Let It Go...

Releasing the baggage you've been carrying,
and feeling like yourself again

Vicki Harding
INTEGRATIVE WELLNESS

STEP 2 OF 3 · LEARN TO TAP

Let It *Go*

Releasing the baggage you've been carrying, and feeling like yourself again.

The guide and course belong to the same collection as The Beliefs Workbook and Work With Your Pattern.

STEP 1	STEP 2	STEP 3
Recognise the Pattern	Learn to Tap	Work With Your Pattern
The Beliefs Workbook	Let It Go	Guided practice

Vicki Harding · Integrative Wellness

The Pattern Collection · See all three steps online

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ABOUT YOUR PRACTITIONER

Vicki Harding – Integrative Wellness

I have worked in the complementary health field for over fifteen years, across thousands of sessions. I am an Accredited Certified EFT Practitioner with EFT International, and I also work with PSYCH-K, Theta Healing, the Emotion, Body and Belief Code, ConTact C.A.R.E and Accunect.

I see clients online worldwide, and in person at my studio in Titirangi, Auckland. ConTact C.A.R.E is offered in person in Auckland only.

You may be carrying more than you realise

If you're reading this, you may already sense there's something you'd like to release. You're not broken. You may simply have been carrying a lot. You wake up tired in a way sleep doesn't fix. You react to small things with a size of feeling that surprises even you. You've achieved things, held things together, kept going. And somewhere underneath all of it, the person you actually are is still there, waiting to be less crowded.

Here is the thing I've seen over and over. That person underneath is always still there. Nothing about you is broken or gone. What's happened is that life has left things behind. Old emotions, old beliefs, old patterns. They've settled into your body and your habits without you ever agreeing to carry them.

> *"Within you are all the answers. The work isn't becoming someone new. It's letting go of what's been covering up who you already are."*

This short guide will show you three things: how to recognise the baggage you might not know you're carrying, a simple tool you can use today to start releasing it, and what it actually looks like to do this work properly, with support, so it lasts.

The signs that are easy to miss

A familiar feeling can seem like part of everyday life. You may think "I'm just like this" before noticing the situations in which it appears. That's what makes them so easy to carry without noticing.

Here are five common signs that there's old, unprocessed emotional weight still living in the body:

1 Reactions bigger than the moment

Someone is short with you and you feel it for the rest of the day. A minor criticism lands like a verdict on your worth. When a reaction is out of proportion to what actually happened, it's often not really about what just happened at all. It's an old feeling being triggered, not a new one being created.

2 A tiredness that rest doesn't touch

Physical tiredness responds to sleep. Emotional tiredness doesn't. If you're well rested and still feel like you're dragging something heavy through your day, that's often exactly what's happening. Just not something anyone else can see.

3 Repeating the same pattern in different clothes

The same kind of relationship. The same kind of conflict at work. The same self-sabotage right when things start going well. Patterns that keep resurfacing, no matter how much the surface circumstances change, are usually rooted in a belief formed a long time ago, running quietly in the background.

4 A persistent sense of "not enough"

Not a bad day, but a baseline. A feeling that follows you into rooms regardless of what you've achieved. This is almost always inherited or learned early, not evidence-based. And it can shift.

5 Feeling like a performance of yourself

Doing life well on the outside while feeling quietly distant from it on the inside. Going through the motions of a life that looks right, while some part of you is waiting for permission to actually show up in it. If you recognise several of these experiences, choose one you would like to understand better. These examples can prompt reflection, but they cannot tell you what is causing a difficulty.

Why willpower isn't enough

A natural response to noticing these patterns is to try to think your way out of them. Read more, plan better, try harder. And for a while, that can help. Sometimes what feels like the same feeling resurfaces. This doesn't erase what helped before. You may have eased one aspect of the experience, while another now needs attention. In EFT, "aspects" are the different parts of an experience: what someone said, how you felt, or what that moment meant to you. For example, the anger about someone's words might soften, while the hurt of feeling dismissed becomes clearer. Pause and notice what feels strongest now.

