Write down what comes to mind and tap on that. Continue to ask this question and tap until your mind is blank when you ask the question.



What is the worst thing that could happen if I succeed?

I recommend you Google the terms "fear of failure" and "fear of success" and read about the many aspects of these issues. Anything you read about that still feels true to you can be an aspect you tap on and clear out of your body.

So many of you reading this have brilliant ideas and gifts to bring to the world. Please don't let your fear of failure and fear of success hold you back from sharing your gifts with people. Now more than ever, we need you to share your brilliance with the world!

Love and Blessings,
Stacey

Stacey Vornbrock, M.S., Sports Performance Pioneer
"Helping elite and amateur athletes
turn blocks into breakthroughs"

Schedule your free performance evaluation!
Send an email with your name, phone number,
time zone, and 3 best days and times to reach you:
stacey@breakthroughperformance.net

<http://www.BreakthroughPerformance.net>

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Stacey Vornbrock, M.S., LPC, Sports Performance Pioneer



Stacey Vornbrock gets RESULTS. That's why hundreds of elite and amateur athletes have experienced dramatic performance improvements thanks to her work, and why you can too.

As a Sports Performance Pioneer, Stacey's innovative, proprietary techniques actually *define* the cutting edge of athletic performance with real results in virtually any sport.

With more than 36 years of experience as a psychotherapist, Stacey consistently helps her client athletes achieve their full performance potential with results such as:

- Better than 20% increases in range of motion
- Faster recovery from injury & surgery (up to 3-4 weeks sooner)
- Mechanical changes in minutes (instead of months or never)
- Reduced soreness and recovery time after competing

Stacey goes beyond the mental aspects of performance by addressing the *cellular* and *subconscious* levels. She helps athletes overcome physical, emotional, and mental blocks; performance anxiety; prior poor performances; and limiting "comfort" zones by helping them align their subconscious with their conscious goals and literally changing their biochemistry.

Stacey has her Master's in Counseling from the University of Nebraska and is a Licensed Professional Counselor in the state of Arizona. She worked as a psychotherapist from 1977 until 2003 when she began working with athletes. She has been using Emotional Freedom Techniques since 1999 and believes it is the most powerful tool she has found in her entire career.

Stacey has been interviewed on a variety of radio shows, including Peter Kessler's *Pure Golf Show* on XM Satellite Radio and was featured in *Golf Week Magazine*. She has worked with the University of Texas Women's Track and Field Team as well as several University of Washington teams. She currently hosts her own radio show, *Breakthrough Sports Performance* on EFT Radio Online.

She is co-author of the best-selling book, *Freedom At Your Fingertips* and has authored 9 *Breakthrough Performance Sports Manuals*, as well as ebooks for the general public, including *Body Recovery*, *Injury Recovery*, *Travel Recovery*, and *Coming Back to Balance*.

Stacey works with athletes around the world by phone or Skype from her office in Scottsdale, Arizona.

Appendix A

Introduction to Emotional Freedom Techniques

Gary Craig, a Stanford graduate engineer, developed Emotional Freedom Techniques in 1994. It's referred to as "EFT" or "tapping".

Before I can explain what this is and how it works, let me tell you a little bit about our biochemical functions.

We have 50 to 100 trillion cells in our bodies!

EVERY CELL in our body has up to one million cell receptor sites. It is the job of these cell receptors to take in nutrients, proteins, vitamins, and minerals to nourish each cell and keep it in balance



AN EVENT HAPPENS

That event can be thoughts we have, something that happens to us, something we witness happening to someone else, an injury, a trauma, etc.



The hypothalamus releases a cascade of chemicals that are called peptides

These peptides are short chain amino acids that we experience as an emotion or sensation; all 32 emotions are simply chemical combinations



These peptides dock onto cell receptor sites throughout the body

Now nutrients, proteins, vitamins and minerals can't enter those receptor sites



If the chemical/emotion isn't naturally processed out of receptor sites it remains there



Eventually these receptor sites shrink up and die and the cell divides



The body then makes more receptor sites for that same chemical/emotion and less for nutrients, proteins, vitamins, and minerals



We then spend our time trying to deal with the event and these unprocessed chemicals/emotions on a psychological level (mental) rather than the **physiological (physical) level that it happened on!**

That's also why it feels like your problem is getting worse. That's not your imagination, that's an accumulation of those chemicals in your cell receptors; it's a biochemical response your body is having.

The things that happen to us happen on a physiological level. They literally bypass our conscious mind and happen biochemically and physiologically to us. But we end up spending our time trying to deal with them psychologically and mentally. It's like using a hammer to do the job when instead you really need to use a screwdriver.

What do the Emotional Freedom Techniques do?

