

**EFT**  
**for**  
**Fear**  
**of**

**Failure**

**Angela Treat Lyon**

**with**

**Susan Denham**

# EFT for FEAR OF FAILURE

Illustrations

© Angela Treat Lyon

EFT Session

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## Introduction

**Occasionally people call me, struggling** with an issue that is so common that just about everyone with whom I work experiences it at one time or another.

When my friend Susan called and complained about her fear of failure, I thought it would be a good time to make a recording to which anyone could listen and handle this fear, as well, as we tap using **EFT**, the Emotional Freedom Techniques ([EFTBooks.com](http://EFTBooks.com)).

**You will notice during the session** that we get into some of her very specific memories. Not to worry—even though obviously your story will differ from Susan’s, tap along with hers, anyway, and the energy in your system will shift, too.

Make a note on a piece of paper what your own issues are as I ask her what’s going on for her.

When I ask her what feeling-intensity rating to give it, rate your own—and make note of the rating *in writing*.

Then tap along with us on Susan’s story. Don’t try to replace her story words for yours as you’ll just get confused, and you will miss out on the effectiveness of the session.

**After tapping for Susan**, you will be surprised to see that your own issue was resolved, too! This is called “Borrowing Benefits.” I wish you the best, and may fear of failure never visit your doors again!

Aloha,  
Angela Treat Lyon  
[IDareYouRadio.com](http://IDareYouRadio.com)

# Fear of Failure!

*This is Angela Treat Lyon with [IDareYouRadio.com](http://IDareYouRadio.com), providing massive inspiration, powerful support and unusual resources for daring women in business!*

And today we're going to do an EFT session with our friend Susan, who wants to work on **Fear of Failure**.

The reason I decided to do this was because so many people think they have fear of failure, but really, it's just a story! It can be eliminated so easily, so that you can harvest the energy within that fear so that you can use it to create success. So are you ready, Susan?

**SD:** I am Ready!

**ATL:** Alright, So welcome, and thank you for doing this.

**SD:** Thank you!

**ATL:** So tell me some of the things that you think of when you think of having fear of failure. What does that mean to you, specifically?

**SD:** My fear is that I'm going to approach someone to make a sale; or I'm going to make a huge mistake on product creation; or that I'll make somebody mad and they won't want to cooperate with me, or a fear of sealing the deal with the customer or a partner or with a product that I won't be able to bring it to fruition to the end. That I'll mess it up before it actually becomes something profitable. That I'll do something wrong.

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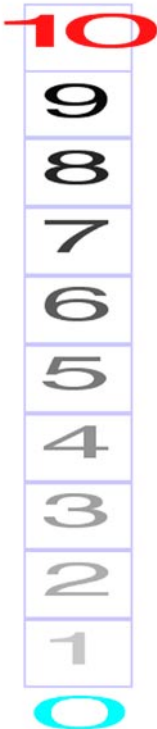
**ATL:** OK, so you're going to make a mistake in the production...

**SD:** Or tick somebody off, maybe say the wrong thing.

**ATL:** OK. Let me get this right here. You're afraid to approach somebody to make a sale, you're afraid to make a mistake in production, you might make people mad, you won't be able to complete the deal, or you might say the wrong thing, did I get that right?

**SD:** Oh, yeah, sounds like me.

**ATL:** Now, if you had a temperature gauge, with zero to ten, with ten being the most intense feeling, where would the feeling about this be?



**SD:** About a 4 or 5. The only reason it's not any higher is because I've muscled past it so many times I feel the fear and kind of do it anyway.

But I know it's still there, and I know that I'm attracting these experiences, because I'm having them!

**ATL:** Yeah, OK. Let's picture a situation here. Let's say that you and I do a deal together. And you have not only screwed up the production, you've made me mad, you haven't made it so that the deal can be completed, and you've really said the wrong thing.

**SD:** OK, now I'm at an 8 or a 9!

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**ATL:** What made the difference?

**SD:** What made the difference? Just thinking about that I'm...I don't want to hurt anybody. I don't want to cause somebody else trouble or pain or hardship. And if I don't do my business correctly, then it's always going to affect somebody else.

