



## **I Feel Guilty And I Deserve To Be Punished**

I have found that guilt can be a huge cause to not letting go of your social anxiety completely. This is because you feel you don't deserve to feel socially confident and be happy since you (subconsciously) believe you need to be punished for what you have said and/or done.

You sabotage yourself in all sorts of ways and you just can't figure out why. Well often, guilt is the why...

You think you need to punish yourself in order to feel better. You won't feel right until you "get" the punishment your subconscious mind believes you deserve. And so therefore you hold onto your social anxiety.

By having social anxiety you are being properly punished every day and so you can now "relax" and "feel safe" because you don't feel as much anxiety about the punishment you think you deserve.

If you still walk around with guilt and you somehow find a way to solve your social anxiety (if that's possible...) your mind will find another big problem for you to punish you.

This lingering feeling of guilt you have created by having said or done things to others. Or by things you did not say or do that you believe you should have done or said. Or you have guilt about some anger that you felt.

Aside from that you most likely also have some beliefs about letting go of the guilt.

To completely let go of all our guilt we need to:

1. Let go of our limiting beliefs about letting the guilt go
2. Use EFT to neutralize the S.E.E. 's (negative memories where we felt guilty) which caused our guilt

This article will assist you in doing those things. And make it easy to do as well!

However, to figure out how guilty you feel and how much you feel you deserve to be punished, I want you to say out loud "I feel guilty and I deserve to be punished". Once you do I want you to measure on a scale of 0 to 10 how true that feels. 10 is completely true, 0 is absolute nonsense.

### ***I feel guilty and I deserve to be punished***

How true on a scale of 0-10 does that feel when you say it out loud?

Write down the number you give it as to how true it feels for you now.

I feel guilty and I deserve to be punished is a x out of 10:

Now that you have written down your number, go over video #10 (Psychological Reversal Emotion) using “guilt” when I am silent in the video.

By doing this you release the psychological reversal to letting go of your guilt.

This in turn makes it possible to let the guilt feelings go more easily.

Once you are done with that follow along with the below exercises.

*Normally you are measuring your number and stop doing exercises when your intensity level is a 0 out of 10. Here I want you to do all the exercises, even if you have already achieved 0 out of 10. This because there might be some exercises that remind you of some things you feel guilty about that you have repressed and are not directly aware of. Therefore please do all the exercises.*

## EXERCISES:

Your number needs to be a 0 out of 10 when you say out loud “I feel guilty and I deserve to be punished”. This 0 out of 10 then means that you **do not** feel guilty and deserving of punished any longer. Below you’ll find multiple exercises to help you achieve 0 out of 10 when you say “I feel guilty and I deserve to be punished” out loud.

After each exercise measure the statement “I feel guilty and I deserve to be punished” again and keep doing exercises until you are at a 0. Once you are at a 0 out of 10, try to get yourself to feel guilty.

You need to achieve such a level of forgiveness of yourself that you do not feel any guilt anymore at all. So this means you have to be at a 0 out of 10 and not be able to get it above a 0 anymore.

**#1.** This easy exercise is to uncover limiting negative beliefs about letting go of your guilt. You might only have one limiting belief, you might have none or you might have multiple limiting beliefs about letting go of the guilt.

The below questions assist you in uncovering what your limiting belief(s) is/are -if you have any-. I’m not giving any examples as these questions are very personal. Really ponder each question and deeply think about it.

- 1. How does it serve you to continue feeling guilty?*
- 2. How does feeling guilty help you to stay mad at yourself?*
- 3. What are you afraid of if you let go of the guilt?*
- 4. Who will argue with you if you forgive yourself?*
- 5. What are the consequences of feeling good about yourself?*

Once you have uncovered a limiting belief go to the Social Confidence System page and scroll down to the section **Limiting Negative Beliefs**.

Here you follow the steps to eliminate a limiting belief (you rate your limiting belief from 0-10, and then you follow the video/s that correlate with your belief’s intensity level). This way you systematically get every limiting belief you have about letting go of the guilt to a 0 out of 10.

**#2.** Answer the below question. This will help you to come up with the reasons as to why you feel guilty and believe you deserve to be punished.

