

The tightrope method

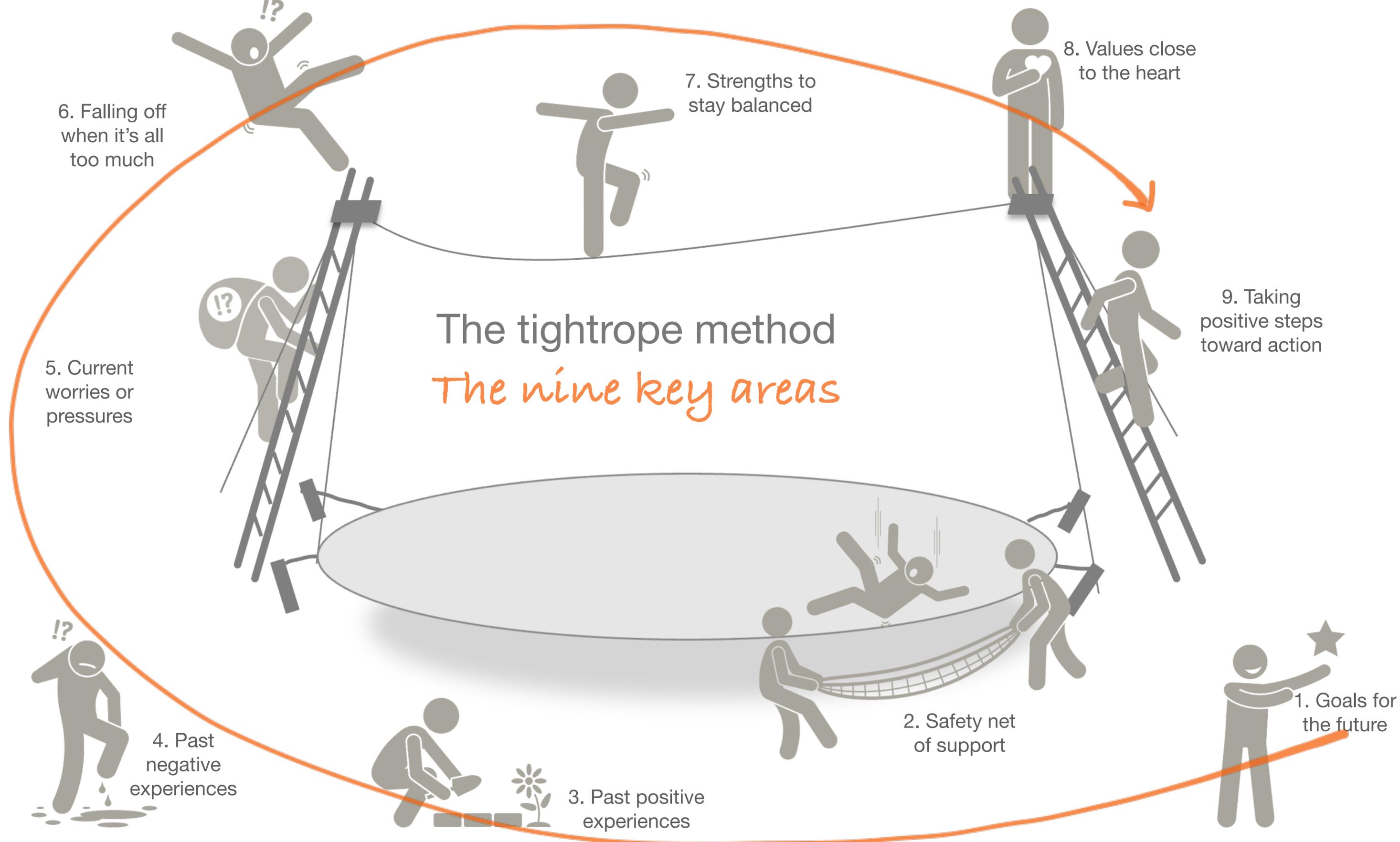
For finding balance in a world full of competing demands

The tightrope method is for you if ...

Are tired of feeling like you're always playing catch-up,
Struggle to balance the demands of work, family, and everything in between
Find yourself constantly putting things off until the last minute
Only to feel even more overwhelmed and stressed out
Feel like there aren't enough hours in the day - especially not for self care

And you ...

Dream of having a sense of control and balance
Want to feel proud about everything you do
Are ready to overcome self-sabotage
To say goodbye to procrastination
And hello to the inner-strengths to success
Finally live a fulfilling and balanced life
With responsibility and free of guilt



What is the tightrope method?

The tightrope method takes you through a powerful analogy of life. It explores your past, present and future. Supporting you to find clarity and balance.

It uses techniques from Cognitive Behavioural Therapy, Brief Solution Focused Therapy and Emotional Freedom Technique (EFT). For a powerful self-exploration and transformation.

The different areas of the tightrope represent:

-  Your goals for the future
-  Past experiences that support the foundation. Opportunities for change
-  Past experiences that make the ground under the tightrope muddy and unstable
-  Your beliefs, fears or pressures that make the tightrope higher and more wobbly
-  What does 'falling' look like for you?
-  Your strengths to help your balance in life
-  Your values that drives your choices
-  The steps you can you take now
-  Who is your safety net in case you fall?

How to use the tightrope method

Review each chapter, which will be based on one of the sections around the tightrope.

Choose the prompts or statements that are most relevant to you and your situation.

Then, explore how these fit to the different areas of your life. Home, work, friendships and 'me-time'.

Each section has a tapping script for you to read and tap along with. This enhances your journey toward balance.

The tightrope method supports a deeper insight into why you feel overwhelmed, stressed and keep 'falling off'. The tightrope method provides a pathway to living a value-led life that utilises your strengths.

If you feel triggered or upset, use tapping to calm down your nervous system.

If you would like some help with your journey, I am posting videos, tips and tools on various platforms (YouTube, Facebook and Instagram) - including a walk through this workbook and each of the chapters

Go to robertaevans.com for more information and links

The role of the brain on our behaviour

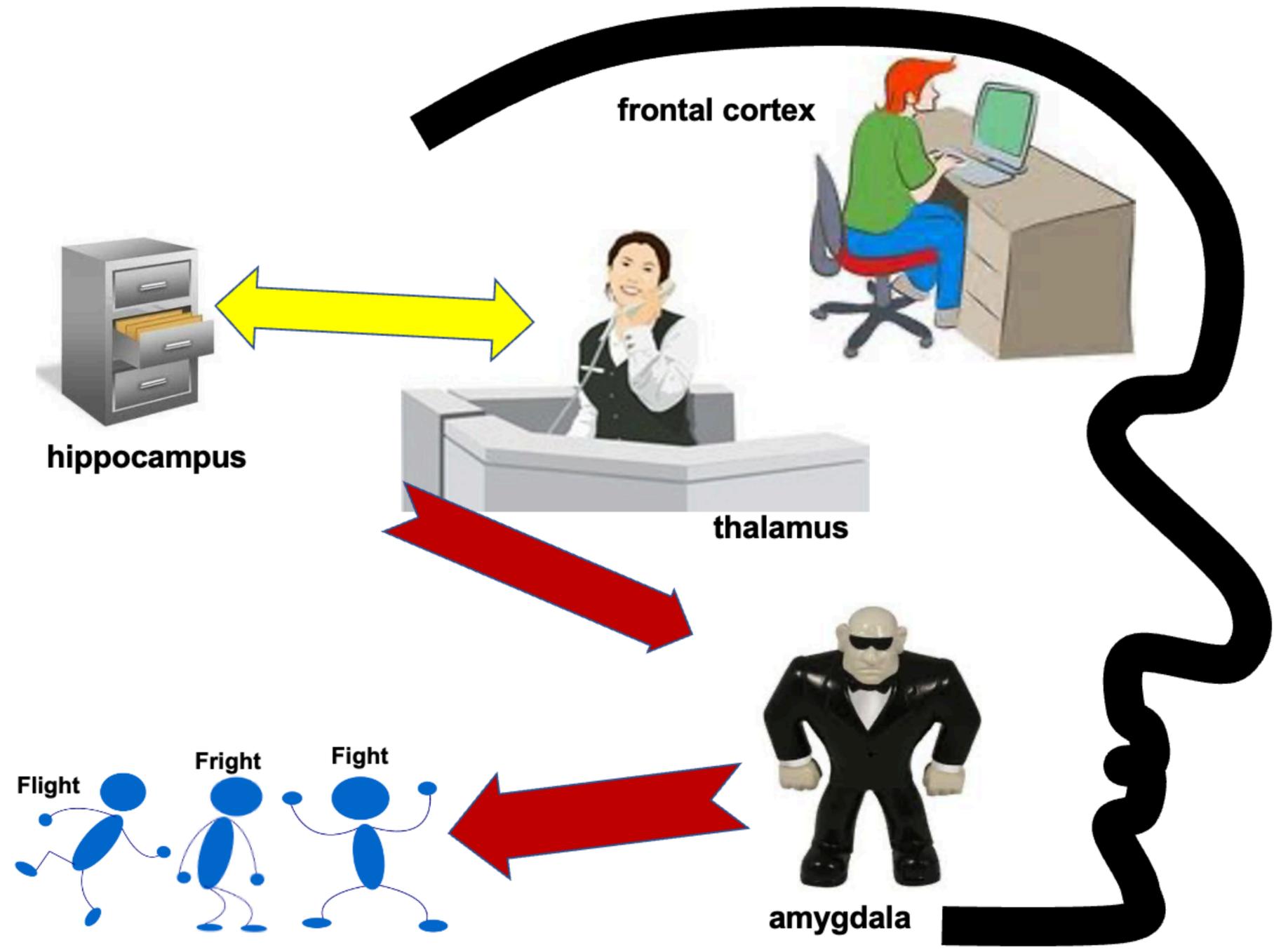
The Limbic System

There is an important part of the brain that influences your behaviour and decisions. It supports problem solving, managing stress and heightened emotions.

It's called the limbic system.

Imagine the limbic system as an office building.

- At the entrance is the security guard (amygdala). Protecting the rest of the system / building. The Amygdala is within the subconscious mind, alert to threats and danger. It triggers fight, flight or freeze responses.
- Then you have the reception desk (thalamus) that relays incoming messages. It is close to the filing cabinet (hippocampus). The hippocampus lays down memories and regulates emotions.
- At the top is the manager (frontal cortex) who makes considered decisions. It organises, sets priorities, has self awareness and empathy.



The office building brain - adapted from Pete Thomson (2004) © Dr Roberta Evans (2013)

When the brain has too much stress or trauma, the amygdala takes priority

When a child grows up with a lot of stress or trauma, their amygdala has had to learn to be on alert. Over time, this becomes the more dominant response when triggered. It is subconscious and automatic.

