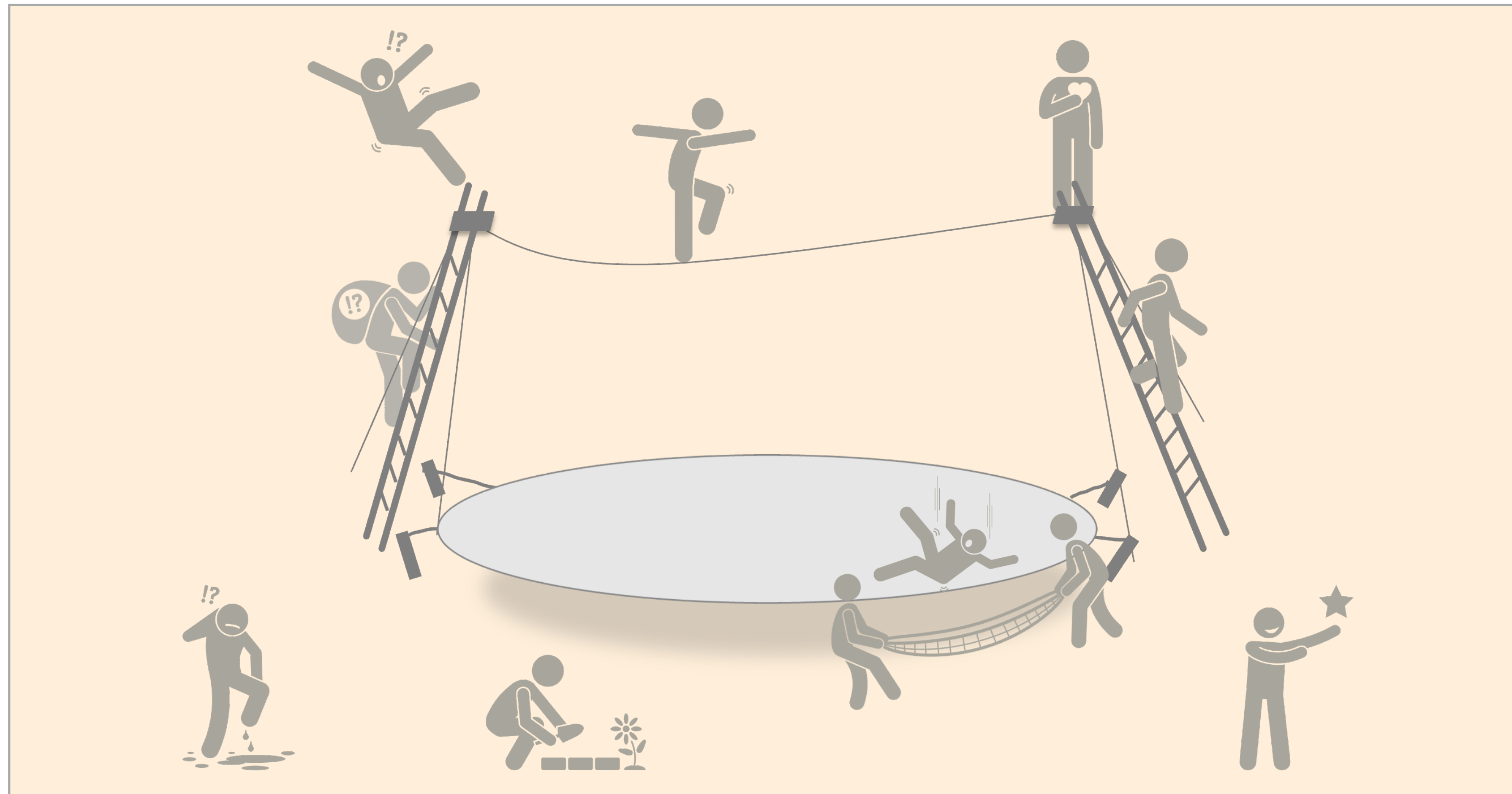


the tightrope framework[®]

Workbook



The tightrope framework is for you if ...

You are aware of what you need to do to achieve your goals yet no matter what you try you just can't seem to move forward towards your dream.

Working towards your goals feels like 1 step forward and then a bit later falling 2 steps back.

It feels like something keeps pulling you back to old negative habits.

Balancing all the competing demands in your life is getting exhausting.

The multitasking busy approach just isn't doing the trick.

It's time to achieve your dreams and move beyond the slip ups.

And you ...

Want to feel proud about everything you do!

Know you're ready to overcome self-sabotage.

Dream of saying goodbye to procrastination and hello to the inner-strengths to success.