Answer the question:

*“What have I said or done in my life that I feel guilty about?”*

Finish the below sentence and make a list of the answers that you come up with.

*"I feel guilty about the time..."*

*Example:*

- I called my sister a retard*
- I teased my brother about him being a loser*
- I gossiped about my best friend Julie*
- I broke my promise and didn't go with John to meet his friends*
- I stole something*
- I was disrespectful to my grandfather and embarrassed him*
- I said something very insulting to Brenda*
- I betrayed my best friend*
- I lied to save myself from punishment*
- I had evil thoughts about Caroline*
- I did something I wasn't allowed/supposed to do (against my religion)*

Now these are just some random things I made up. Of course, you want to come up with your own. Once you have that list, pick one of the things you fear they might expect of you and put it in the following format:

*"I feel guilty about the time -fill in the thing you feel guilty about-"*

*Example:*

*"I feel guilty about the time -I called my sister a retard-"*

Now that you have done this for one of the reasons on your list and know how to do it, do the same for all the reasons on your list:

- I feel guilty about the time -I called my sister a retard-*
- I feel guilty about the time -I teased my brother about him being a loser-*
- I feel guilty about the time -I gossiped about my best friend Julie-*
- I feel guilty about the time -I broke my promise and didn't go with John to meet his friends-*
- I feel guilty about the time -I stole something-*
- I feel guilty about the time -I was disrespectful to my grandfather and embarrassed him-*
- I feel guilty about the time -I said something very insulting to Brenda-*
- I feel guilty about the time -I betrayed my best friend-*
- I feel guilty about the time -I lied to save myself from punishment-*
- I feel guilty about the time -I had evil thoughts about Caroline-*

Great. Now I want you to tap continuously on the karate chop point and say out loud:

*"Even though I feel guilty about all these things I have said and done, I choose to accept these feelings and I choose to accept what I did."*

*"Even though I feel guilty about all these things I have said and done, what was I thinking, I choose to accept what happened and I choose to accept myself no matter what"*

*"Even though I feel guilty about all these things I have said and done, I deeply and profoundly love and accept myself and how I feel about this"*

After you have done this, start tapping over all the points for 5 rounds (1 round is all the tapping points once) saying one phrase at each point:

*EB I feel guilty about the time -I called my sister a retard-  
SE I feel guilty about the time -I teased my brother about him being a loser-  
UE I feel guilty about the time -I gossiped about my best friend Julie-  
UN I feel guilty about the time -I broke my promise and didn't go with John to meet his friends-  
CH I feel guilty about the time -I stole something-  
CB I feel guilty about the time -I was disrespectful to my grandfather and embarrassed him-  
UA I feel guilty about the time -I said something very insulting to Brenda-  
LP I feel guilty about the time -I betrayed my best friend-  
WR I feel guilty about the time -I lied to save myself from punishment-  
TH I feel guilty about the time -I had evil thoughts about Caroline-*

*Note: There might be one thing that you have said or done that jumps out that you feel the guiltiest about. If there's something like that, use the below tapping sequence to get rid of that reason.*

Tap continuously on the karate chop point and say out loud:

*Even though I feel so guilty because -say the thing that you feel so guilty about- I accept that it happened and I accept how I feel about this*

*Even though I feel so guilty because -say the thing that you feel so guilty about-, and I can't forgive myself for it, I choose to accept what happened and appreciate that I feel guilty*

*Even though I feel so guilty about -say the thing that you feel so guilty about-, and I should feel guilty about this, I accept myself and all of my feelings*

Now start tapping over all of the points:

*EB I feel so guilty because -say the thing that you feel so guilty about-  
SE I wish I never said/did it  
UE I feel so guilty about -say the thing that you feel so guilty about-  
UN And I should feel guilty  
CH I feel so guilty because -say the thing that you feel so guilty about-  
CB I should not have done/said that  
UA But I did/said it  
LP And I am guilty  
WR And I must punish myself for it  
TH I feel so guilty for -say the thing that you feel so guilty about-*

