

# From Financial Trigger to Embodied Presence

If you prefer to listen along you can do so here

[Audio version](#)

## **A Nervous System + EFT Framework for Rewiring Financial Reactivity**

This process helps women move from automatic fear reactions around money into greater regulation, spaciousness, Self-leadership, and grounded action.

The goal is not to eliminate fear.

The goal is to reduce blending with fear so more calm, clarity, confidence, creativity, and perspective become available.

And importantly:

regulation happens throughout the entire process — not only at the end.

Each stage includes tapping to help the nervous system reorganize in real time.

## **STEP 1 — Identify the Trigger**

“Something activated me.”

A financial trigger occurs.

Examples:

- launching an offer
- low income month
- visibility around selling
- checking accounts
- fear about future income
- inconsistent cash flow

At this stage, the nervous system reacts automatically.

**What is your financial trigger**

-----  
-----  
-----

**On a scale of 0-10 how triggered are you? 0 not triggered-10 very triggered**

-----

**Tapping Language**

- “Something about this feels activating.”
- “My nervous system is reacting right now.”
- “This feels emotionally charged.”
- “My body is responding to something.”
- “A part of me feels unsafe.”

After tapping measure how triggered now

---

## STEP 2 — Notice the Reactive Story

**“What is my mind saying?”**

The nervous system generates protective narratives.

Examples:

- “Nobody will sign up.”
- “I’m going to fail.”
- “I won’t have enough money.”
- “I’m not safe.”
- “I’ll never figure this out.”

These thoughts are not random.

They are nervous system-based protective predictions.

**“What is my mind saying?”**

---

---

---

**On a scale of 0-10 how loud is your mind chatter ? 0 not loud -10 very loud**

---

## Tapping Language

- “My mind is predicting the worst.”
- “My system is trying to protect me.”
- “This fear feels very real.”
- “A part of me believes disaster is coming.”
- “My nervous system is scanning for danger.”

Measure how loud your mind chatter is now

---

## STEP 3 — Pause Instead of Overriding

“Stay with the activation.”

Instead of:

- distracting
- overworking
- forcing positivity
- avoiding
- spiritually bypassing

pause and stay present with the activation.

This is important because activated emotional patterns are more available for rewiring.

What do you normally do when you feel activated?

-----  
-----  
-----

Notice how resistant you feel towards being present to what is happening on a scale of 0-10

-----

### Tapping Language

- “I do not need to rush away from this feeling.”
- “I can stay with myself right now.”
- “This activation is giving me information.”
- “I’m noticing what’s happening inside me.”
- “I’m creating space to listen instead of override.”

After tapping measure your resistance on a scale of 0-10

-----

## STEP 4 — Identify the Deeper Fear

“What is the fear underneath the first fear?”

The first fear is often not the core fear.

Example:

“Nobody will sign up.”

Deeper fear:

“If nobody signs up, I won’t have enough money and I won’t be safe.”

This step helps uncover:

- scarcity fears
- safety fears
- shame
- helplessness
- abandonment
- instability
- visibility wounds

**“What is the fear underneath the first fear?”**

-----  
-----  
-----

**Measure how intense this fear is on a scale of 0-10**

-----

**Tapping Language**

- “What feels so scary about this?”
- “What is my nervous system afraid this means?”
- “A deeper fear is coming into awareness.”
- “This is really about safety.”
- “This part is afraid I won’t be okay.”

After tapping how intense is your fear

---

## **STEP 5 — Validate & Regulate the Protective System**

**“The fear makes sense.”**

Instead of fighting the reaction,  
acknowledge and validate it.

This reduces shame and internal friction.

### **Tapping Language**

- “This fear makes sense.”
- “My nervous system is trying to protect me.”
- “This part has been working very hard.”
- “I honor how much pressure this system is carrying.”
- “I do not need to shame myself for reacting.”

As regulation increases:

- emotional flooding decreases
- catastrophic spiraling softens
- spaciousness increases

# STEP 6 — Unblend From the Fear

**“I am not the fear.”**

As the nervous system settles, separation begins emerging between Self and the activated part.

The shift becomes:

“A part of me is terrified.”

instead of:

“I am terrified.”

This is the beginning of Self-leadership.

**What is opening up for you?**

-----  
-----  
-----

**Tapping Language**

- “Fear is here, but it is not all of me.”
- “I can notice this fear instead of becoming consumed by it.”
- “A part of me feels unsafe.”
- “I am beginning to create more space around the fear.”
- “I can sense both fear and awareness.”

# STEP 7 — Access Self-Energy

**“What qualities are becoming available now?”**

As blending decreases, more Self-energy naturally emerges.

Examples:

- Calm
- Clarity
- Courage
- Confidence
- Creativity
- Compassion
- Presence
- Perspective

These qualities are not forced.

They emerge as the nervous system becomes less dominated by fear.

## **Tapping Language**

- “More calm is becoming available.”
- “I can feel more space inside me.”
- “My nervous system is becoming more grounded.”
- “I can access more clarity now.”
- “Creativity returns when fear softens.”
- “I am becoming more connected to myself.”

“What qualities are becoming available now?”

---

---

---

## STEP 8 — Reorient Toward Grounded Action

“What is the next aligned step?”

From greater regulation and Self-energy, action becomes more grounded and intentional.

This is not panic-driven action.

This is Self-led action.

### Tapping Language

- “I do not need to solve everything immediately.”
- “I can take one step at a time.”
- “I can move forward without forcing.”
- “I can respond from steadiness instead of panic.”
- “My system can access possibilities again.”

“What is the next aligned step?”

---

---

---

# STEP 9 — Reinforce the New Experience

**“My nervous system is learning something new.”**

Each time a woman:

- experiences activation,
- stays connected to herself,
- regulates instead of spiraling,
- and accesses Self-energy,

the nervous system begins building new emotional expectations around money, safety, visibility, and uncertainty.

This is how rewiring occurs.

**How committed are you teaching your nervous system a new way of responding?**

-----  
-----  
-----

## **Tapping Language**

- “My system is learning a new response.”
- “I am building more internal trust.”
- “Uncertainty no longer has to equal danger.”
- “I can stay connected to myself during activation.”
- “My relationship with money is changing from the inside out.”

# Core Principle

Financial healing is not only cognitive.

It is nervous system-based.

A woman may intellectually understand money, abundance, worthiness, or strategy —

but if her nervous system is still organized around fear, scarcity, shame, or threat,

her reactions will continue to follow those older emotional patterns.

The work is helping the nervous system experience:

- more safety,
- more regulation,
- more spaciousness,
- more Self-leadership,
- and more capacity

inside financial activation itself.

That is where transformation begins.

Next steps

Buy my course [From Panic to power: 45 minute money worry reset \\$27](#)

Already know that you need more support?

[Book a call with me here](#)