Feel it's time to finally live a fulfilling and balanced life with responsibility and free of guilt.










What is the tightrope framework?

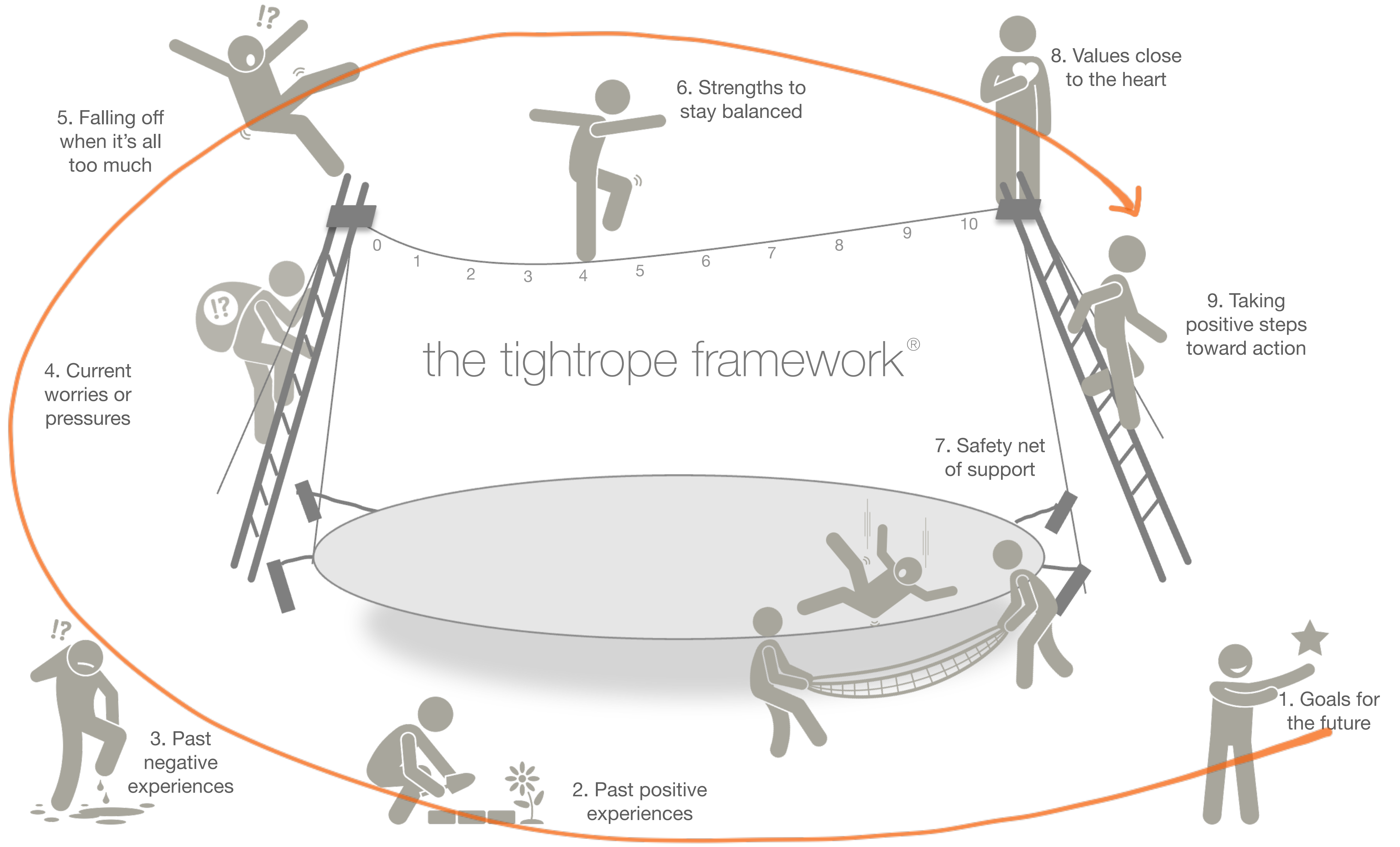
The tightrope framework is a powerful analogy of life, particularly representing times of change or challenge.

It explores your past, present and future. Supporting you to find clarity and take action toward your goals.

It uses techniques from Brief Solution Focused Therapy, Cognitive Behavioural 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' (self sabotage) look like for you?
-  Your strengths to help you balance and move forward in life
-  Who is your safety net in case you fall?
-  Your values that drives your choices and motivation
-  The steps you can you take now



How to use the tightrope framework

Print out this workbook! Watch the free coaching call.

Fill in each section of the tightrope by hand - according to research, writing out the answers by hand will create a more meaningful connection to your goals and what you learn about yourself during this process.