*EB I feel so guilty because -say the thing that you feel so guilty about-  
SE I must punish myself for it  
UE I deserve to be punished for it  
UN But maybe I am wiser now  
CH I sure wouldn't do the same thing again  
CB I still feel guilty about -say the thing that you feel so guilty about-  
UA I want to accept how I feel about -say the thing that you feel so guilty about-  
LP Maybe I was a lot less mature than I am now*

*WR this remaining guilt  
TH Maybe I've learned my lesson and I can move on now*

*EB I choose to accept this remaining guilt feeling  
SE I choose to accept what happened  
UE What if I could just forgive myself  
UN I have learned from it, I am sorry and I definitely won't do it again!  
CH I choose to forgive myself for -say the thing that you have said or done that you feel so guilty about-  
CB I have punished myself long enough  
UA I forgive myself for -say the thing that you have said or done that you feel so guilty about-  
LP I am ready to let it go  
WR I choose to let go of any remaining guilt about -say the thing that you have said or done that you feel so guilty about-  
TH I have learned from it and I have forgiven myself now*

*Example:*

**Tap continuously on the karate chop point and say out loud:**

*Even though I feel so guilty because -I called my sister a retard- I accept that it happened and I accept how I feel about this*

*Even though I feel so guilty because -I called my sister a retard-, and I can't forgive myself for it, I choose to accept what happened and appreciate that I feel guilty*

*Even though I feel so guilty about -calling my sister a retard-, and I should feel guilty about this, I accept myself and all of my feelings*

**Now start tapping over all of the points:**

*EB I feel so guilty because -I called my sister a retard-  
SE I wish I never said it  
UE I feel so guilty about -calling my sister a retard-  
UN And I should feel guilty  
CH I feel so guilty because -I called my sister a retard-  
CB I should not have said that  
UA But I said it  
LP And I am guilty  
WR And I must punish myself for it  
TH I feel so guilty for -calling my sister a retard-*

*EB I feel so guilty because -I called my sister a retard-  
SE I must punish myself for it  
UE I deserve to be punished for it  
UN But maybe I am wiser now  
CH I sure wouldn't do the same thing again  
CB I still feel guilty about -calling my sister a retard-  
UA I want to accept how I feel about -having called my sister a retard-  
LP Maybe I was a whole lot less mature than I am now  
WR this remaining guilt*

*TH Maybe I've learned my lesson and I can move on now*

*EB I choose to accept this remaining guilt feeling*

*SE I choose to accept what happened*

*UE What if I could just forgive myself*

*UN I have learned from it, I am sorry and I definitely won't do it again!*

*CH I choose to forgive myself for -having called my sister a retard-*

*CB I have punished myself long enough*

*UA I forgive myself for -having called my sister a retard-*

*LP I am ready to let it go*

*WR I choose to let go of any remaining guilt about -having called my sister a retard-*

*TH I have learned from it and I have forgiven myself now*

In case there is still some guilt left about the specific thing you were tapping on after having done the above 3 full rounds of tapping (again, one round is all the tapping points once)...

A. Start again at the [blue EB](#).

B. You are likely tuning into a negative memory (which we call a Significant Emotional Event) and you need to treat this thoroughly. Go to step #9 "Re-Imprint The ISE" in the Social Confidence System.

Here read the articles :

**S.E.E. Must Know Info**  
**Clearing A Significant Emotional Event**  
**Changing Negative Limiting Beliefs**

And follow the advice in these articles to clear your negative memory (Significant Emotional Event or S.E.E.) and use one of the "Change Into Positive Memory" audios to turn the memory positive.

C. If you no longer feel guilty about the specific thing you said or did that jumped out, but another thing came up that you said or did that you now feel guilty about, take the new thing you said or did that you feel guilty about and go through the tapping sequence.

So if you started out with guilt about having called your sister a retard, and at the end of the tapping sequence you don't feel guilty about that anymore, but you now feel guilty about having gossiped about your best friend, take "I gossiped about my best friend" and go through the sequence.

Keep doing this until you can't come up with reasons to feel guilty any longer. If you tune into another S.E.E. (Significant Emotional Event or negative memory), use the steps described above to clear it.

**#3.** This exercise is somewhat similar to the previous one. However, here you are looking for things you **didn't** do or say that you believe you could've or should've done or said to correct a situation.

