

# A great way to tap and heal the habit of a lifetime

## Adapting with EFT - Portia Nelson's The Autobiography in Five Short Chapters

By Ranjana Appoo

*Personal Note: When working in the community – with local support groups, I research the language that the community resonates with, their literature and their ideas and so build bridges (as most EFTer's know this is an important way of connecting with the people you work with.) Many of the support groups whether they are for addictions or mental - emotional challenges really enjoy Portia Nelson's The Autobiography in Five Short Chapters. I had adapted it with a tapping sequence. It has been well received by many of my clients and in support groups and they use it when they have a relapse. The main feedback I received was that it makes them feel more in control. I thought it may be of interest. Thank you for sharing this path with me...a way to TAP into Harmony*

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# A great way to tap and heal the habit of a lifetime

## Portia Nelson's The Autobiography in Five Short Chapters- Adapted with EFT -

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### Chapter One

I walk down a path.

*There is a deep hole. (What is your habit of a lifetime? What negative belief do you have about yourself that won't budge? What is the hole you keep finding yourself in? What addiction seems to be controlling you? What do you worry about all the time? Once you've tuned in do just tap along)*

I fall in. I am lost...I am helpless. I use Emotional Freedom Techniques better known as EFT....Tapping on my karate chop point, I repeat,

*"Even though I am feeling lost and helpless, I am angry and sad at my predicament, it isn't my fault, I didn't make the hole, I just fell in, and I love and accept myself unconditionally"*

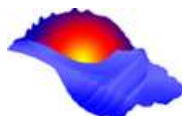
*"Even though I am feeling lost and helpless, It will take forever to find a way out, It isn't my fault, I didn't make the hole, I just fell in, I choose be surprised by how easy it is to get out"*

*Even though it feels like I may never get out of here, I feel I'm in too deep and there is no way out, absolutely no way, but I want to get out anyway, and I completely and profoundly accept myself."*

I tap on all the points...

*I have fallen in, this is a deep hole, I can't find a way out, I am lost and helpless, I am angry and sad, I will never be able to get out how will I ever get out? I know that I want to get out, I think... there's always a way out, it will take forever to get out, I don't have what it takes, I am not strong enough, I feel a deep despair, I am in a hole, with no way out...*

*I focus on being still, panicking and beating myself up is not helping me, they do not give me a way out, I breathe intently, in this hole I choose to feel calm, still, peaceful, I allow light to enter this hole to fill me, to heal my helpless, vulnerable, frustrated emotions. I choose to find a way out, I choose for it to be easy, I choose to accept peacefully that I am in the hole and am open to unexpected possibilities, and there are many ways out of here...*



*It thought it would take forever to find a way out, but then something happened, I felt good, and I was out of the hole.*

## Chapter Two

I walk down the same path.  
There is a deep hole.  
I pretend I don't see it.  
I fall in again. I can't believe I'm in the same place.

Tapping on my karate chop point, I repeat,

*“Even though I am angry and sad at my predicament, it isn't my fault, is it, I didn't make the hole, I just fell in, and I love and accept myself unconditionally”*

*“Even though I am in this hole and I can't believe I fell in again, I am angry and sad at my predicament, I was hoping that the hole was not here, I just fell in, and I love and accept myself anyway”*

*Even though it feels like I may never get out of here, I feel I'm in too deep again and there is no way out, absolutely no way, I did manage to get out once before, I completely and profoundly accept myself and my ability to be open to getting out of this hole again.”*

I tap on all the points...

*It isn't my fault. Is it? God, I am annoyed with me, How am I going to find a way out, I am stuck again, it will take forever to get out, I don't have what it takes, I am not strong enough, I feel a deep despair, It seems to take a long time to get out, but I do get out somehow, I love that I do get out*

## Chapter Three

I walk down the same path.  
There is a deep hole.  
I see it is there.  
I still fall in...it's a habit.

Tapping on my karate chop point, I repeat,

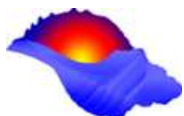
*Even though I keep walking down the same path, falling into the same hole, and I feel like giving up, I totally love and forgive myself anyway*

*Even though I have this habit and I keep falling in, my eyes are open, I know where I am, I take responsibility and reclaim my power and ability to get out!*

*Even though I keep walking down the same path, falling into the same hole, and I despair, beat myself up and judge myself harshly, I totally love and forgive myself anyway*

I tap on all the points...

*I am annoyed, I have this habit, I keep falling in, it's a deep hole, I have got out before, I can get out*



*again, My eyes are open, I know where I am, It's my fault, I let go of all this blame, shake it all off, accept myself, feel good anyway, I choose to love and forgive myself, I Get out Immediately*

## Chapter Four

I walk down the same path.  
There is a deep hole.  
I walk around it.

Tapping on my karate chop point, I repeat,

*Even though I keep walking down the same path, I now know how to avoid the hole, I can walk around it, I totally love and forgive myself anyway*

*Even though I keep walking down the same path, I do not know that there are more paths available to me, I now know how to avoid the hole, I can walk around it, I am open to choosing another path*

*Even though it is the same path, I've learnt my lesson, transformed my habits with love and kindness, I can choose another path now*

I tap on all the points...

*It is the same path, I walked round the deep hole, I do not fall in anymore, I love that I don't fall in, I love my own strength, I love feeling clear, I enjoy this freedom of choice, I can choose another path, maybe, I am open to new paths, I am open to feeling free from the past and my old habits, I enjoy my ability to choose and be free*

## Chapter Five

I walk down another path.

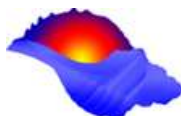
Tapping on my karate chop point, I repeat,

*Even though I do not know where this new path is going to take me, I choose to embrace the infinite possibilities born out of trust.*

*Even though I do not know if this new path is free from holes, I Know there is always a way out into the light*

*I choose the path of ....What path do you choose?*

*I tap on all the points... This new path, this change, this different direction, its unfamiliar, its unknown, anything can happen, I am open to all of life, who knows what adventure, joy, miracle, awaits me, I do not know what may happen, I feel open to new possibilities, I release my fears, let my shoulders drop, breathing deeply I exhale anxiety and fear and inhale abundance and infinite possibilities for joy, I feel free to experience lightness and peace, I look forward to loving my life and all of me....*



# Portia Nelson's original Autobiography in Five Short Chapters

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(This Poem has been also been used in the 12 Step Recovery program)

## Chapter One

I walk down a path.  
There is a deep hole.  
I fall in.  
I am lost...I am helpless.  
It isn't my fault.  
It takes forever to find a way out.

## Chapter Two

I walk down the same path.  
There is a deep hole.  
I pretend I don't see it.  
I fall in again.  
I can't believe I'm in the same place.  
But it isn't my fault.  
It still takes a long time to get out.

## Chapter Three

I walk down the same path.  
There is a deep hole.  
I see it is there.  
I still fall in...it's a habit.  
My eyes are open.  
I know where I am.  
It is my fault.  
I get out immediately.

## Chapter Four

I walk down the same path.  
There is a deep hole.  
I walk around it.

## Chapter Five

I walk down another path.