EFT speaks directly to your body, bypassing the conscious mind, and completes the processing of those chemicals out of the cell receptors, returning your body to a state of balance.

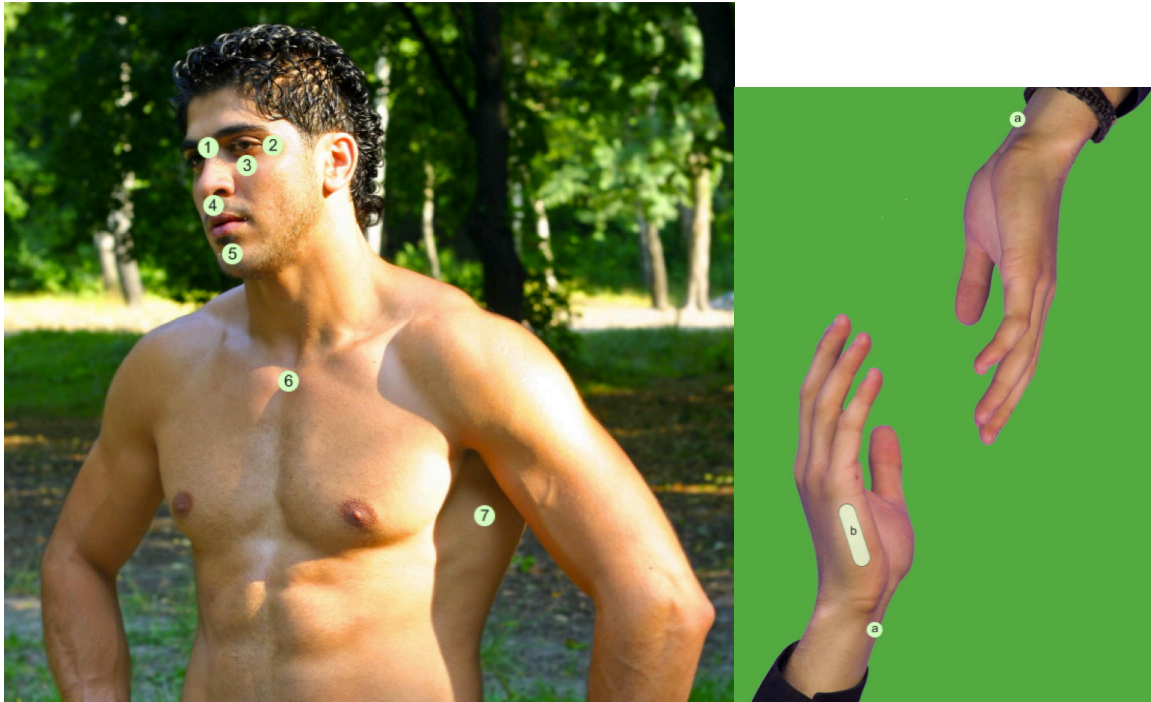
This is accomplished through a series of taps on end acupuncture points on your face and hands. There are no needles involved and it is a do-it-yourself technique. Once learned, you will literally have this tool at your fingertips for the rest of your life!

And unlike other techniques, since we're speaking directly to your body and not your mind, you don't have to believe it will work in order for it to work. You can remain completely skeptical and still get great results!

And believe me when I tell you that every one of my athletes is skeptical when they come to me! I love it... I welcome their skepticism, because the most skeptical ones become my biggest advocates in the end!

Tapping is not designed to replace anything you are currently doing to enhance your performance. Tapping is *in addition to* coaching, strength and conditioning, good nutrition, chiropractic, naturopathic, and medical care or any other modality that adds to your performance.

Where to tap:



Tapping Points

- 1 = (EB) Eyebrow point, tap both sides where eyebrow begins
- 2 = (SE) Side Eye point, tap both sides on the temple
- 3 = (UE) Under eye point, tap both sides under eyes on the bone, dead center
- 4 = (UN) Under nose point, tap in between nose and top of lip
- 5 = (CH) Chin point, tap right in the middle where the chin indents
- 6 = (CB) Collar Bone point, make a fist and tap in the hollow of collar bone
- 7 = (UA) Under Arm point, take four fingers and tap 4" down from under arm
- a = (WR) Wrist point, tap inside of wrists together
- b = (KC) Karate Chop point, tap four fingers along side of hand

Please watch a demonstration of the tapping points I use at this link: <http://www.breakthroughperformance.net/tappingpoints/>, then take a look at the points on "Dot Man" on this page. You'll notice that each tapping protocol that I have developed will have EB, SE, UE, etc. which tells you what point to tap while you are repeating the words.