Maybe someone was telling a big nasty lie about one of your friends and you didn't speak up to

correct the person. Or maybe someone was blamed for something and you knew that the person was innocent but you didn't say anything. Or maybe you had to keep a secret from one of your close friends because you couldn't possibly tell it...

Whatever it is, answer the below question to uncover (a) possible reason(s) for your guilt feelings:

*"What did I **NOT** do or say to correct a situation that I could or should have corrected?"*

If you come up with an answer use the below tapping sequence to let go of the guilt about it.

Tap continuously on the karate chop point and say out loud:

*Even though I feel so guilty because -say the thing that you feel so guilty about- I accept that it happened and I accept how I feel about this*

*Even though I feel so guilty because -say the thing that you feel so guilty about-, and I can't forgive myself for it, I choose to accept what happened and appreciate that I feel guilty*

*Even though I feel so guilty about -say the thing that you feel so guilty about-, and I should feel guilty about this, I accept myself and all of my feelings*

Now start tapping over all of the points:

*EB I feel so guilty because -say the thing that you feel so guilty about-*

*SE I wish I said/done the right thing*

*UE I feel so guilty about -say the thing that you feel so guilty about-*

*UN And I should feel guilty*

*CH I feel so guilty because -say the thing that you feel so guilty about-*

*CB I should have done/said the right thing*

*UA But I didn't do/say it*

*LP And I feel so guilty because of it*

*WR And I must punish myself for it*

*TH I feel so guilty for -say the thing that you feel so guilty about-*

*EB I feel so guilty because -say the thing that you feel so guilty about-*

*SE I must punish myself for it*

*UE I deserve to be punished for it*

*UN But maybe I am wiser now*

*CH I would probably do things differently now*

*CB I still feel guilty about -say the thing that you feel so guilty about-*

*UA I want to accept how I feel about -say the thing that you feel so guilty about-*

*LP Maybe I was a whole lot less mature than I am now*

*WR this remaining guilt*

*TH Maybe I've learned my lesson and I can act differently in the future*

*EB I choose to accept this remaining guilt feeling*

*SE I choose to accept that I didn't say/do anything*

*UE What if I could just forgive myself*

*UN I have learned from it, I am sorry and I will be more courageous next time!*

*CH I choose to forgive myself for -say the thing that you have done that you feel so guilty about-*

*CB I am ready to let it go*

*UA I forgive myself for -say the thing that you have done that you feel so guilty about-*

*LP I have learned from it and would do things differently now*

*WR I choose to let go of any remaining guilt about -say the thing that you have done that you*



*feel so guilty about-  
TH I have learned from it and I have forgiven myself now*

*Example:*

**Tap continuously on the karate chop point and say out loud:**

*Even though I feel so guilty because -I didn't tell Hennie her husband had a secret affair- I accept that it happened and I accept how I feel about this*

*Even though I feel so guilty because -I didn't inform my close friend about her husband not being faithful-, and I can't forgive myself for it, I choose to accept what happened and appreciate that I feel guilty*

*Even though I feel so guilty about -no telling her and keeping it a secret-, and I should feel guilty about this, I accept myself and all of my feelings*

**Now start tapping over all of the points:**

*EB I feel so guilty because -I didn't tell Hennie her husband had a secret affair-  
SE I wish I said the right thing  
UE I feel so guilty about -not having told her-  
UN And I should feel guilty  
CH I feel so guilty because -I didn't tell Hennie her husband had a secret affair-  
CB I should have said the right thing  
UA But I didn't say it  
LP And I feel so guilty because of it  
WR And I must punish myself for it  
TH I feel so guilty for -I didn't tell Hennie her husband had a secret affair-*

*EB I feel so guilty because -I didn't tell her-  
SE I must punish myself for it  
UE I deserve to be punished for it  
UN But maybe I am wiser now  
CH I would probably do things differently now  
CB I still feel guilty about -not having told Hennie that her husband cheats on her-  
UA I want to accept how I feel about -not having said anything-  
LP Maybe I was a whole lot less mature than I am now  
WR this remaining guilt  
TH Maybe I've learned my lesson and I can act differently in the future*