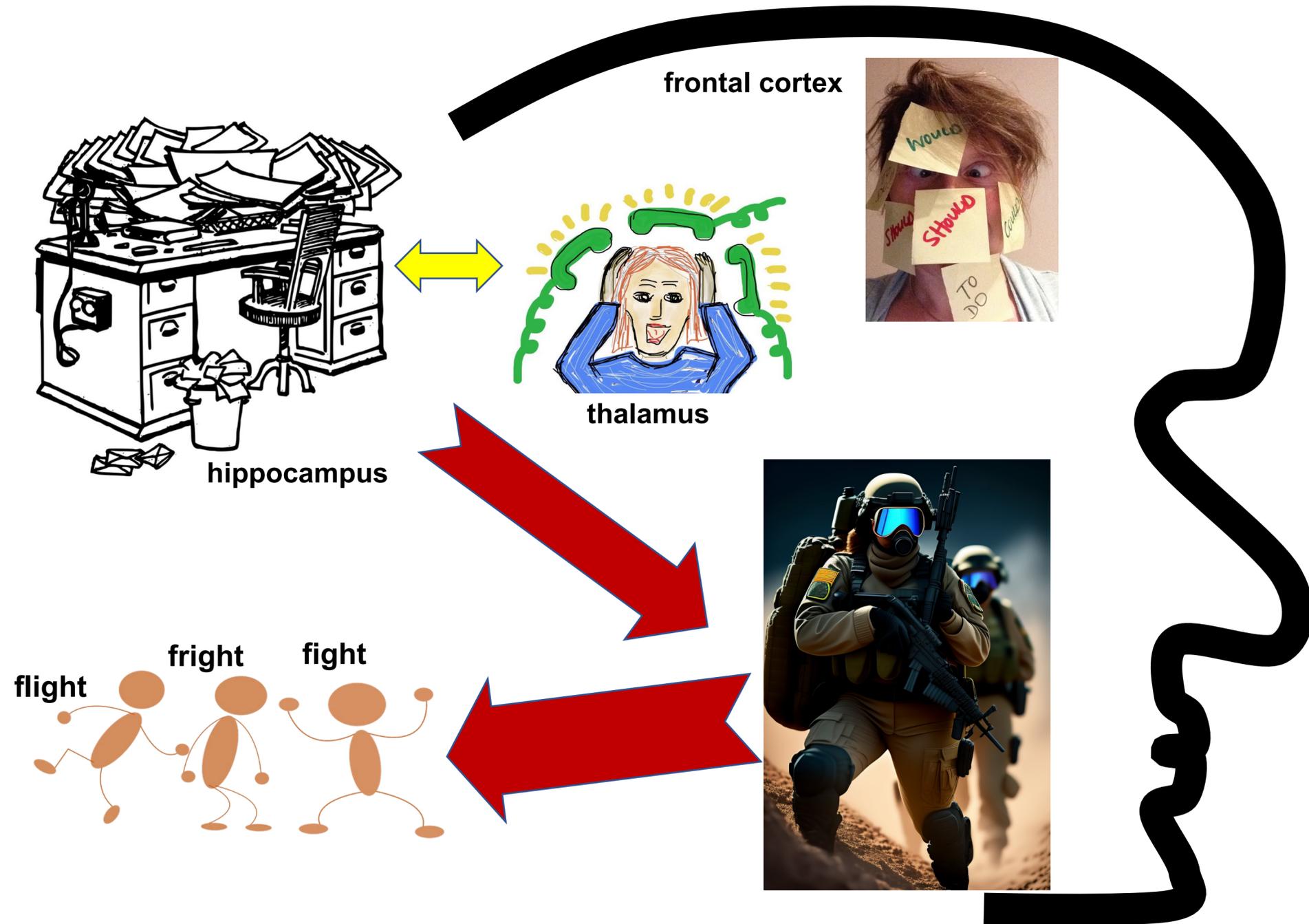
As an adult when you are stressed, triggered or overwhelmed the amygdala also takes action.

So the amygdala triggers flight, fight, freeze. What these look like is different for different people, depending on how much trauma they have experienced (and how much love has compensated for that trauma).

Some examples are

- An inability to maintain relationships, walking off from disputes, needing to just 'go out' (flight)
- Avoiding tasks or feeling stuck, seeking numbness with food / drink / drugs (freeze)
- Going into an angry rage (fight)

These are all natural responses to stress, being overwhelmed or feeling triggered. They can lead to you or someone else getting hurt. Then to guilt and shame. Then the cycle can continue.



The office building brain - adapted from Pete Thomson (2004) © Dr Roberta Evans (2013)

What helps calm the Amygdala?

To calm the Amygdala it needs non-emotional tasks. Ever find yourself washing the dishes during an argument? It's the last thing you want to do, yet it's calming. Taking a walk, fixing something, working on a puzzle, having a nap - will all help.

A sense of purpose helps. Reminders of what's important. Reviewing your priorities can help you to stay balanced and calm.

Touch also helps. A hug is so important. Or cuddling up with a warm blanket. You will also be introduced to the wonderful tool of Emotional Freedom Technique (EFT)

EFT is also known as 'tapping' because it involves **tapping** with your finger tips on **meridian points** around the head and shoulders to shift your **energy system**. The process involves talking through the problem until the energy around that problem shifts towards release.

Emotional Freedom Technique was created by Gary Craig in the 1990s. He describes it as a **psychological version of acupuncture**. Tapping can **calm anxiety and stress**. It can address a range of **physical and emotional health concerns**.

EFT is effective at addressing past traumas. Releasing the triggers of memories in the hippocampus and calming the amygdala.

I have provided tapping scripts with each of the tightrope method sections. You are asked to read them out loud and tap along to release any stress or triggers that may arise. You can reword them or write your own.

EFT Tapping points

You tap on these points with your fingers (with one or both hands and on either side of the face or body).

You tap while reading the script (or talking out loud about a problem).

There are nine tapping points. The first is the Karate Chop.

1. Karate Chop

This is on either hand on the outside fleshy part that would be used to karate chop something. The karate chop set-up at the start of a tapping sessions helps to address Psychological Reversal. Dr Roger Callahan discovered that for some reason we often do not actually want to get rid of a problem. This is presented as subconscious resistance because the problem provides secondary benefits. For example, you want to lose weight but you are also fearful of losing weight as it may attract more attention. This is psychological resistance.

The remaining points are then tapped in rounds, usually starting with the eyebrow point.

2. Above eyebrows

3. Side of eye

4. Under eye

5. Under nose

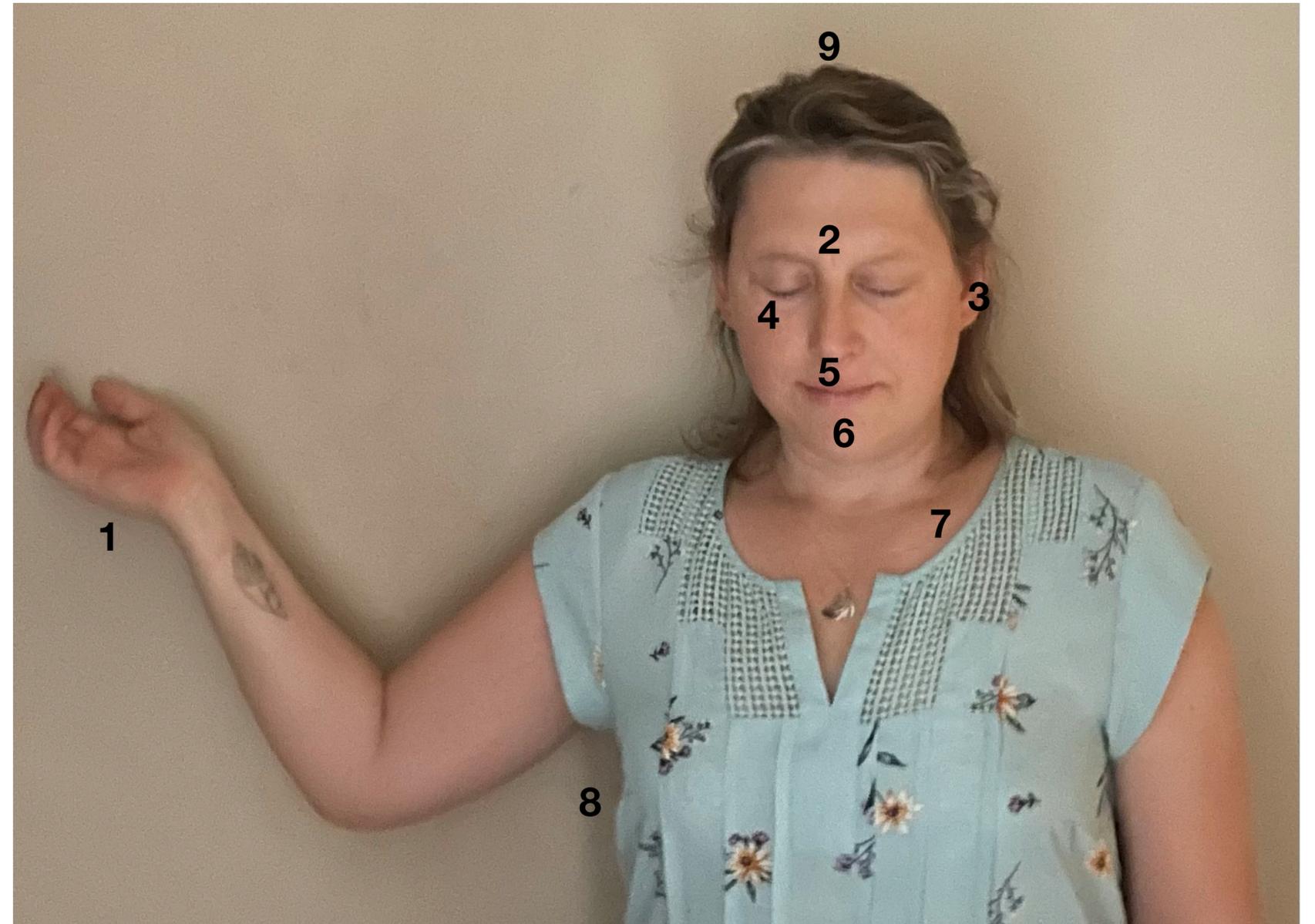
6. On chin

7. Collarbone

8. Under arm (a palm length from under the arm)

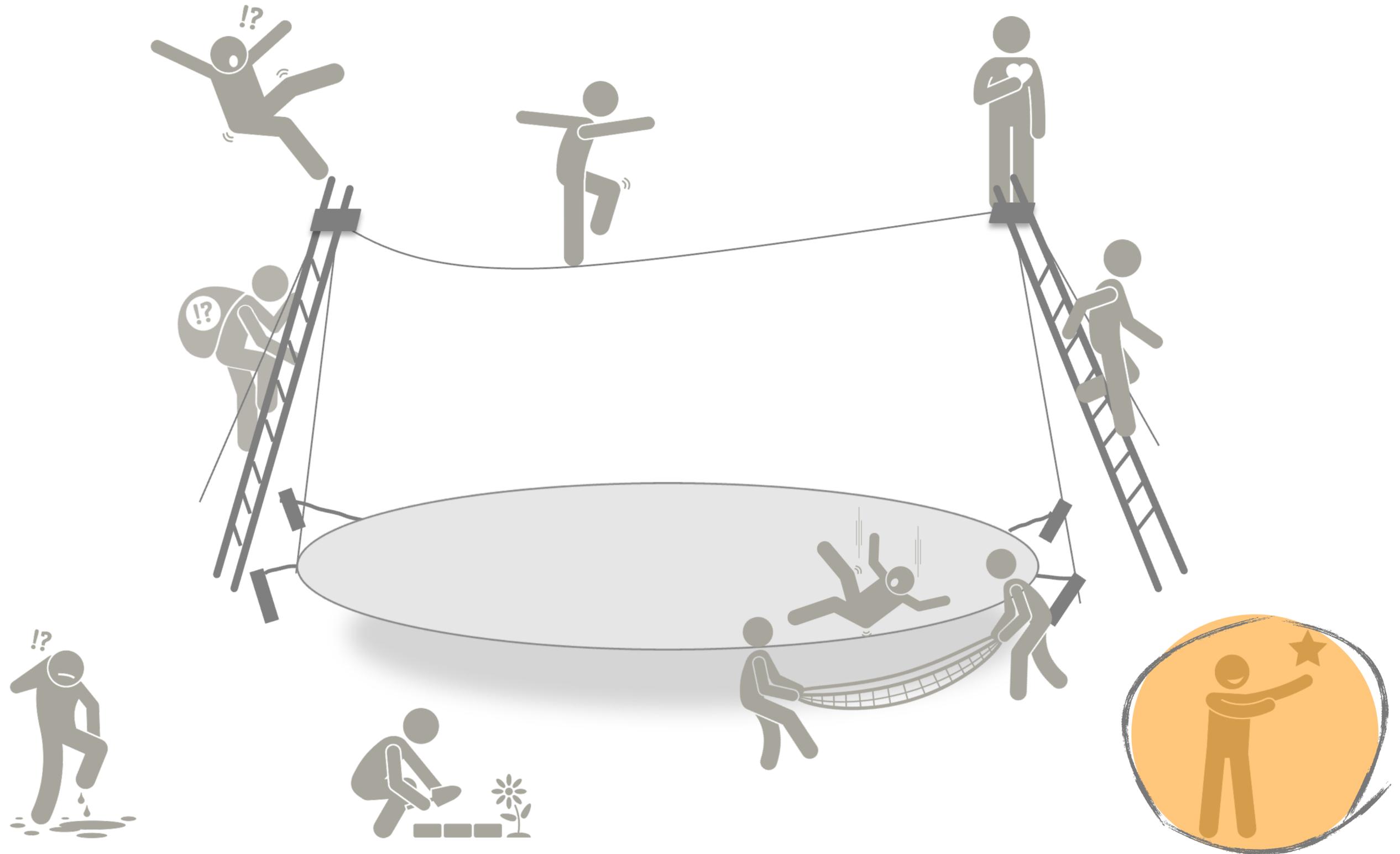
9. Top of head

I will be developing videos on YouTube that take you through the tapping points and each of the tapping scripts in this workbook so be sure to check out the channel [@thetightropemethod](https://www.youtube.com/@thetightropemethod)