This workbook provides an introduction to the framework, which is designed to support a self-assessment of what is pulling you away from your goals or tipping you into self-sabotage behaviour. The framework as a whole will help you identify your strengths, values and positive foundations for change. Each section comes with research-based prompts to help you focus on what can impact behaviour and change.

While you could start anywhere on the framework, I suggest we start with the end in mind and therefore first identify your goals and then work your way through the remaining sections of the framework until you get to final section of taking action.

I've included a one-page template at the end of the workbook that you can use to summarise the key points from each section of the framework. This can be reviewed regularly as an active tool to support you toward your goals. Print out this final page a few times and use as a blank template whenever you find yourself falling back and needing to revisit the framework as a whole. This should become a quick practice and will support you in easily identifying patterns, triggers and barriers.

Finally, there is an introduction to Emotional Freedom Technique (also known as tapping) together with a script that you can tap along to. This is aimed to address any feelings of resistance or hopelessness. Use tapping regularly to increase motivation.

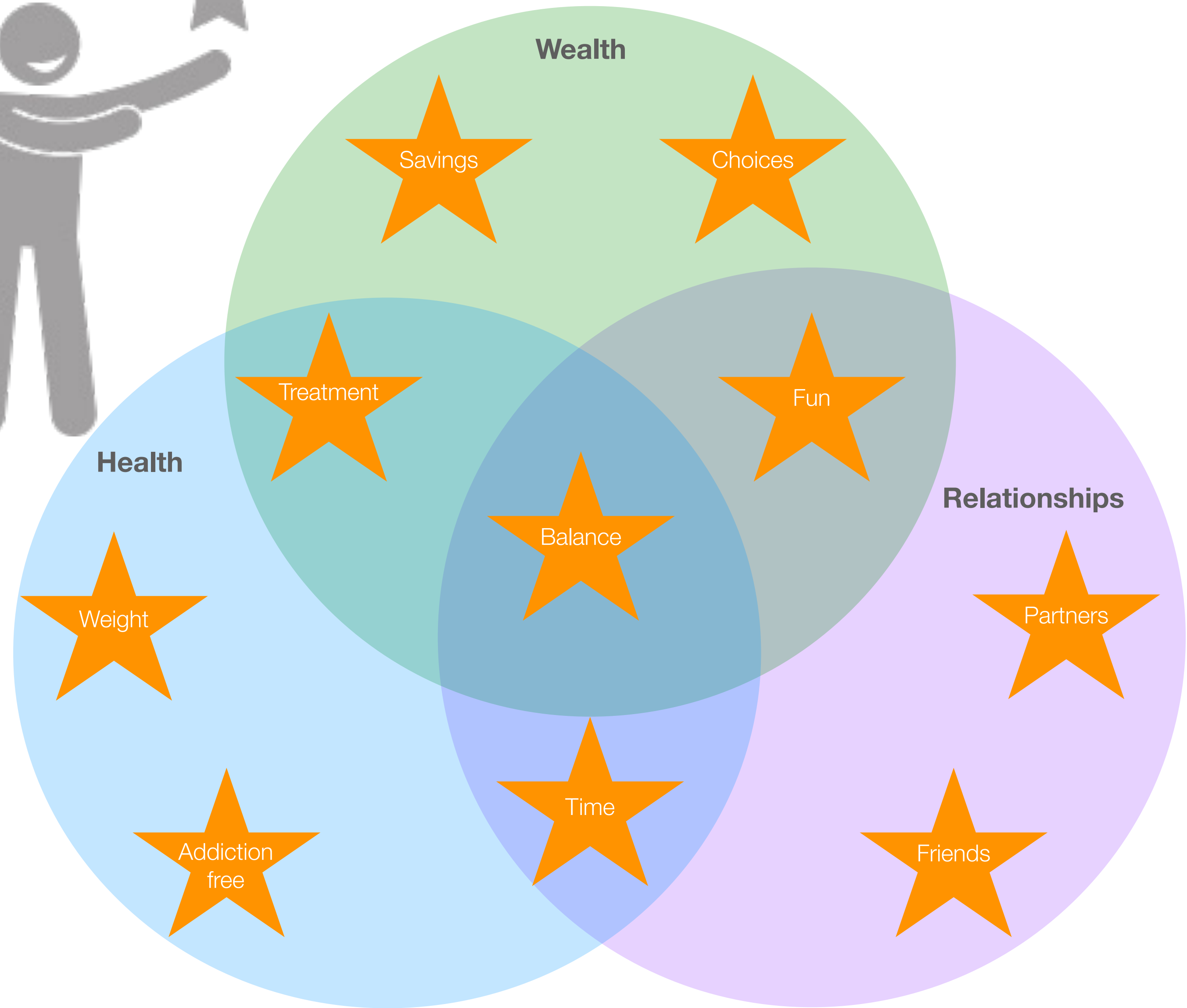
For more information about me and the tightrope framework, visit www.robertaevans.com

1. What is my primary goal right now?

Usually people seek change in regard to health, wealth or relationships.