*EB I choose to accept this remaining guilt feeling  
SE I choose to accept that I didn't say anything  
UE What if I could just forgive myself  
UN I have learned from it, I am sorry and I will be more courageous next time!  
CH I choose to forgive myself for -not having said anything-  
CB I am ready to let it go  
UA I forgive myself for -not telling Hennie-  
LP I have learned from it and would do things differently now  
WR I choose to let go of any remaining guilt about -not having told her that her husband had an affair-*

*TH I have learned from it and I have forgiven myself now*

In case there is still some guilt left about the specific thing you were tapping on after having done the above 3 full rounds of tapping (again, one round is all the tapping points once)...

A. Start again at the [blue EB](#).

B. You are likely tuning into a negative memory (which we call a Significant Emotional Event) and you need to treat this thoroughly. Go to step #9 “Re-Imprint The ISE” in the Social Confidence System.

Here read the articles :

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And follow the advice in these articles to clear your negative memory (Significant Emotional Event or S.E.E.) and use one of the “Change Into Positive Memory” audios to turn the memory positive.

C. If you no longer feel guilty about the specific thing you said or did that jumped out, but another thing came up that you said or did that you now feel guilty about, take the new thing you said or did that you feel guilty about and go through the tapping sequence.

So if you started out with guilt about having called your sister a retard, and at the end of the tapping sequence you don't feel guilty about that anymore, but you now feel guilty about having gossiped about your best friend, take “I gossiped about my best friend” and go through the sequence.

Keep doing this until you can't come up with reasons to feel guilty any longer. If you tune into another S.E.E. (Significant Emotional Event or negative memory), use the steps described above to clear it.

**#4. Do you feel guilty for being angry?**

Often in our childhood we learn that it's ‘bad’ to get angry. We pick up that it's ‘immature’ to be angry and we are often shushed, scolded, told to be silent or punished for expressing our anger.

Therefore we repress it and never allow ourselves to feel it. And we possibly feel guilty for feeling angry.

I was walking around with a lot of anger towards my mother for things that happened in my childhood. And I felt guilty about feeling that anger towards my mom who I love and care for a lot.

This guilt caused me to sabotage my success because I felt guilty for having this repressed anger towards my mom. I (subconsciously) felt I had to punish myself.

Again, really ponder and think deeply when trying to answer the following question:

*“Is there someone you feel/felt angry towards and you feel guilty about feeling/having felt this anger?”*

This will most likely be someone that is/was really close to you. A parent, a friend, a family member etc. Use the person you come up with in the below tapping sequence

Tap continuously on your karate chop point (KC) and say out loud:

*Even though I feel guilty for feeling angry at -fill in the person you are angry at-, I accept my feelings and myself*

*Even though I feel guilty for feeling angry at -fill in the person you are angry at-, and I shouldn't feel angry, I accept myself and all of my feelings*

*Even though I feel guilty for feeling angry at -fill in the person you are angry at-, I love myself and I accept my feelings*

Now tap over all the points:

*EB I feel so angry at -fill in the person you are angry at-  
SE And I shouldn't feel angry at -fill in the person you are angry at-  
UE I feel guilty for being angry at -fill in the person you are angry at-  
UN I'm a bad person for feeling angry at -fill in the person you are angry at-  
CH I don't want to be angry  
CB But I can't help it, I am!  
UA I feel guilty for being angry  
LP And I should feel guilty for being angry  
WR I feel guilty for being angry at him/her  
TH And I shouldn't feel this way*

*EB It's bad that I feel angry at -fill in the person you are angry at-  
SE I am not allowed to feel angry at -fill in the person you are angry at-  
UE But I can't help it  
UN I want to NOT feel angry  
CH I'm trying not to feel my feelings  
CB I still feel guilty for being angry at -fill in the person you are angry at-  
UA I want to get over it  
LP I'm not allowed to feel angry at -fill in the person you are angry at-  
WR I feel guilty for feeling this way  
TH I should just ignore my anger  
EB I feel guilty for being angry  
SE And I should feel guilty for my anger  
UE I shouldn't feel like this in the first place  
UN But I do feel this anger  
CH And I don't know what to do with it  
CB And I still feel guilty for feeling angry  
UA I want to let it go  
LP I'm afraid to express my anger  
WR I still feel a bit guilty about being angry at -fill in the person you are angry at-  
TH I want to accept all of my feelings now*