As you get used to the points it is ok to miss one or tap in a different order

What are your goals?

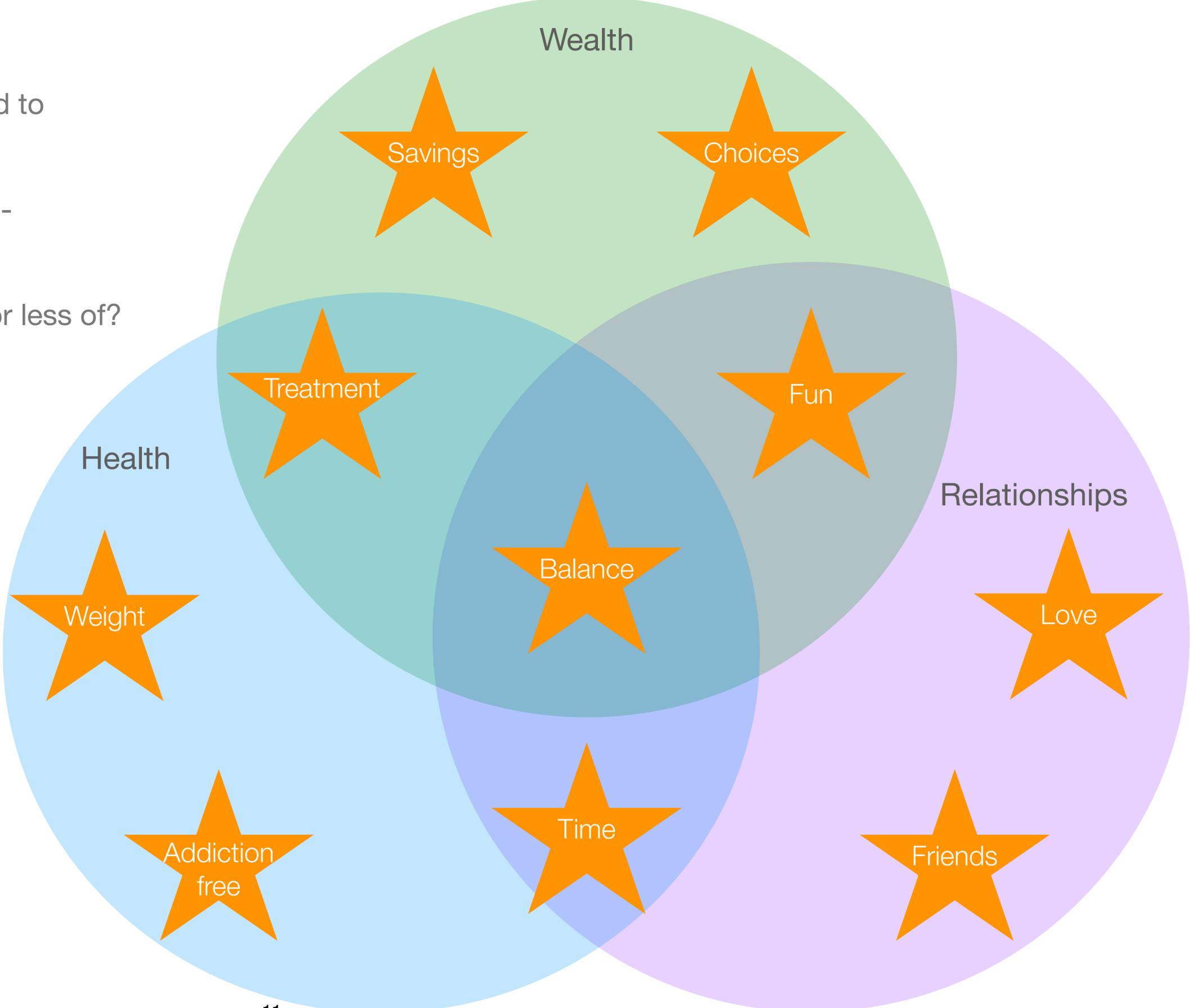
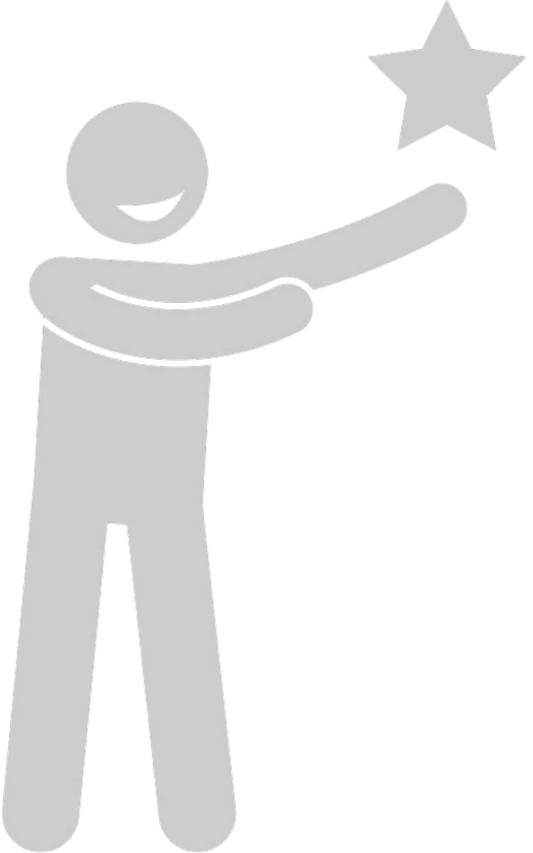


Prompts to consider your goals

The usual areas that we seek change are in regard to health, wealth or relationships.

Some prompts or ideas have been provided here - decide what is most important to you.

What do you want to change, improve, do more or less of?



What would you like to achieve in each area of your life?

Let's start with your intentions, hopes and goals.

Having reviewed the prompts, what would you like to achieve at home, in work, with friends or for yourself?

Particularly if you currently feel unbalanced and overwhelmed. What does walking on a wider, more stable path look like?

You can come back and revisit these as you complete each of the sections. As more ideas and goals may surface.

Family / Home	Work / Career	Friends / Socialising	Myself
<i>Example: Have more time with my children and partner</i>	<i>Example: Finish tasks but also 'log-off' at a decent time</i>	<i>Example: Plan more fun activities with my close friends.</i>	<i>Example: Less times on games and more time exercising or meditating</i>

EFT Tapping to support you

If you feel overwhelmed by all the goals you have identified. Particularly if you feel that life is too out of balance to achieve any right now. Then the tapping script on the next page is to help clear some of this fear or resistance.

*As you read the script (out loud or silently) tap on the named points with your fingers. While the points are named, **you can just tap anywhere as you get familiar with the points.***

If any of the words do not fit you and your situation feel free to change them. You can add more if you want to.

If tapping and reading doesn't work for you then you can record yourself reading the script and replay while tapping.

I will be developing videos on YouTube that take you through the tapping scripts in this workbook so be sure to check out the channel [@thetightropemethod](https://www.youtube.com/@thetightropemethod)

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- 4 (UE) Under eye
- 5 (UN) Under nose
- 6 (OC) On chin
- 7 (CB) Collarbone
- 8 (UA) Under arm
- 9 (TOH) Top of head



As you get used to the points, it is ok to miss one or tap in a different order

EFT Tapping Script for goals

Read out loud and tap on the points

1. Karate Chop point

Even though I feel some overwhelm at all these goals,
I accept where I am now
Even though I fear that this won't work, like everything else,
I am willing to give it my best
Even though I have this resistance,
I am open to trying out this method for some balance

While tapping around the points

2. (AE) - I have dreams for a balanced life
3. (SE) - Doing enough to be enough
4. (UE) - To be valued for everything I am doing
5. (UN) - To have time for myself without any guilt
6. (OC) - I need to get rid of all the noise
7. (CB) - and calm my mind
8. (UA) - How will this tapping even help?
9. (TOH) - Yet, I am here and willing to give it go