Here are some prompts to help you consider where you want to focus your attention.

Write your goal down here (it helps to add a timeframe to the goal, what it will look like to have achieved it and what it would mean to you to achieve this goal):



2. When have I had success towards this goal before?

Review these prompts to help think of previous successes with this goal - or any positive experiences that provide you with a stronger foundation and/or sense of hope.

Write them all down, no matter how small!



Help I've had



Praise received



Times accepted



Positive times with family



Positive times with friends



Good memories



Believed in myself



Time to learn and grow



Time to reflect



Completed a promise



Overcame difficulties



Positive choices I've made



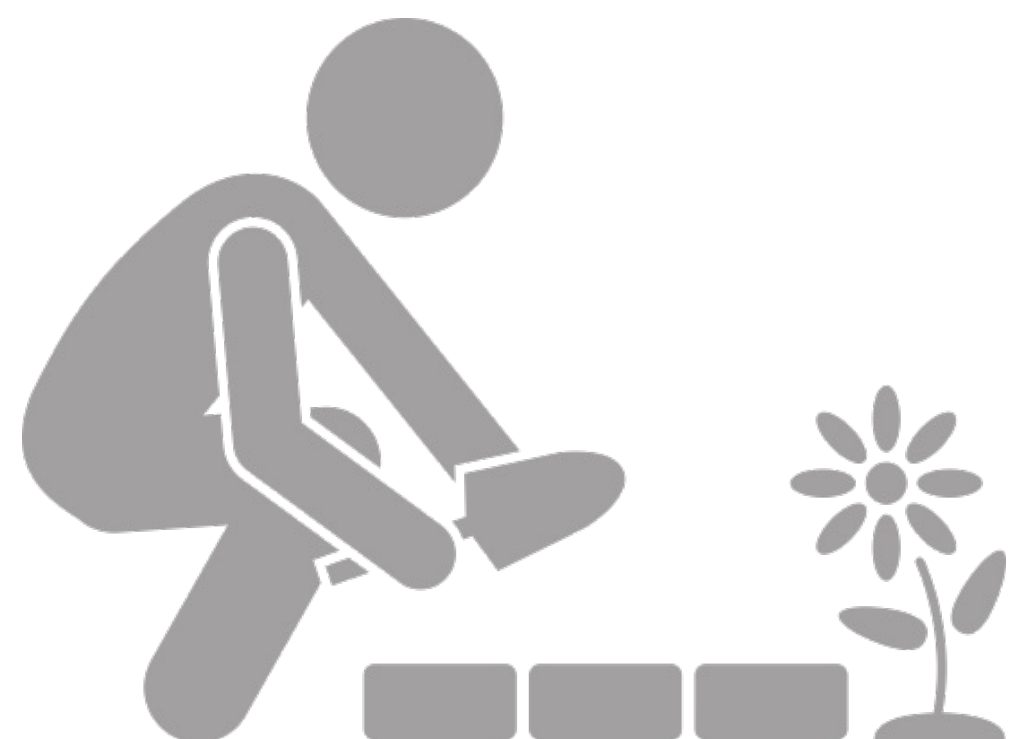
Gaps in the 'bad times'