Here's a *general* description of how to tap for any issues or challenges you're having:

- Name the challenge you are having clearly and truthfully
- Give the challenge a subjective rating on a scale of 0-10. A 10 means it's really intense right now when I think about it, a 0 means it's gone
- Every time you tap for a new issue, start by tapping on your Karate Chop Point and repeating this phrase 3 times: "Even though I have this _____, I deeply and completely love and accept myself."
- Using your index and middle fingers, rapidly tap each of the points while saying out loud or silently all the things you're upset about with this particular challenge; be truthful and even exaggerate how upset you are - don't hold back in your language. At each point say something different related to how you feel and what your thoughts are about the issue. For example: Eyebrow – "I'm furious with him right now, Side Eye – "I hate what he's doing to me", Under Eye – "I can't believe he said those things to me" and so on.
- Eyebrow: where the eyebrows begin, to the right and left of the bridge of your nose
- Side eye: on the side of your eyes in the temple region
- Under the Eye: on the bone under your eyes, dead center
- Under the Nose: between your nose and upper lip
- Chin: in the indentation between your chin and lower lip
- Collarbone: make a fist and tap at the "U"
- Under Arm: about four inches down from under your arm there's a lymph node that drains into your breast and it's usually tender, once you find it just take four fingers and tap in that area
- Wrists: tap the inside of your wrists together in the area where you would wear a watch
- Repeat this round one more time continuing to say what you are feeling and thinking
- Check your rating of the challenge. If it is 0 you are done and may move on to a different challenge. If it is 1 or higher, repeat out loud 3 times: "Even though I have this remaining _____, I deeply and completely love and accept myself."
- Tap the above sequence and continue this process until you are down to 0

Tap on the Negative

It's important to understand that when you tap, you want to **tap on the negative** because you're speaking directly to the body about what it is that's happened,

and you want your body to release those unprocessed chemicals that are sitting in the cell receptors related to that incident.

Often times in order to survive, our conscious mind makes the event (remember that events can be thoughts, something that happens to us, a trauma, an injury, etc.) a little better than it was when it actually happened and the memory of it happening.

But to your body it felt worse than it probably was. You can't lie to your body - your body truly knows what's going on. Your body knows if it was really awful, or if you were so angry you wanted to smack someone, or if you were so embarrassed you wanted to crawl into a hole.

First you want to name the incident, tell the truth about it, even exaggerate it, and tune into it while you tap. The body remembers where it put those chemicals as they released related to that event, and now it goes to find them, release them and complete the processing of them out of your body.

If you're focused on the positive while you tap or you're minimizing what happened, the body doesn't know what to do. You're sending a mixed confusing message about what the event was, what chemicals were released during that event, and what chemicals your body now needs to release related to it.

Eventually, once the negative has been cleared, you absolutely may choose to use tapping to anchor in the positive. It's a very powerful tool for anchoring in the positive. But I'm really careful in instructing my athletes about that because what I find is that they'll jump to anchoring in the positive before the negative is completely released. I'd much rather have people focused on the negative - thoroughly releasing that before thinking about focusing on the positive. You want to get all of those negative chemicals processed out first.

What You May Experience As You Tap

You may experience some of the following symptoms while tapping as your body releases chemicals from your cell receptor sites. If you don't experience any of these, it doesn't mean something isn't happening; everyone's body releases in its own way.

- Laughing
- Crying
- Yawning
- Itching
- Heat coming off your body
- Cold coming off your body
- Light headedness

- Dizziness
- Moderate to extreme fatigue
- Tingling in hands and feet or other parts of your body
- Colors and lights in room may appear more vivid
- Overall relaxed feeling

As you tap, these chemicals will dump into your waste system, make sure you drink plenty of extra water, just as if you've had a deep body massage and toxins are releasing.

Use EFT for Everything!

Anxiety	Guilt and Shame
Stress and Overwhelm	Embarrassment
Fears and Phobias	Relationship Issues
Depression	Allergies
Negative Thinking	Addictive Cravings
Anger and Resentment	Test Anxiety
Frustration	Sales Apprehension
Jealousy	Public Speaking Fears
Grief and Sadness	Peak Athletic Performance
Trauma	Weight Loss
Rejection	Physical Pain and Discomfort

When should I tap?

- In the moment when a negative emotion is being experienced
- To clear a negative emotion, thought or event from the past
- Every night clear out any lingering upsetting emotions from the day. Ask yourself: "Is there anything or anyone I'm upset with from today?" Your mind will do a little computer search, pop it up, and then you want to tap on that. I like to use the example that you're going to empty your glass out every day. As you go through the day, chemicals are released, dump into your cell receptors, and they just sit there. It's like pouring water into a glass, a little bit here, a little bit there, and if you can empty that glass out every night before you go to sleep, you're going to feel so much better. You're going to stay on top of everything that 's happening. The problem begins once those chemicals start to accumulate and eventually your glass ends up overflowing. That's what we want to prevent.