Deep breath

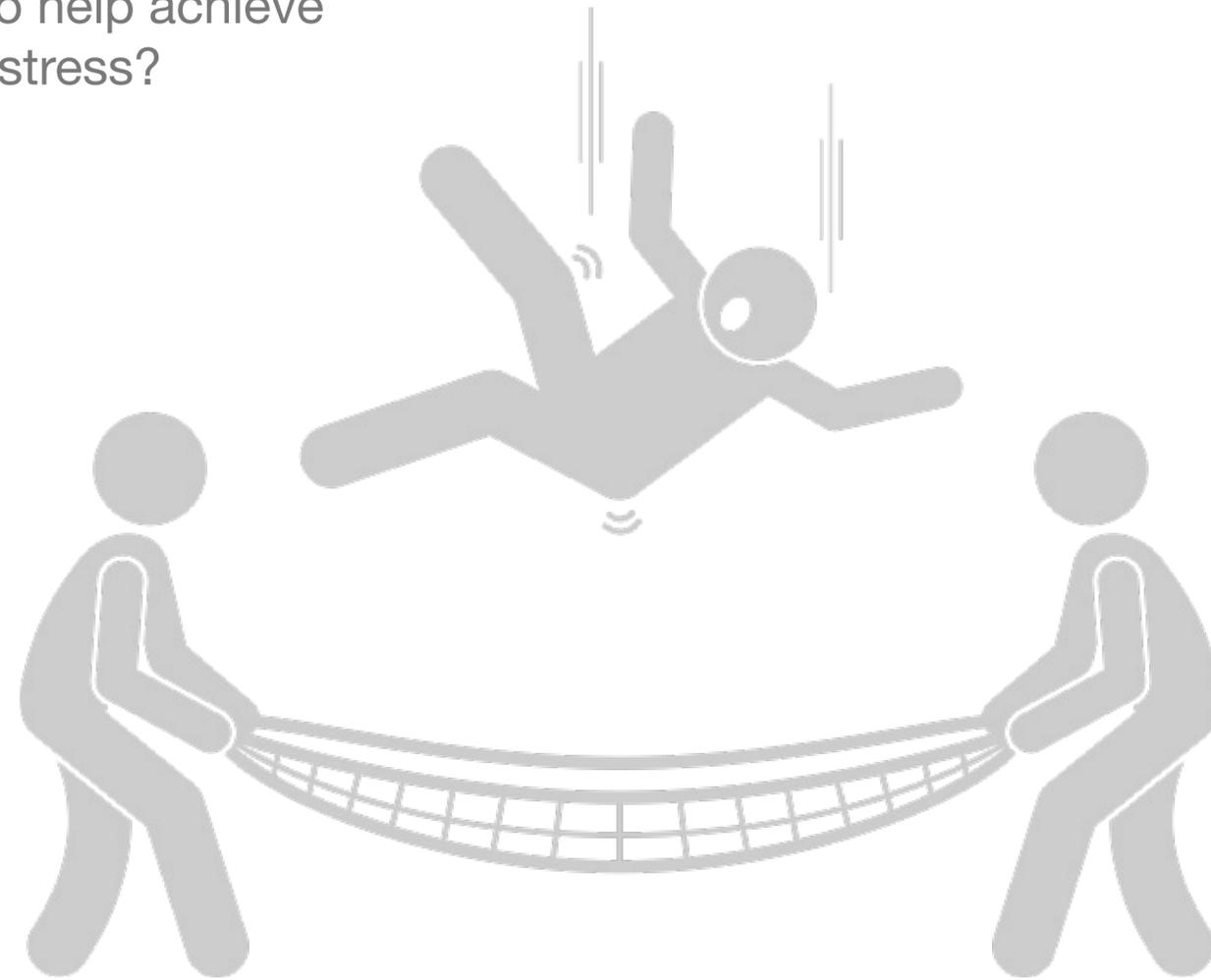
2. (AE) - I don't have the time for everything I want to achieve
3. (SE) - So many competing demands
4. (UE) - They are all worth the effort
5. (UN) - I am so exhausted with effort
6. (OC) - So I escape into distraction and procrastination
7. (CB) - Or go into a rage of anger and anxiety
8. (UA) - Even if that is quietly and deep inside
9. (TOH) - Now is the time to find balance in all these demands

2. (AE) - I am open to exploring this method
3. (SE) - To discover my strengths and uncover some truths
4. (UE) - I choose to do this for me
5. (UN) - I am worth the time to work on my goals
6. (OC) - To explore my blocks and barriers
7. (CB) - To rediscover my strength and values
8. (UA) - This is within my gift
9. (TOH) - I choose to give this to me now

Deep breath

Prompts to identify your safety net

Who and what can you turn to for support to help achieve your goals and during times of change and stress?



Someone who checks up on me

Someone to talk to

My religion / faith

Place of support, where I feel I belong

Someone I can trust

Someone who loves me no matter what

Space to reflect

Safe space to let go

Someone who offers practical help

Someone to just 'be with'

Positive activities

Sleep and Nutrition

Inspiring leaders or role models

Rules or routine that I can turn to

People who expect good of me

What do you do / who do you turn to as your safety net?

Review the prompts and then start identifying people, places and activities that you use as a way to 'bounce back' during or after difficult periods of time (or that you could start turn to for support or balance)

Family / Home	Work / Career	Friends / Socialising	Myself
<i>Example: Texts from X to check OK</i>	<i>Example: Place to reflect</i>	<i>Example: X loves me no matter what</i>	<i>Example: Running / Meditation</i>

If you would like me to be part of your safety net go to my website for links to various platforms where I share tools and tips

EFT Tapping to support you

If you struggle to ask for help or lean on your support network, then the tapping script on the next page has been created to acknowledge this. To open up to the idea of asking for help as a way of self-love and self-care.

*As you read the script (out loud or silently) tap on the named points with your fingers. While the points are named, **you can just tap anywhere as you get familiar with the points.***

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EFT Tapping Script for **safety net**

Read out loud and tap on the points

1. Karate Chop point

Even though I try to do it all myself,
I can show myself love by asking for help
Even though I sometimes feel alone or isolated,
I am open to finding support
Even though I struggle to open up to others,
I am open to finding ways to heal

While tapping around the points

2. (AE) - I struggle to lean on others for help
3. (SE) - I don't want to burden them with my problems
4. (UE) - I just want to escape from the problems when I can
5. (UN) - So often I've been left to just deal with it
6. (OC) - Others letting me down or not showing up
7. (CB) - It is difficult to trust other people
8. (UA) - So it's easier to do it myself
9. (TOH) - Suck it up and be my own safety net

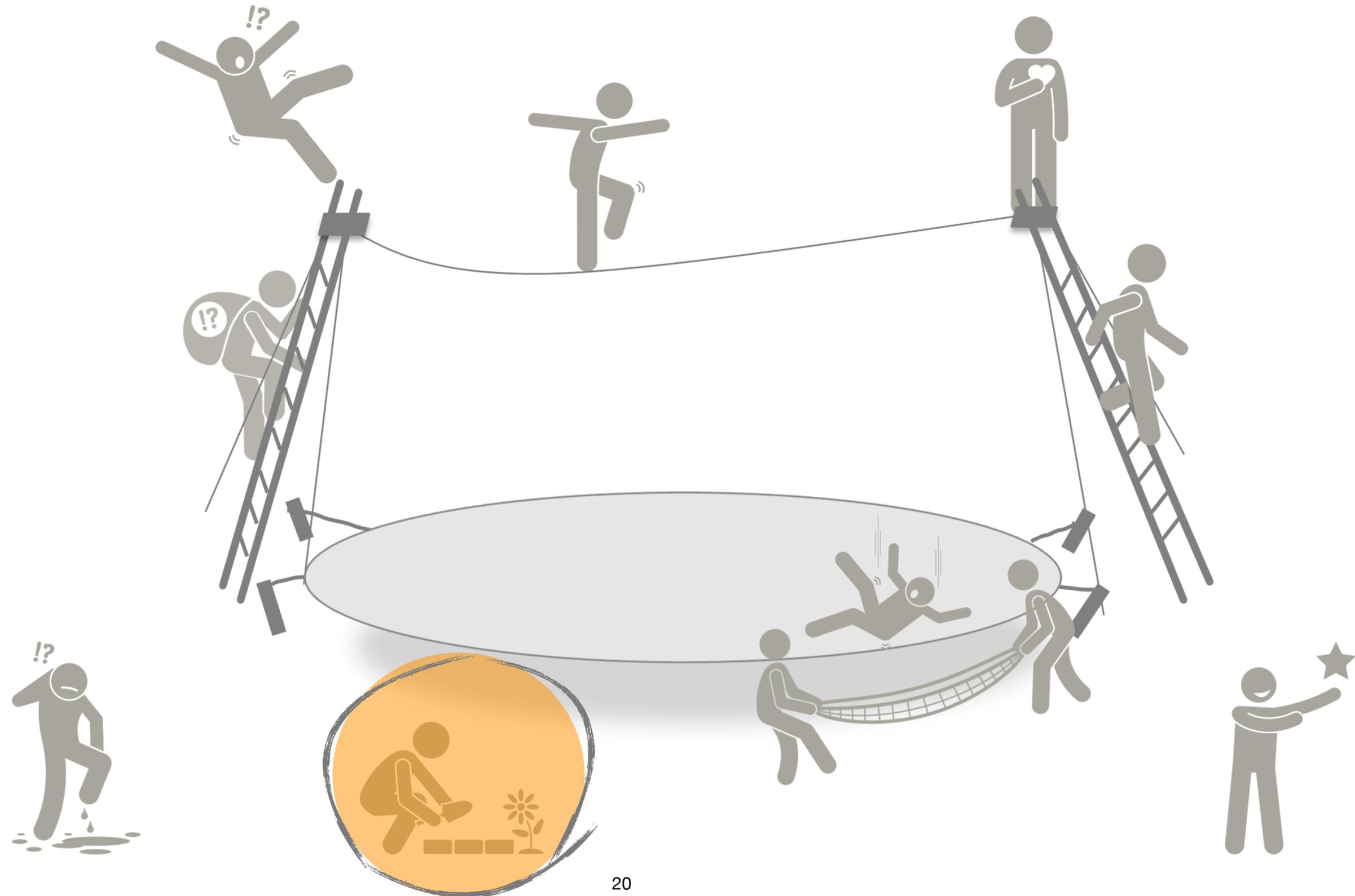
Deep breath

2. (AE) - I am grateful for how independent I am
3. (SE) - Focusing on routines that are familiar
4. (UE) - Doing solo activities to clear my head
5. (UN) - Getting the job done so I can hide
6. (OC) - If I don't do it then I'll be questioned and judged
7. (CB) - If I get other people to do it, it won't be good enough
8. (UA) - I can be inspired by those who have achieved this
9. (TOH) - Aren't we praised when we do it all?

2. (AE) - I am open to the possibility that asking for help is not weak
3. (SE) - That having someone be there is rather nice
4. (UE) - That I can be independent and choose to ask for help
5. (UN) - That I can fall into my routines and get support
6. (OC) - I accept that sleep and nutrition can be a safety net
7. (CB) - That I can find ways that work for me
8. (UA) - When I ask for what is important to me
9. (TOH) - I am both powerful and supported

Deep breath

Positive past experiences that support a strong foundation



Prompts to help identify your positive past experiences

How can you draw on what you have learnt and achieved to support your goals?



Help I've had



Praise received



Times accepted



Positive times with family



Positive times with friends



Gaps in the 'bad times'



Good memories



Believed in myself



Time to learn and grow



Time to reflect



Completed a promise



Positive choices I've made



Something proud of



Found solutions



Overcame difficulties



When and where have you experienced some positive times?

Perhaps you had some positive experiences at school or been praised for something at work?

Try to recall special or laugh-out-loud or smile-at-yourself moments.

Think of poignant places and people throughout your life. Write these out in the different spaces

Family / Home	Work / Career	Friends / Socialising	Myself
<i>Example: Listening to Simon and Garfunkel during Summer of X</i>	<i>Example: Praised for cat painting at primary school</i>	<i>Example: Visited Paris with X</i>	<i>Example: Got help for anger / anxiety</i>

EFT Tapping to support you

If you struggle to see how the past positives can counteract the negatives, then the tapping script on the next page has been created to acknowledge the times in life when things have been positive and times of growth. Recognising them as a foundation.