Something proud of



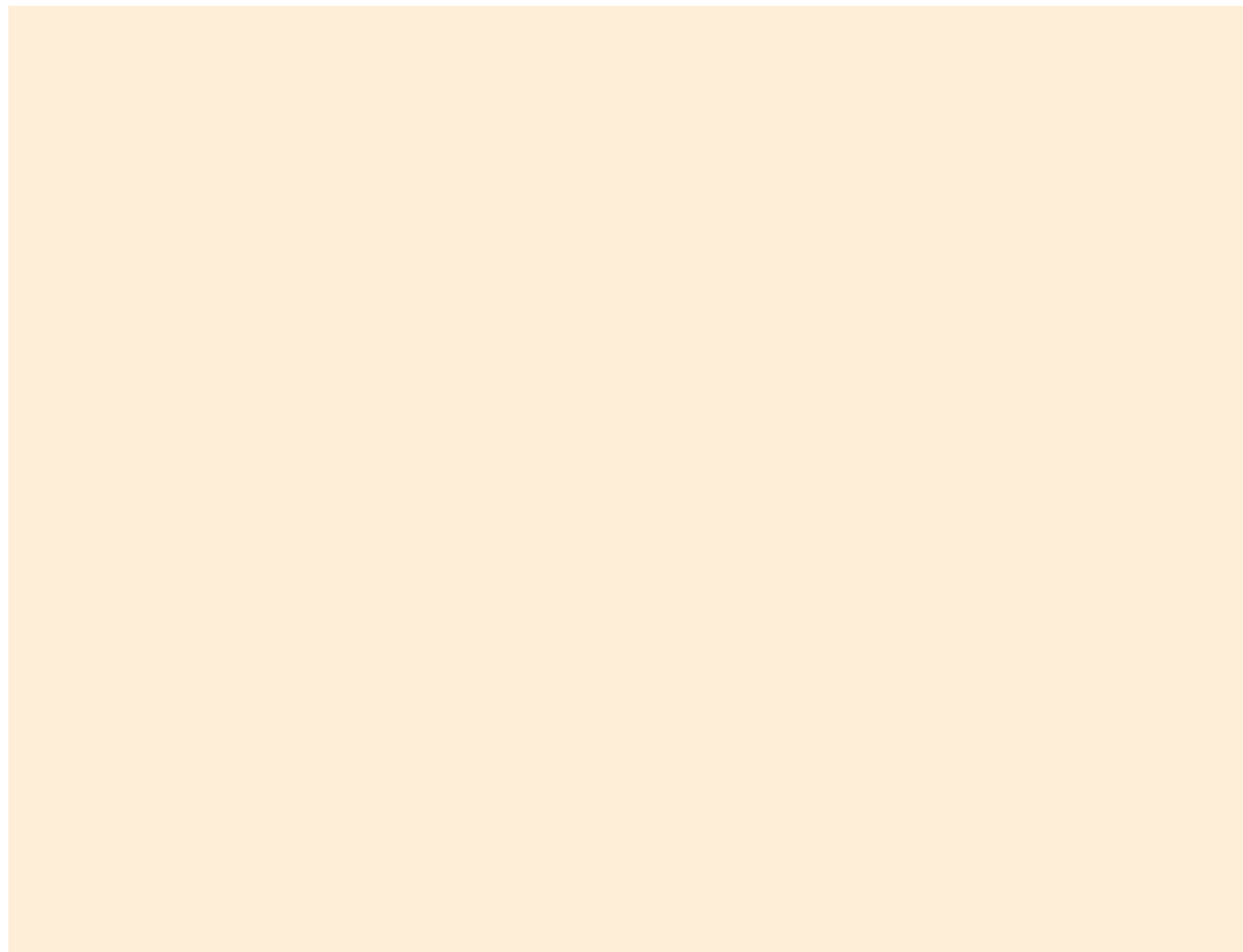
Found solutions



3. What has happened in my past that makes achieving this goal difficult?

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

Gently consider if there is anything from your past - whether connected to this goal or not - that might be making life wobbly. It can help to write these down as an acknowledgement and to show yourself empathy. You don't need to go into specifics and can just say 'the time when ...'!



4. What current pressures / beliefs are making life difficult?

Consider any negative thoughts or feelings you have about your goal - whether these are about your ability to achieve the goal or your fears of what might happen if you do achieve it (this can be a helpful realisation of why you keep falling back from the goal).

Consider anything else adding pressure to your life right now and making it hard to make the time to focus on your goal. Identify any beliefs you still hold about past experiences

Write these down here



5. What does 'falling off' (steps back) look like?

What are the warning signs that you are 'falling off' the tightrope and away from your goals?

Without self-criticism, judgement or guilt, honestly identify the behaviours that you have resorted to at times of stress or when feeling overwhelmed but have also taken you further away from your goals?

Write these down:



- Binge or overeating
- Binge or heavy drinking
- Bottle emotions
- Refuse help on offer
- Shout or rage
- Hurt self
- Self hate or judgement
- Self sabotage
- Unfinished tasks
- No sex drive
- Changes to appearance
- Late or forget to attend help
- Run away from problems
- Socially Isolate
- Can't start a new project
- Hide or lie about what done

6. What strengths do I have to balance?

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 name it and acknowledge yourself for it. Also think of how others might positively describe you!



Write them down here:

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

7. Who or what is my safety net?

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

These prompts include practices that you can do for yourself - be sure to identify anything that you know helps you stay motivated and 'bounce back'

Write them all down here:

Someone I can trust

Someone who checks up on me

Place of support, where I feel I belong

Safe space to let go

Someone who offers practical help

People who expect good of me

Someone to talk to

My religion / faith

Someone who loves me no matter what

Space to reflect

Someone to just 'be with'

Positive activities

Sleep and Nutrition

Inspiring leaders or role models

Rules or routine that I can turn to



8. What do I most value?

Try to identify your TOP THREE values that you would priorities over all others.