**ATL:** OK, so thinking you might hurt somebody, causing them trouble, pain or hardship or, what was the last part?

**SD:** Not doing my job right, causing them trouble. My actions affect other people negatively.

**ATL:** OK, I'm writing that as I say it because I think it's so hilarious....

**SD:** Well, thank you. (laugh)

**ATL:** That's like a pebble being dropped into the pond, wishing it didn't make ripples. It's against natural law.

Of course you have an affect on other people! So where did this wish that you didn't affect other people negatively first come, in your life?

**SD:** Wow, Boy. That's a really good question. That probably comes from way way back. Like childhood.

**ATL:** OK, so grab an incident.

**SD:** OK, I killed a kitten, because I was trying to close a screen door, and I couldn't figure out why it wouldn't shut. I was about 6. And when I looked down, the little kitten's head was the shape of the bottom of the door! I think, because I was just trying to close

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the door and I couldn't figure out why I couldn't do it right so that may have done it. And I don't know how in the world I accessed that, but there it was.

**SD:** Well, now listen to something really interesting. "I killed a kitten closing the door. I'm afraid to close the deal"

**SD:** Ooh, you're good.

**ATL:** Isn't that interesting?

**SD:** Wow, I never thought of that.

**ATL:** I'm afraid I might do something wrong, I killed the kitten, it was wrong.

You've had that energy stuck in you ever since that incident, and it's been ruling you, saying, "Don't close the deal, don't close the deal, you might kill somebody, you might hurt somebody, you might cause hardship, you might cause trouble. You might do something wrong"

The worst part of doing something wrong is not that you did something wrong, it's the humiliation, and the self-hatred that comes from it

**SD:** Yeah, and there *is* tons of that

**ATL:** Yeah, it's the shame, the humiliation, the feeling that you're not up to the brilliance of who you really are. It's like creating a shadow inside yourself.

Are you ready to do some tapping on yourself?

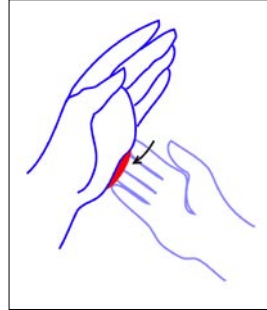
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**SD:** Heck Yeah! That just hit me in the side of the head! Wow!  
What a revelation!

**ATL:** So on your Karate Chop Point: Tap after me:

### Even though:

I killed that poor little kitten.  
I had no intentions of killing it  
But I did.  
And I felt so rotten about it.  
That's OK, little kids make mistakes  
And I forgive myself  
And I still love and accept myself.



### Even though:

I still have this fear of failure now  
I'm so afraid I'm going to cause somebody pain or hardship  
I still love and accept myself

### Even though:

I'm so afraid of completing the deal  
I might make people mad  
or say the wrong thing  
It makes me absolutely terrified.  
What if I kill somebody?  
I'll feel so humiliated  
and ashamed  
I won't be able to live with myself  
I can't now.  
because I'm so afraid of failure  
That's OK, I still love and accept myself

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### **On the top of the head very gently, with the tips of your fingers**

I killed that poor little kitten

I felt so rotten

Poor me!

I made a mistake, and I've been paying all this time

### **On the third eye**

But I can see getting over this

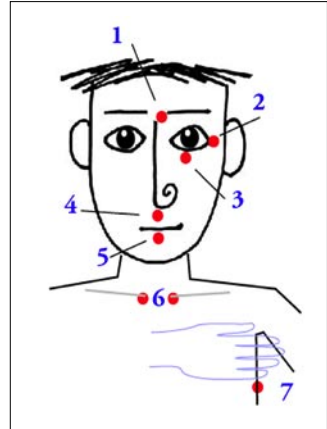
It's really not that difficult

looking back at the little kid that I was,  
I can see that I didn't do it on purpose

I was completely innocent

I just needed to slow down a little bit  
and pay attention

what a way to learn it



### **On the eyebrow point**

This is really an emotional way to learn  
maybe I've learned everything that way since.