*As you read the script (out loud or silently) tap on the named points with your fingers. While the points are named, **you can just tap anywhere as you get familiar with the points.***

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EFT Tapping Script for past positive experiences

Read out loud and tap on the points

1. Karate Chop point

Even though I have negative experiences in my past,
I can identify positive experiences as well
Even though I have pain and hurt in my past,
I can learn and grow from them
Even though I have guilt and shame from my past,
I can draw on the good memories

While tapping around the points

2. (AE) - I appreciate my past positive experiences
3. (SE) - Even if that can sometimes feel like grasping at straws
4. (UE) - From a pile of muddy crap in my past
5. (UN) - I also know that mud and straw make bricks
6. (OC) - So its worthwhile finding every straw
7. (CB) - Every positive experience is worth nurturing
8. (UA) - Recognising them gives them light to grow
9. (TOH) - Even if there are tears of loss, they give healing

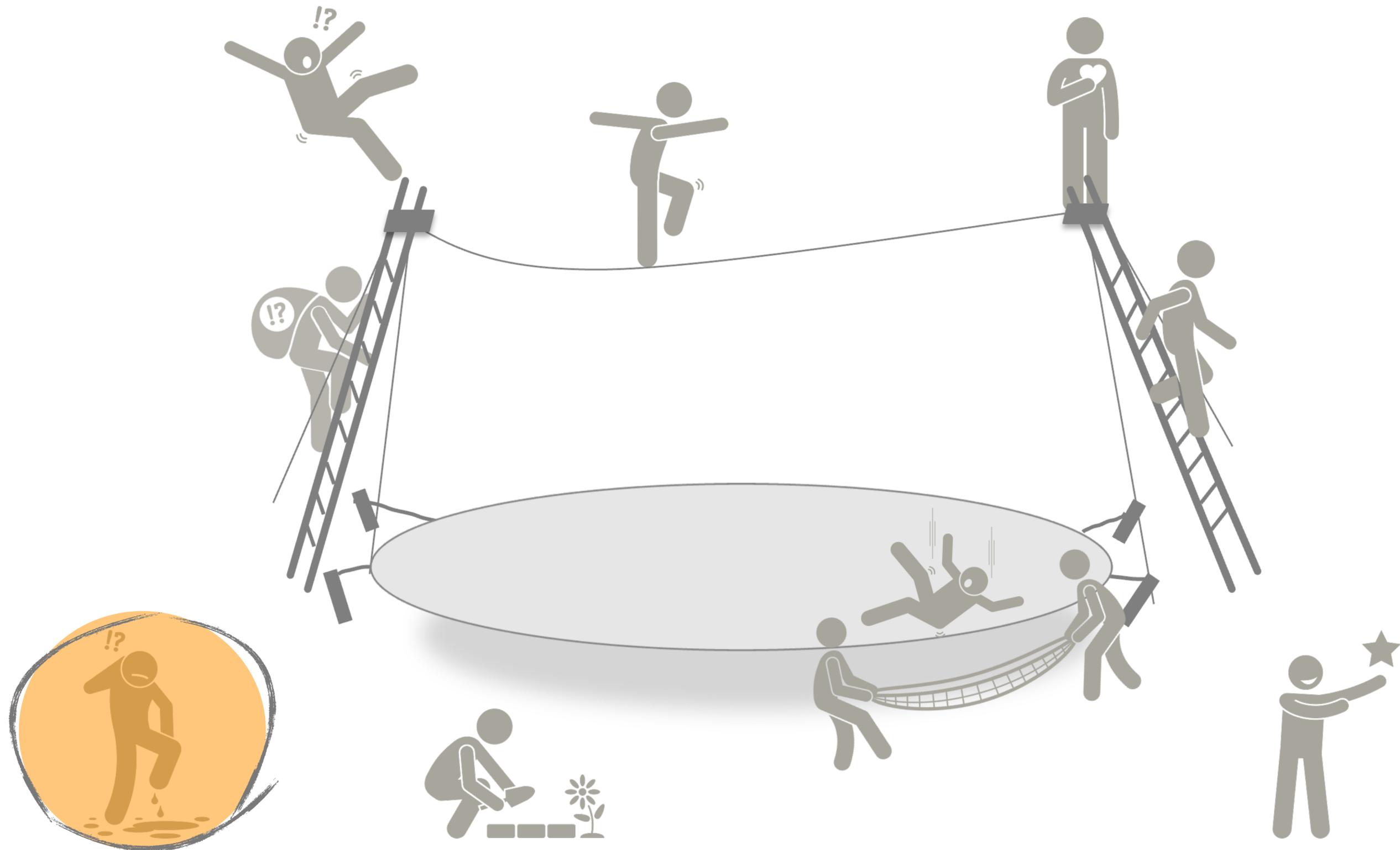
Deep breath

2. (AE) - This reflection is helping me grow
3. (SE) - I am proud of myself for tapping on this now
4. (UE) - This can help me to overcome difficulties
5. (UN) - To find new ways to appreciate myself
6. (OC) - I can remember times of learning
7. (CB) - I can reflect on times of growth
8. (UA) - I have managed to solve problems
9. (TOH) - I have achieved wonderful things in my life

2. (AE) - I appreciate my journey
3. (SE) - Times with my friends
4. (UE) - Times with my family
5. (UN) - I have overcome difficulties
6. (OC) - I choose to focus on what I have learnt
7. (CB) - To see the moments of love in my life
8. (UA) - To bring that love into my heart
9. (TOH) - Let it flow and grow

Deep breath

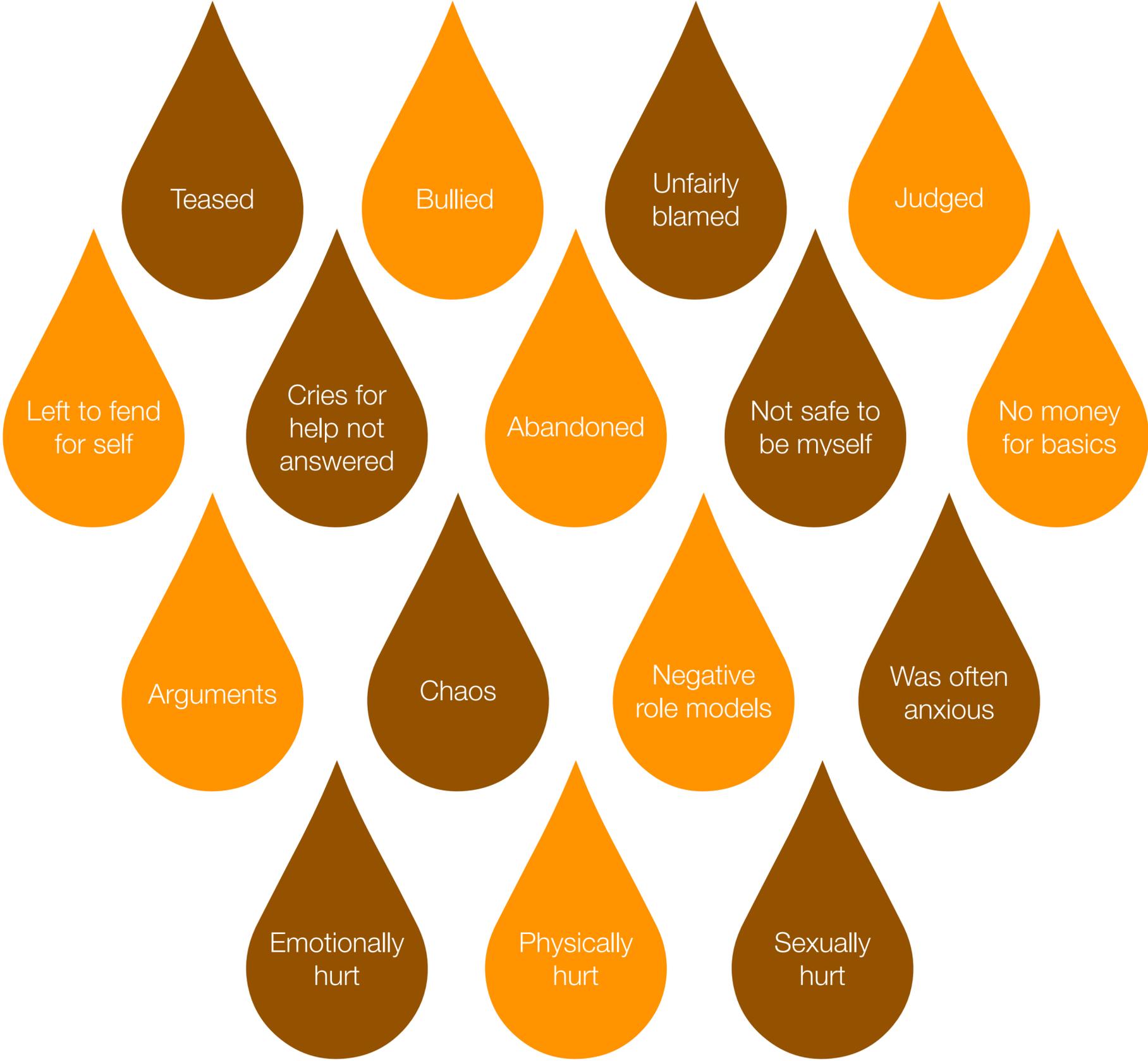
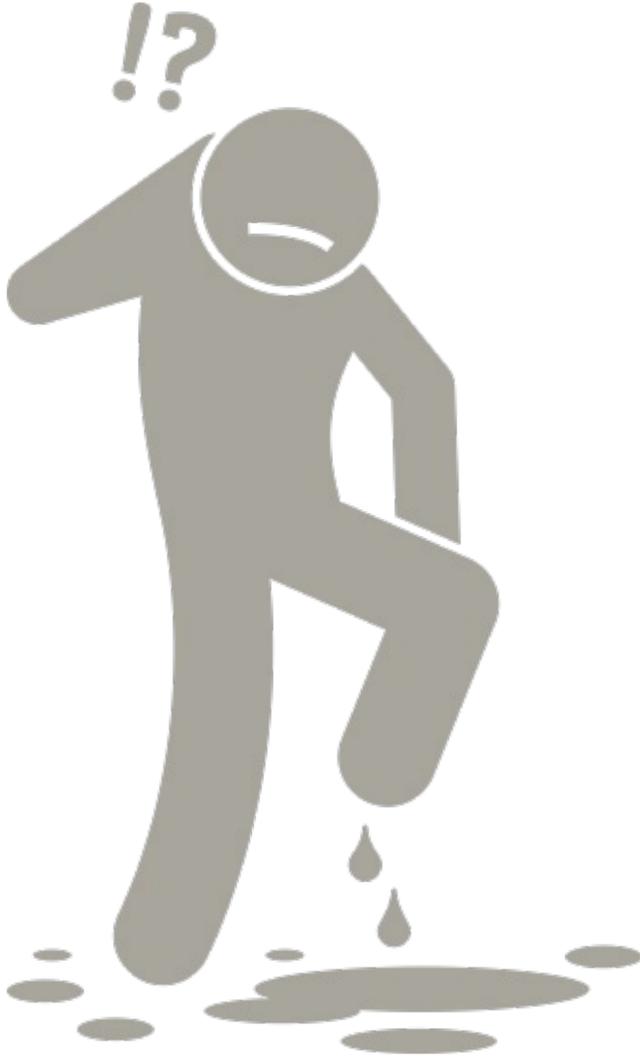
Negative past experiences that make the foundation wobbly



Prompts to consider past experiences

When there is a lot of ‘crap’ in the past, the foundation under the tightrope structure can be unstable and make life wobble.

Let’s gently dig into the past to understand the experiences that may be triggering a fight, flight or fright response in us today.



When and where have you experienced some difficult times?

Using the prompts, fill in the spaces where this might have happened.

You can write down what exactly happened but you don't need to if this is too difficult.

If you want to name them, sometimes it helps to start with "the time when"

Family / Home	Work / Career	Friends / Socialising	Myself
<i>Example: The time dad left us</i>	<i>Example: The time I was bullied by X</i>	<i>Example: The time X assaulted me</i>	<i>Example: The time I had a panic attack</i>

You may be asking ...

There is sooo much trauma in my past, how do I release it all??

Remember your support network. We will also explore your personal strengths that help you stay balanced. Also, your values that support action.

The Tapping Scripts in this workbook are designed to help clear the trauma that triggers the stress and anxiety responses.

If you would like more support then please be sure to connect with me through your platform of choice

Facebook: [The Tightrope Method Community](#)

Instagram: [@dr_roberta_evans](#)

YouTube: [@thetightropemethod](#)

But I had a good life, so what's making me 'fall off'?

Past childhood trauma will often be the cause of 'falling off' but trauma does not have to involve big abusive events, it can be relatively innocent experiences that have stuck in the subconscious and created an alert.

There may be experiences in adulthood, at college or work, in relationships or during other events, that have created a trigger or alert.