If you have a value that is not listed here then also write this down - or reword any that fit better for you. Also think about how these values support your goals.

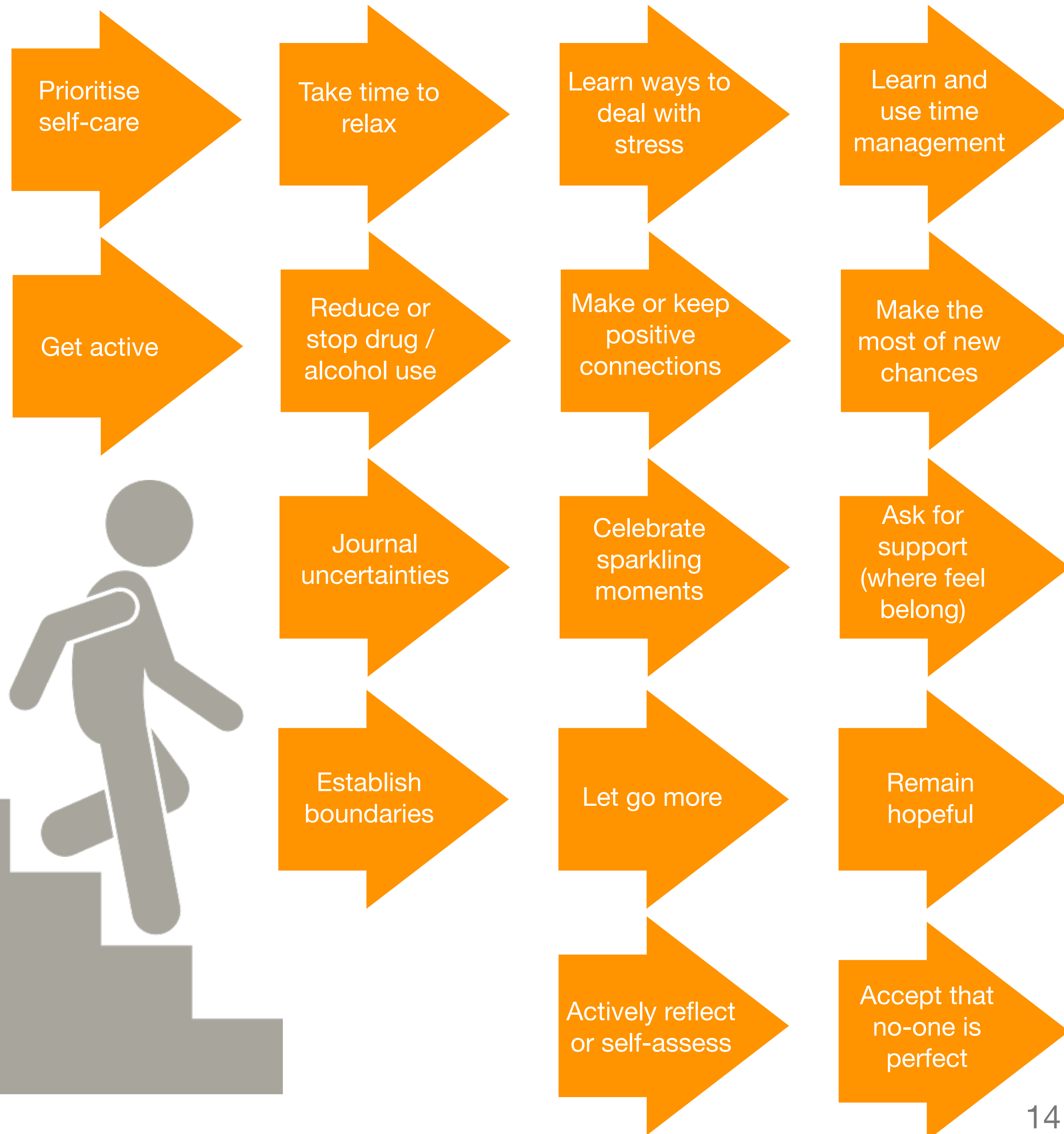
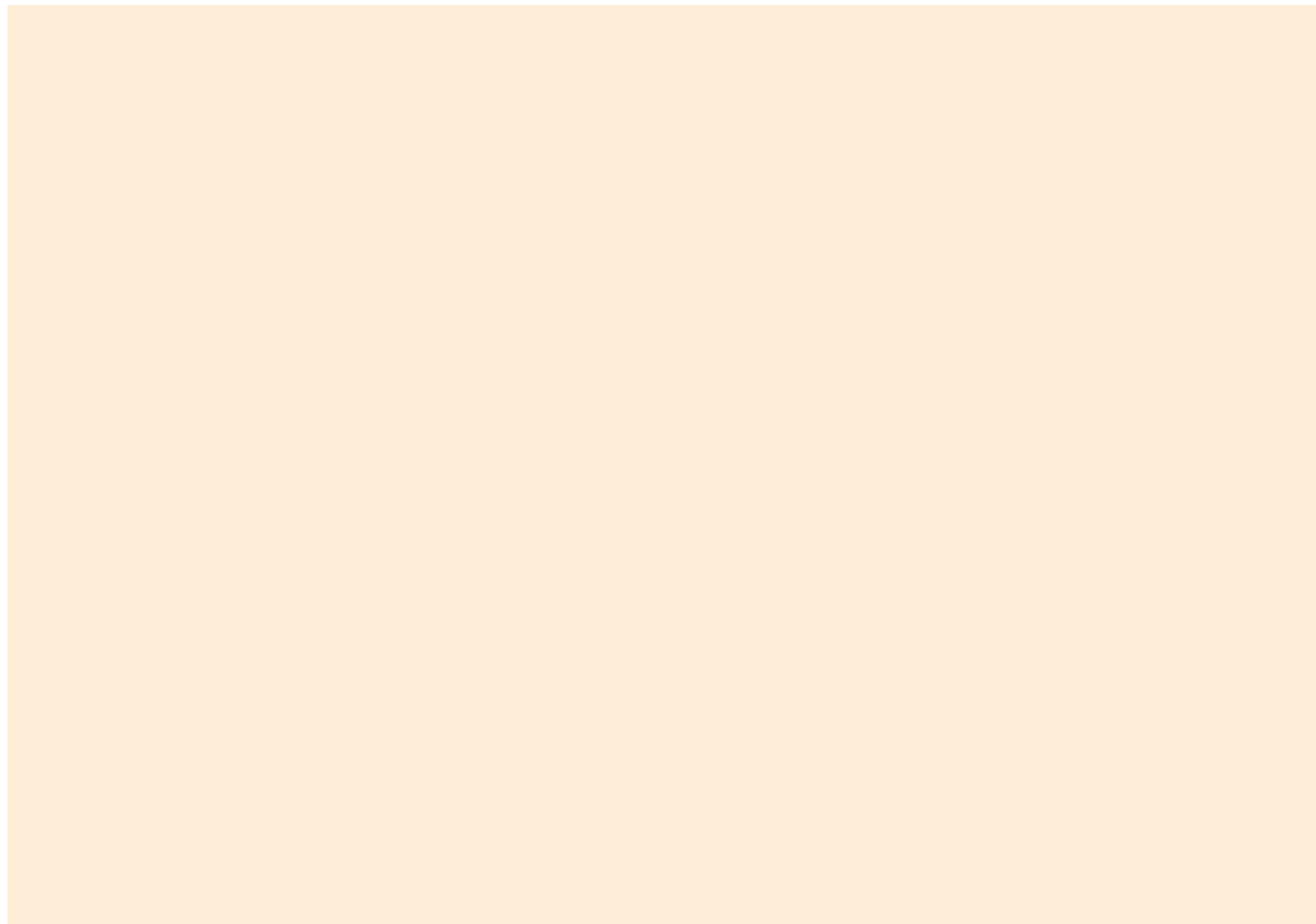
Write your values down and then prioritise them:



9. What one step can I take right now toward my goal?

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

Write them down and then highlight / circle the one step you will take now!



The Tightrope Framework in action

To get the most out of The Tightrope Framework, revisit this on a regular basis.

It can be easy to identify a goal, set an intention and start taking action. However, when we start to fall back into old behaviours or self-sabotage it is also too easy to give up and think that it won't work.

By revisiting all nine areas of the framework, you can start to identify patterns - whether in regard to how your values do not align to your goal or how you are triggered by the current pressures in your life. Perhaps you haven't given yourself the grace to accept that falling off is a natural part of a change journey. It is also important to check whether you are utilising your safety net - or are you trying to persevere on your own and therefore creating more instability?

Another element of the tightrope that you can explore is how motivated you are to take action towards your goal. If you were to imagine numbers under the rope of the tightrope, from 0 - 10, whereby 0 represents continually falling off and 10 is taking steps towards change - where are you right now?

Keep reviewing this and consider whether the actions you've identified need to be broken down to smaller and more manageable (and therefore motivating) steps.

Whether you review all nine sections on a regular basis or just take a sense-check into one area that comes to mind, being present and real with regard to your motivation and willingness to do what it takes to achieve your goals is important.



Congratulations - high five!

You have just worked through some powerful reflections to identify and work toward your goals!

You have reviewed your past experiences that either provided stability or made things wobbly. You've acknowledged the current worries and pressures that make life more difficult (make the ladder higher). You have identified what 'falling off' looks like and the strengths you have to help you balance and the safety net that can help you bounce back if you do fall. You have recognised the values that support your actions, the steps you can take to get to more stable ground and how to review these so they are manageable and motivating you to move toward your goal.

To support you in your daily action, the next three pages include information about EFT (tapping) and a script that you can use while reviewing what you've written.

On the last page is a one page template for filling in all the sections of the tightrope framework - a great way to quickly check-in and review all the areas in one place. Use this whenever you need.



How EFT / tapping can support change

Emotional Freedom Technique (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 after working with Dr Roger Callahan, who created Thought Field Therapy. Gary describes it as a **psychological version of acupuncture**.

Tapping can **calm anxiety and stress** and it can address a range of **physical and emotional health concerns**.

EFT is effective at addressing past traumas to support a journey toward recovery.

I have provided information on the tapping points and a tapping script to support you in your journey of reflection and taking daily action. Traditionally tapping starts with a ‘set up’ statement, which you say out loud while tapping on the side of your hand. The set up statement is to help your brain acknowledge the problem and create an opportunity to look at the situation differently. It 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 reversal.

Then as you tap around the points the problem is further acknowledged. You can reword anything that doesn’t work for you or write your own. If you have feelings of resistance or anxiety, keep tapping and feeling the feelings until you feel a shift (this can be a sigh, shrug, yawn). Then complete the final verse of the script, which is aimed to introduce a positive shift.

Use as often as you need

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 Side of Hand.

1. Side of Hand

This is on either hand on the outside fleshy part. This is also known as the 'karate chop' point. Tap here during the set-up at the start of a tapping session.

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

2. Above eyebrows (AE)

3. Side of eye (SE)

4. Under eye (UE)

5. Under nose (UN)

6. On chin (OC)

7. Collarbone (CB)

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

9. Top of head (TOH)



EFT Tapping Script to support your journey

Read out loud and tap on the points

1. Side of hand

Even though I am skeptical about how this will help,
I am open to trying something new
Even though I am overwhelmed at how much I need to do to
achieve my goal, I am open to enjoying the journey
Even though I keep falling back from my goal,
I am willing to try again and with more ease

Deep breath

While tapping around the points

2. (AE) - No wonder I'm not achieving my goal
3. (SE) - I keep being swept away by all these pressures
4. (UE) - My limiting beliefs get in the way of my success
5. (UN) - It can feel so hopeless
6. (OC) - Why do I even bother to try?
7. (CB) - All I've done is write out a lot of statements
8. (UA) - How will this framework and tapping even help?
9. (TOH) - Yet I am here and willing to give it go

Deep breath










2. (AE) - Something keeps pulling me back from my goals
3. (SE) - Change can feel like being on a tightrope
4. (UE) - And falling off is a natural part of growth and resilience
5. (UN) - I can appreciate how my past experiences impact me
6. (OC) - I can identify how my thoughts change my behaviour
7. (CB) - I have taken the time to acknowledge my triggers
8. (UA) - I can name my strengths and values
9. (TOH) - Now is the time to find balance and ease

Deep breath

2. (AE) - What I want is important to me
3. (SE) - The journey to achieve my goal is a worthy one
4. (UE) - I choose to do this for me now
5. (UN) - I am worthy of the time it will take to achieve success
6. (OC) - I can learn to love what it takes to get what I want
7. (CB) - I have strengths and qualities I can draw on
8. (UA) - This is within my gift
9. (TOH) - I choose to give this to me now

Deep breath

Tightrope Framework[®] template - print and fill in whenever you need to stop and reflect on your goals

<p>5. What does 'falling off' (steps back) look like?</p> 	<p>6. What strengths do I have to stay balanced?</p> 	<p>8. What do I most value?</p> 
<p>4. Current pressures & beliefs making life difficult?</p> 	<p>7. Who or what is my safety net?</p> 	<p>9. What one step can I take toward my goal?</p> 
<p>3. What has happened in my past that makes achieving this goal difficult?</p> 	<p>2. When have I had success toward this goal before?</p> 	<p>1. What is my primary goal right now?</p> 

0 1 2 3 4 5 6 7 8 9 10