*EB I accept feeling angry, it's OK*  
*SE I choose to allow myself to finally be angry*  
*UE It's time to express my anger*  
*UN I'm so angry at -fill in the person you are angry at-*  
*CH this anger at -fill in the person you are angry at-*  
*CB I accept all of my feelings*  
*UA I choose to accept myself completely, even though I'm angry*  
*LP This remaining anger at -fill in the person you are angry at-*  
*WR I still feel a bit guilty about being angry*  
*TH But I need to express my feelings anyway*

*EB I'm starting to feel I can express my anger*  
*SE I feel free enough to finally be angry*  
*UE It's OK to be angry*  
*UN I appreciate these feelings*  
*CH I didn't realize I can just express all my feelings*  
*CB I can let go of my guilt about this anger*  
*UA I choose to let go of my guilt about these feelings of anger*  
*LP I'm angry and that's OK*  
*WR I choose to release any remaining guilt about these feelings*  
*TH I am allowed to feel ALL of my feelings*

In case there is still some guilt left about the specific thing you were tapping on after having done the above 3 full rounds of tapping (again, one round is all the tapping points once)...

A. Start again at the [blue EB](#).

B. You are likely tuning into a negative memory (which we call a Significant Emotional Event) and you need to treat this thoroughly. Go to step #9 "Re-Imprint The ISE" in the Social Confidence System.

Here read the articles :

**S.E.E. Must Know Info**  
**Clearing A Significant Emotional Event**  
**Changing Negative Limiting Beliefs**

And follow the advice in these articles to clear your negative memory (Significant Emotional Event or S.E.E.) and use one of the "Change Into Positive Memory" audios to turn the memory positive.

C. If you no longer feel guilty about the specific thing you said or did that jumped out, but another thing came up that you said or did that you now feel guilty about, take the new thing you said or did that you feel guilty about and go through the tapping sequence.

So if you started out with guilt about having called your sister a retard, and at the end of the tapping sequence you don't feel guilty about that anymore, but you now feel guilty about having gossiped about your best friend, take "I gossiped about my best friend" and go through the sequence.

Keep doing this until you can't come up with reasons to feel guilty any longer. If you tune into another S.E.E. (Significant Emotional Event or negative memory), use the steps described above to clear it.

**#5.** In this particular exercise we are looking for a Significant Emotional Event (S.E.E.).

You are going to answer the following question:

*“Where have I said “NO” to an authority person (parent, older sibling, coach, teacher, uncle etc.)?”*

This because having been punished for saying “NO” might have caused you to feel guilty about disagreeing with that authority person.

I can remember saying “NO” to my uncle’s request who had done A LOT for me. I felt very guilty afterwards. I felt I had let my uncle down. I had completely forgotten about this memory until I started my inner work on the guilt.

I was still carrying the guilt around after more than a decade! And this guilt made me punish myself by sabotaging my success. Until I changed it with the tapping of course.

Certain Significant Emotional Experiences (S.E.E.’s) we had in life caused us to feel guilty. Finding a few of the S.E.E.’s where you felt really guilty and treating them will help you to let go of your need to punish yourself.

So, ask yourself:

*“Where have I said “NO” to an authority person (parent, older sibling, coach, teacher, uncle etc.)?”*

Pick the earliest and most emotionally intense S.E.E. you can find where you said “NO” and felt guilty. Treat the most intense S.E.E by going to step #9 “Re-Imprint The ISE” in the Social Confidence System and here reading the articles:

**S.E.E. Must Know Info**  
**Clearing A Significant Emotional Event**  
**Changing Negative Limiting Beliefs**

and following the advice in these articles to clear your negative memory (Significant Emotional Event or S.E.E.)

Do as many S.E.E.’s as necessary to get your number to a 0 out of 10 when you say out loud: “I feel guilty and I deserve to be punished”