There will often be compounding reasons that lead to uncontrollable behaviours. This can also be due to current worries and pressures or due to a lack of inner strength or lack of support (we look at all these further in the workbook)

Do you still hold revenge, guilt or strong feelings about your past?

Read through the following beliefs / statements and fill in the relevant blanks.

Then score how true that is for you (10 = very true, 0 = not at all true)

If nothing comes to mind then score 0 and pass on to the next statement.

Theme	Belief / statement	Score NOW 10 = very true	Review again in 3 months
Revenge	I can never forgive _____ for _____		
Guilt / Shame	I have so much guilt about the time _____		
Grief	I feel lost without _____ because they _____		
Anger	If there's one thing I can't stand, it's _____		
Alone	No-one understands how much _____ affected me		
Fear	I'm still afraid of _____		

After using the tapping scripts for your past experiences for 3 months, revisit these scores to see if there has been a shift.

EFT Tapping to support you

If you have identified several painful or hurtful experiences then the tapping script on the next page has been created to acknowledge these experiences and open up to the possibility of healing from them.

*As you read the script (out loud or silently) tap on the named points with your fingers. While the points are named, **you can just tap anywhere as you get familiar with the points.***

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EFT Tapping Script for **past negative experiences**

Read out loud and tap on the points

1. Karate Chop point

Even though I have painful and hurtful experiences,
I am open to healing

Even though I have painful and hurtful experiences,
I can learn to heal from these

Even though I have painful and hurtful experiences,
I can start to love and accept myself

While tapping around the points

2. (AE) - All this hurt and pain from my past
3. (SE) - I struggle to let it go
4. (UE) - My life changed after this
5. (UN) - My identity was formed from this
6. (OC) - Who would I be if I just accepted and let them go?
7. (CB) - It's too difficult and painful to think about it
8. (UA) - All these painful emotions
9. (TOH) - Guilt, loss, rage and grief

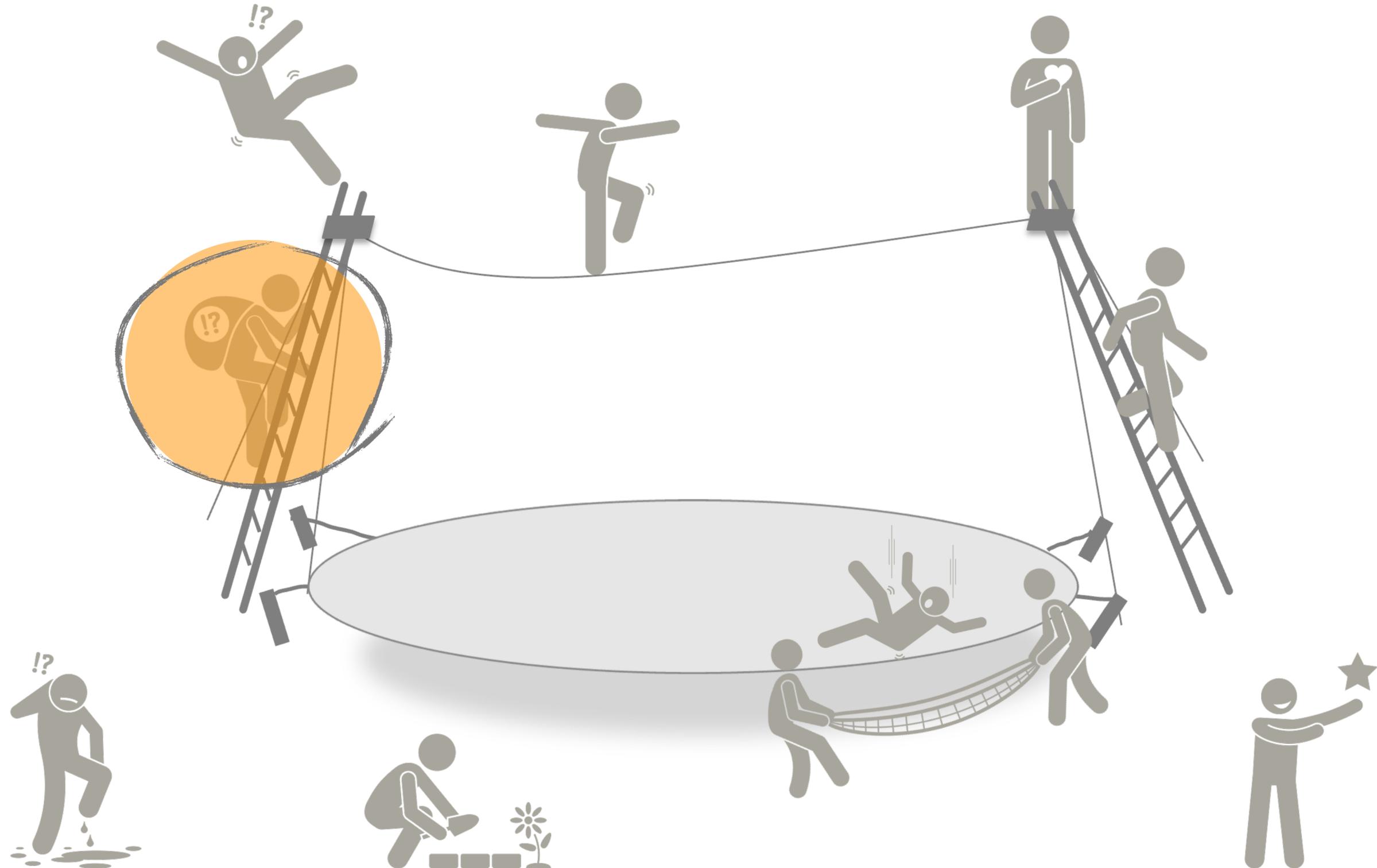
Deep breath

2. (AE) - I don't want to keep carrying around all this pain
3. (SE) - I'm tired, of feeling sad and hurt
4. (UE) - Being reminded of it is too painful
5. (UN) - This explains my unbalanced behaviour
6. (OC) - Even if I can't name the event, something triggers me
7. (CB) - It is part of who I am
8. (UA) - It's painful to think of letting it go
9. (TOH) - I can choose to hold on to this

2. (AE) - I can also choose to heal from these experiences
3. (SE) - A part of me wants to soak in the crap of revenge
4. (UE) - A part of me wants healing and release
5. (UN) - I honour all my feelings and needs
6. (OC) - I can remember the event and start healing my heart
7. (CB) - I can honour my past and start releasing my negative thoughts
8. (UA) - Knowing that through forgiveness, I claim my power
9. (TOH) - I claim my right to hurt and to heal

Deep breath

What baggage are you still carrying that makes the tightrope feel higher?



Prompts to consider past experiences

Consider the thoughts and feelings you carry with you now.

Identify the people or experiences in your life that add extra pressure.

Some may be similar to the past muddy path but it's important to identify what is still present now.

While you can not change the past, you can work on your beliefs and present situation.



When and where are you feeling or experiencing these?

Try to identify times when you are more likely to feel strong emotions or be more pressured

Family / Home	Work / Career	Friends / Socialising	Myself
<i>Example: Exhausted with all the tasks</i>	<i>Example: Have to work for money</i>	<i>Example: Pressure to drink</i>	<i>Example: Feel unworthy</i>

Check out videos and support at my [YouTube channel](#) or in the Facebook group [The Tightrope Method Community](#)

What can you let go of?

This section of the tightrope is representative of taking baggage up the ladder. The more there is, the higher the ladder will be. As if each step represents each bit of 'baggage'. The higher the tightrope, the more wobbly and scary it is when you're trying to balance.

That's why it's important to work on letting go of baggage. Look at things a different way. Manage emotions, get help when feeling overwhelmed. Re-prioritise to manage pressures or taking some self-care.

With the areas you have identified, are there any that you could let go or get help with?

What feelings or pressures can you let go of?



What could you get help or support for?



EFT Tapping to support you

If you identified with several pressures and overwhelming feelings, then the tapping script on the next page has been created for you. To acknowledge the baggage that we carry and consider ways to let go.

*As you read the script (out loud or silently) tap on the named points with your fingers. While the points are named, **you can just tap anywhere as you get familiar with the points.***

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Tapping points

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- 4 (UE) Under eye
- 5 (UN) Under nose
- 6 (OC) On chin
- 7 (CB) Collarbone
- 8 (UA) Under arm
- 9 (TOH) Top of head



As you get used to the points, it is ok to miss one or tap in a different order

EFT Tapping Script for **baggage up the ladder**

Read out loud and tap on the points

1. Karate Chop point

Even though I have so much to do and no time to do it,
I give myself time to tap and release
Even though I carry a lot of pressure and stress,
I am open to healing
Even though I feel overwhelmed and stuck,
I am open to love and accept myself

While tapping around the points

2. (AE) - I am carrying so much
3. (SE) - It's a heavy burden
4. (UE) - Yet how do I let it go?
5. (UN) - It seems almost impossible
6. (OC) - Nothing has worked before
7. (CB) - So I keep carrying these thoughts and feelings
8. (UA) - I see and feel the pressure
9. (TOH) - It's constant and ever present

Deep breath

2. (AE) - I just suck it up
3. (SE) - No one will help me anyway
4. (UE) - I am not worthy of their help
5. (UN) - So here I am, having to deal with it myself
6. (OC) - I don't have time to stop and reprioritise
7. (CB) - I don't want to feel this way
8. (UA) - But I can't see any other way
9. (TOH) - If I ask for help I'll be disappointed

2. (AE) - I can also choose to let go
3. (SE) - A part of me wants to struggle on alone
4. (UE) - A part of me wants healing and to get help
5. (UN) - I honour all my feelings and needs
6. (OC) - I can find ways to deal with this in a way that works for me
7. (CB) - I can learn new ways to deal with the pressure
8. (UA) - Knowing that through letting go, I can balance
9. (TOH) - I claim my right to feel and to heal

Deep breath

How does your amygdala respond to stress or feel overwhelmed?

What are the warning signs that you are 'falling off' the tightrope of life?

Without self-criticism, judgement or guilt, honestly identify the behaviours that you have resorted to at times of stress or feeling overwhelmed. Or simply behaviours that you recognise.



When and where do you go into fight, flight or fright?

Without self-criticism, judgement or guilt...

Honestly identify the behaviours that you have resorted to at times of stress or overwhelm (or any reason)

Write them into the different columns depending on when/where you have used them:

Family / Home	Work / Career	Friends / Socialising	Myself
<i>Example: Binge Eating</i>	<i>Example: Unfinished tasks</i>	<i>Example: Runaway from problems</i>	<i>Example: Self hate</i>

You may notice that some stress responses occur in all spaces, or if combined they increase the chances of a stress response (e.g home stress followed by being alone, or work stress followed by socialising). Be curious when exploring these.

EFT Tapping to support you

If you feel shame or guilt about your behaviours then the tapping script on the next page has been created to acknowledge our unhealthy behaviours, thank them for serving a purpose and allow some release.

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EFT Tapping Script for **falling off**

Read out loud and tap on the points

1. Karate Chop point

Even though I have resorted to some unhealthy behaviours,
I love and accept myself

Even though I feel guilty about what I do sometimes,
I am open to forgiving myself

Even though I don't know what else to do sometimes,
I am open to healing from this

While tapping around the points

2. (AE) - I have unhealthy behaviours to cope

3. (SE) - I feel guilty about some of the things I've done

4. (UE) - It's become my way of dealing with stress

5. (UE) - There's always too much to deal with

6. (OC) - Why not let go sometimes?

7. (CB) - I deserve to have fun or escape the pain

8. (UA) - There's all the pressure and expectations

9. (TOH) - And I don't know how else to face them

Deep breath

2. (AE) - So thank you subconscious for giving me a break

3. (SE) - I criticise and judge myself too much

4. (UE) - What's the big deal anyway

5. (UN) - Everyone has coping strategies like this

6. (OC) - So it's a warning sign I'm not coping

7. (CB) - Damn right I'm not coping, I can't do everything!