Maybe there's an easier way to learn

### **On the side of the eye.**

No, I don't think so

I think that I'm going to have to take it in the gut every time

No, I don't

that's ridiculous

That almost hurt

because it went so deep

I was so ashamed and humiliated

I didn't know what to do

or who to go to

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### **Underneath the nose**

I wished that I could have brought that little kitty back to life  
but I just couldn't  
So I decided that I would never close any other deal  
or door  
because I'm so afraid of hurting anybody

### **On the chin point**

I know I'm not going to hurt anybody  
I'm an adult now  
I can make adult decisions  
so I'm deciding today

to put that whole thing aside  
and take the energy from it  
so that I can create real success

### **On the collarbone point**

Where I can be happy with myself  
without this shadow inside me  
so afraid all the time

### **Underneath the arm**

because I know that I give value to people  
that's the essence of being successful  
being able to be myself and give value  
and get return through money time and energy

### **On the liver point**

I've been so afraid all these years  
I'm putting aside the fear now  
so that I can be excited with this new energy  
and use it appropriately without hurting anybody  
because I've become very sensitive as to how people hurt

## EFT for FEAR OF FAILURE

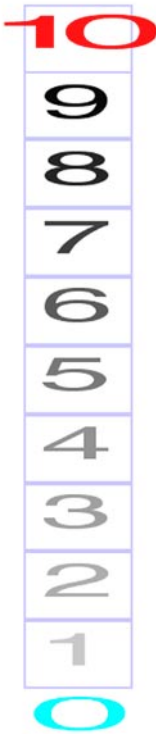
### Slap the insides of your wrists together

I know I can be successful

I already am

I can see it so clearly

**Put your hands flat on your chest**, and from the bottom of your belly, take a really deep breath, in and out.



**ATL:** Let's look at that thermometer again. How does that feel?

**SD:** The thermometer? I feel really good, I shed a few tears, and I feel really good.

**ATL:** Good, so you've made progress, how do you feel now?

**SD:** Can you run through the thing, how high it goes?

**ATL:** We started out with You were afraid to approach somebody to make a sale, you were afraid to make a mistake in production, or make people mad. You couldn't complete the deal, you might say the wrong thing, you might think that you hurt somebody or caused them pain or hardship.

**SD:** There's nothing.

**ATL:** And then I said "What if you did those things to me?"

**SD:** Let's try that part.

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**ATL:** What if you approached somebody with a sale of one of our products, and you made a mistake in the production, you made me mad, you couldn't complete the deal because you said the wrong thing, and you hurt me.

**SD:** It's probably a one or two, and it's on the hurting, I don't want to hurt anybody. I don't want to make people mad, I don't want people to hate me.

**ATL: OK, so I want you to tap on your collarbone real quick.**

I'm afraid people are going to hate me  
because I killed that kitten.

It really wasn't my fault.

I was just a little kid

going way to fast for my own feet

so now I know that I need to slow down and pay attention.

**On the third eye**

I can see myself successful

and loving myself

knowing that people only get hurt

when they allow it

I can't hurt anybody really

It's all in the attitude

**ATL:** Take a deep breath, in and out. How's that feel now?

**SD:** I felt a whoosh of energy when you said "I can't hurt anybody, it's all in the attitude," something went "Whoosh"

That was cool. Wow.

**ATL:** How's it feel to be free?

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**SD:** It feels good! It feels free!

**ATL:** Good! So that concludes our session for today. Thanks, Susan!

*This has been Angela Treat Lyon, the Voice of Daring, reminding you to Break the Mold! Live Your Dream! With [IDareYouRadio.com](http://IDareYouRadio.com).*



With Intention, the money will follow!

## EFT for FEAR OF FAILURE

*About*

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*is an award-winning, internationally recognized artist  
and author who lives and works in Hawaii.*



**Angela Treat Lyon**, EFT Expert, is trained in multiple alternative healing methods and technologies; is an Avatar Master; and holds EFT seminars and trainings internationally and in the US.

Her site, [EFTBooks.com](http://EFTBooks.com), is the premier international source for books and other learning materials, products, teleclasses and seminars on and about EFT.

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