8. (UA) - No one's perfect, even if I want to be

9. (TOH) - No one can take away my fun

2. (AE) - A part of me knows this isn't the answer

3. (SE) - The odd stress reaction is OK but not all the time

4. (UE) - I don't want the guilt and shame

5. (UN) - A part of me wants to stop this cycle

6. (OC) - I am open to finding new ways to deal with stress

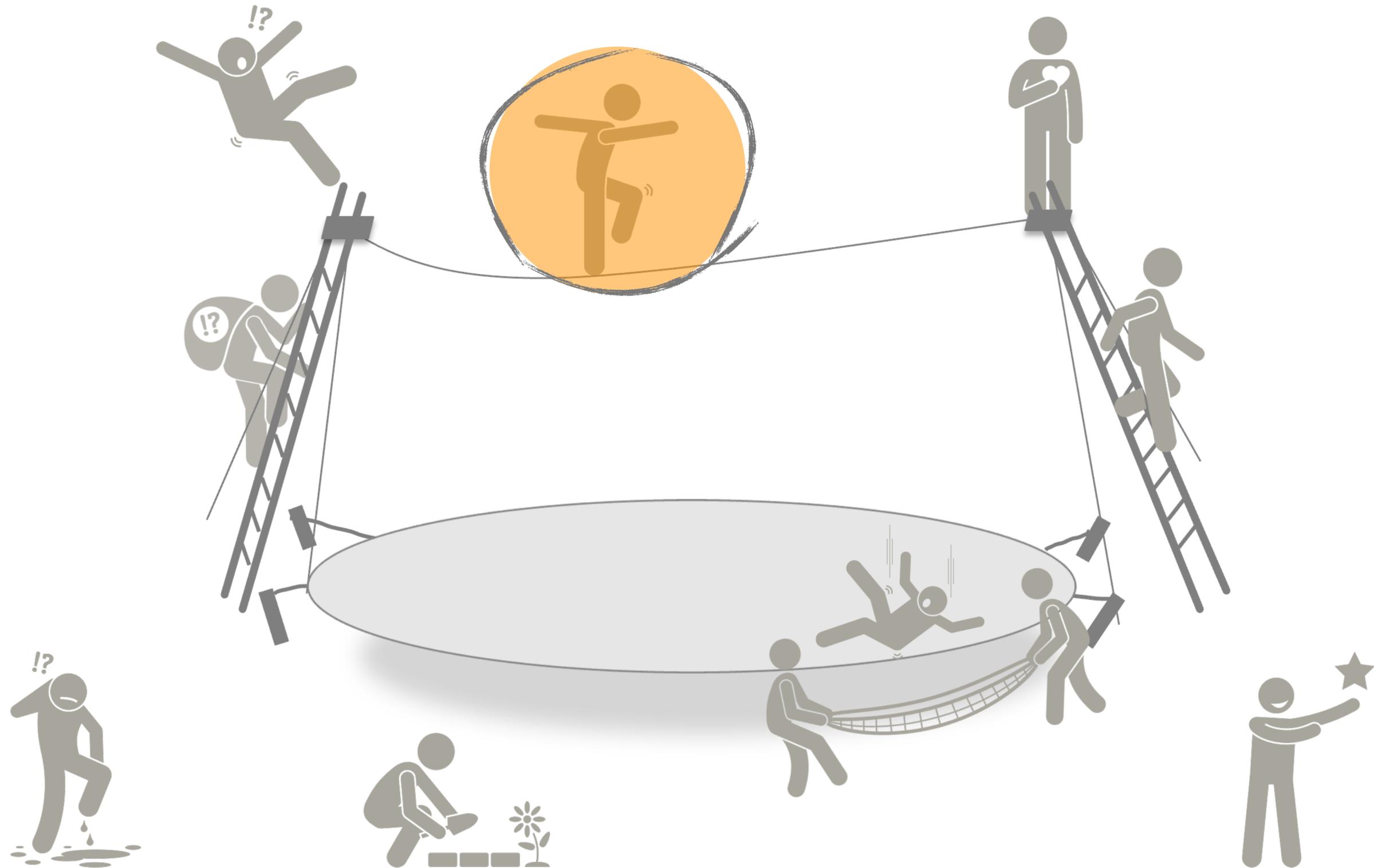
7. (CB) - and new ways to give myself a break and have some fun

8. (UA) - I choose now to own my power to make better choices

9. (TOH) - To take care of myself and let myself be at ease

Deep breath

What helps you balance?



What skills or qualities do you use to help you stay balanced?

Like the pole used by a tightrope walker, our qualities and skills help us balance.

Review the statements below. Identify all your qualities, skills and attributes.



Even if you don't display these all the time - if you have in the past then choose it.

Also think of compliments from others that you can choose.

Can find solutions	Caring	Can take and share responsibility	Clever
Know where to get help	Funny	Take time to relax	Prioritise (Don't sweat the small stuff)
Can plan and be organised	Respect myself and others	Take time to reflect	Say no when I need to
Positive outlook	Manage time and energy well	Learn from my mistakes	Have a sense of purpose

When and where do you use your coping skills or qualities most?

Order the skills, attributes and qualities in the order of how often you use or apply them.
You can use the same in multiple places.

	Family / Home	Work / Career	Friends / Socialising	Myself
	<i>Example: Caring</i>	<i>Example: Can find solutions</i>	<i>Example: Funny</i>	<i>Example: Take time to reflect</i>
1				
2				
3				

When could you use these qualities in other situations?

You can put more into each section if you want. This exercise is to focus on the coping / balancing qualities and skills you draw on the most. Looking at your lists, do you find you rely on the same qualities or skills wherever you are? Or do you have different coping strategies for different situations?

Think about particular stresses you may have in each of these environments.

Are there any skills or qualities you normally use in a different place that you could apply to this place now?

Notes:

EFT Tapping to support you

If you struggled to identify your strengths and qualities, then the tapping script on the next page has been created to acknowledge that it can be difficult to identify and accept our strengths and to start opening up to owning them.

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EFT Tapping Script for **balancing**

Read out loud and tap on the points

1. Karate Chop point

Even though I struggle to identify my own strengths and qualities,
I am open to self-acceptance

Even though I wish I could display more strength and positivity,
I am open to love all of me

Even though I struggle to draw on my strengths,
I am open to healing and finding my strength

While tapping around the points

2. (AE) - I have proved to be resilient in so many ways

3. (SE) - I know I have strengths because I am still here

4. (UE) - I am juggling and spinning plates despite it all

5. (UN) - I'm using so many skills in the different areas of my life

6. (OC) - At home, at work and with friends

7. (CB) - Maybe I draw on these to help others more than myself

8. (UA) - But I have them regardless of the reason

9. (TOH) - I accept my strength and qualities

Deep breath

2. (AE) - I don't need to be a victim of circumstance

3. (SE) - I can draw on my skills in different areas of my life

4. (UE) - I can learn from my mistakes and find solutions

5. (UN) - I can manage my time and priorities

6. (OC) - It's OK to say no when I need to

7. (CB) - I take responsibility for what is mine

8. (UA) - Respecting others while also respecting myself

9. (TOH) - I open myself to shine in my strength

2. (AE) - I acknowledge all my beautiful qualities

3. (SE) - I can be funny, clever and caring

4. (UE) - I know how to be realistic and positive about a situation

5. (UN) - I choose to seek purpose in my life

6. (OC) - I can take time to reflect

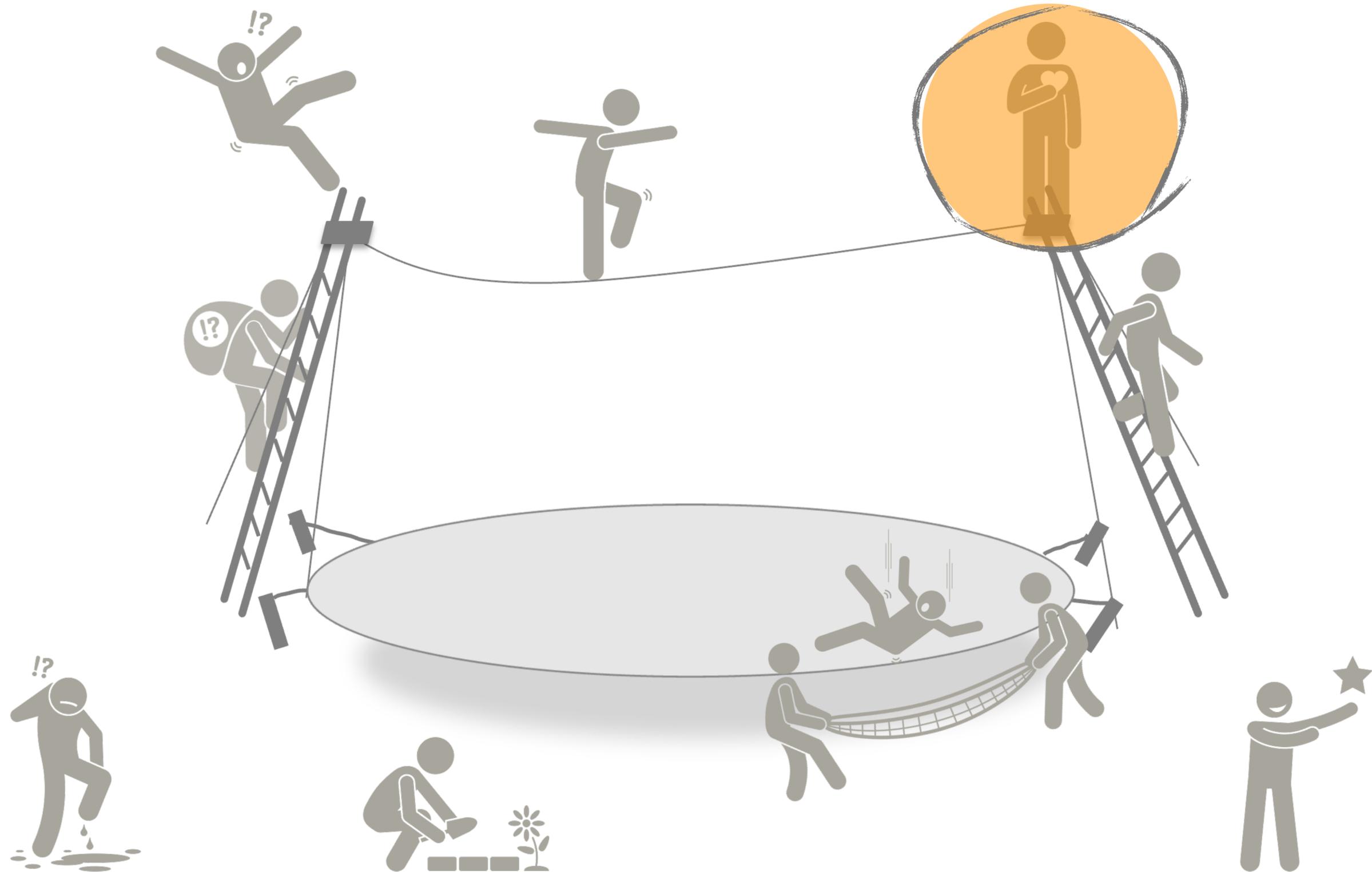
7. (CB) - I choose to have space to relax

8. (UA) - These help me stay balanced

9. (TOH) - I am claiming my power now

Deep breath

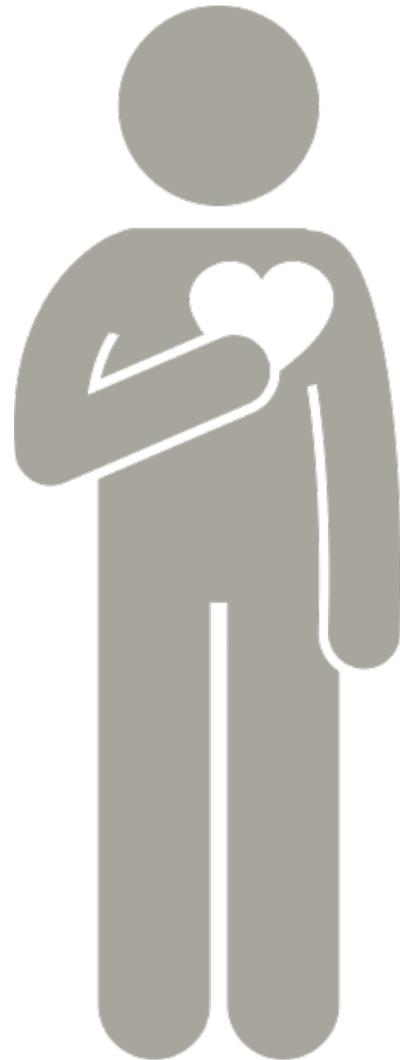
What values do you prioritise?



Prompts to consider your values

Review the prompts and try to identify your TOP THREE values that you would priorities over the others.

If you have a value that is not listed here then still use that - or reword any that fit better for you.



What are the top 3 values you identify with and when do you prioritise them?

My top values	A time when I prioritised this value:
1	
2	
3	

Your values will drive many of your behaviours. How you balance on the tightrope. If you fall off, or take action.

Picture what someone's priorities and choices will be if their top 3 values are *loyalty, kindness and giving to others*. Compared to someone whose top 3 values are *adventure, making decisions for myself and recognition*. Both are holding important values to them and will create different choices and actions.

Consider how your values impact on your decisions and choices. How are they different to others decisions?

When and where would you most likely prioritise different values?

Review all the prompts and then start identifying places and times that you most likely apply each value

Family / Home	Work / Career	Friends / Socialising	Myself
<i>Example: Fairness</i>	<i>Example: Authority</i>	<i>Example: Adventure</i>	<i>Example: Peace and Calm</i>

Achieving balance with your values

There will be times when we need to prioritise one value over another. For example the value of giving to others may override all others at times of caring for a sick child (or whenever you cook dinner!).

Of course it's possible to bring competing values into the same space. For example, you prioritise security by having a job. You can also prioritise having fun after work. You can prioritise some peace after the kids are asleep.

You could even have some fun or 'me time' while cooking dinner. For example by having the music up loud or watching your favourite movie in the background.

The values of others in our lives will also impact on how much we live by our values. Have a think about how your values are similar or different to your family, friends or colleagues? How do these impact you?

Which values are you able to combine in a task or situation for a more balanced life?



Do you have a decision to make? How might your top values help that decision? Do others' values have an influence on the decision?



EFT Tapping to support you

If you find that your values clash in areas of your life or have not been prioritised then the tapping script on the next page has been created to acknowledge your competing demands and how values drive our behaviour and you can choose a high-value life

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EFT Tapping Script for values

Read out loud and tap on the points

1. Karate Chop point

Even though my values may clash with responsibilities in my life,
I can accept and value myself
Even though my values can be different to what others value,
I can accept and value myself
Even though my values may drive my actions, even unhealthy ones,
I can accept and value myself

While tapping around the points

2. (AE) - When I follow my values I am more at ease
3. (SE) - If I don't prioritise them I can lose my balance
4. (UE) - My responsibilities can clash with my values
5. (UN) - Yet, I am trying to do my best
6. (OC) - With the time and resources I have
7. (CB) - To balance my responsibilities and values
8. (UA) - I can prioritise what's important
9. (TOH) - For me and for others

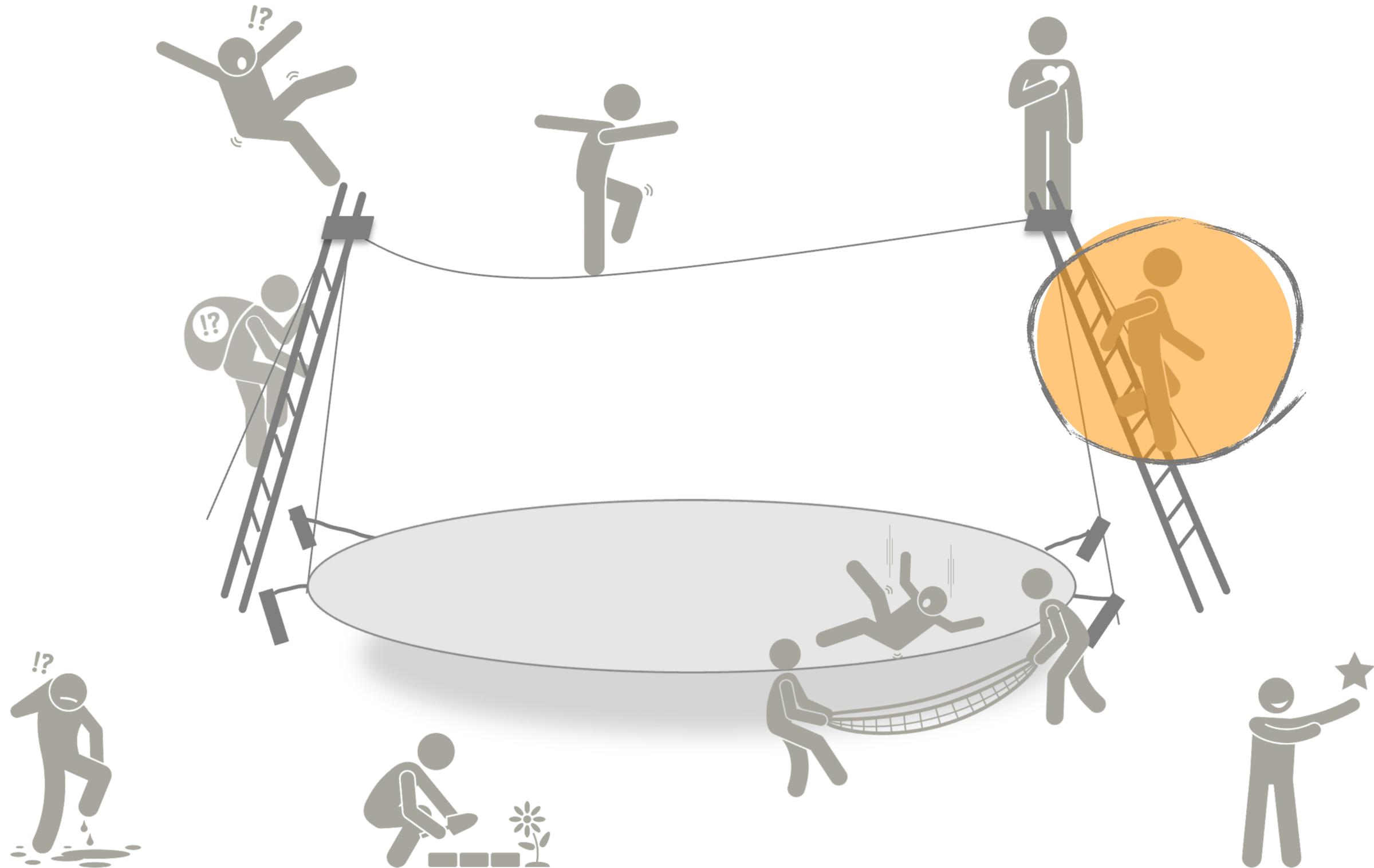
Deep breath

2. (AE) - I wonder if I inherited my values?
3. (SE) - The values of my parents or authority figures
4. (UE) - Maybe I have my own and theirs, everyone is unique
5. (UN) - What I value may not be the same as others
6. (OC) - I can choose to keep or release others values
7. (CB) - I can also respect their value-driven choices
8. (UA) - It's ok to have new values that support my changing identity
9. (TOH) - I can apply different values at different times in my life

2. (AE) - I choose to live a value-led life
3. (SE) - To prioritise my decisions to what is important
4. (UE) - To find ways to bring my values into activities that don't align
5. (UN) - I am open to the possibility that I can ...
6. (OC) - Be creative and secure
7. (CB) - Give to others and have fun
8. (UA) - Show authority and kindness
9. (TOH) - Value myself and others

Deep breath

What one step can you take?



Prompts to consider next steps

Review the prompts and consider just one step that you can focus on to support your goals and achieve more balance in your life. Also consider actions you can take to get on a more stable path.



Prioritise self-care

Take time to relax

Learn ways to deal with stress

Learn and use time management

Get active

Reduce or stop drug / alcohol use

Make or keep positive connections

Make the most of new chances

Actively reflect or self-assess

Journal uncertainties

Celebrate sparkling moments

Ask for support (where feel belong)

Accept that no-one is perfect

Establish boundaries

Let go more

Remain hopeful

When and where would you like to try these steps to help you balance?

Review the prompts and then start identifying places and times that you take action to more balance

Family / Home	Work / Career	Friends / Socialising	Myself
<i>Example: Use time management</i>	<i>Example: Journal uncertainties</i>	<i>Example: Drink less</i>	<i>Example: Get active</i>

EFT Tapping to support you

If you're struggling to see how you can make the time to take these steps then the tapping script on the next page acknowledges how difficult it can be to prioritise self-care and helps you make a promise to take one step at a time

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EFT Tapping Script for **steps down**

Read out loud and tap on the points

1. Karate Chop point

Even though I feel overwhelmed at what I need to change in my life,
I am here doing this now
Even though I have tired and failed at so many things before,
I am open to trying this out
Even though there is so much I would like to do differently,
I can accept where I am now

While tapping around the points

2. (AE) - Wouldn't it be nice to do things differently
3. (SE) - Just say 'no' and prioritise me!
4. (UE) - When would I get the time to do any self-care?
5. (UN) - It would be so nice to have space to reflect
6. (OC) - Get rid of all the noise and calm my mind
7. (CB) - I have tried some of these before
8. (UA) - They just added more stress to my busy life
9. (TOH) - Trying to do everything is stressful

Deep breath

2. (AE) - I honour my process
3. (SE) - Even if something has failed
4. (UE) - Doesn't mean it wasn't worth a try
5. (UN) - I can recognise steps I would like to try
6. (OC) - That I know work for me
7. (CB) - These are important to keep me balanced
8. (UA) - When I am balanced things go easier
9. (TOH) - Time starts to open up to me

2. (AE) - I am open to choosing at least one step
3. (SE) - And to take things one step at a time
4. (UE) - I can choose a step that aligns with my values
5. (UN) - One that provides positive experience
6. (OC) - Or perhaps connects to my safety net
7. (CB) - I can choose my own steps for balance
8. (UA) - I am stepping into my power now
9. (TOH) - Letting my true nature shine

Deep breath

Congratulations - high five!

You have just worked through some powerful reflections about your goals and safety net of support.

You have reviewed your past experiences that either provided stability or made things wobbly. The current worries and pressures that make life more difficult (higher ladder). What 'falling off' looks like and the strengths you have to help you balance. A finally, the values that support your actions and the steps you can take to get to more stable ground.

I hope that the tightrope method has been helpful. That you have found areas to focus on for your own self-care and healing.

If you would like more support then please be sure to connect with me through your platform of choice

Facebook: [The Tightrope Method Community](#)

Instagram: [@dr_roberta_evans](#)

YouTube: [@thetightropemethod](#)

For the links and more information about me and my work go to: www.robertaevans.com