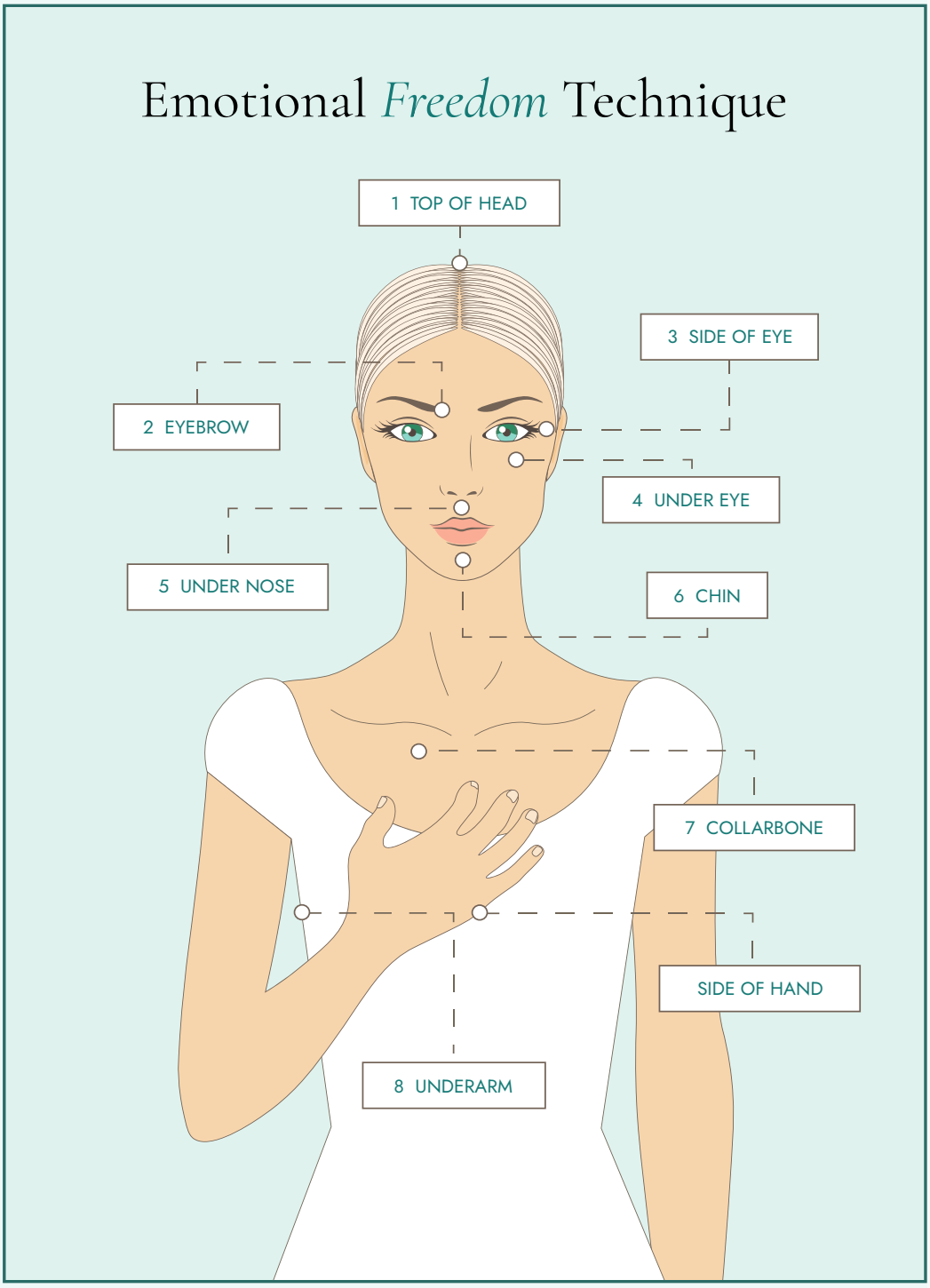
That's because stuck emotions and limiting beliefs aren't stored in the thinking part of the mind. They're held in the body and the subconscious: the part of you running in the background, making decisions before your conscious mind even weighs in. You can't out-think something that was never a thought to begin with. It has to be met and released where it actually lives.

This is why body-based and belief-based approaches, like EFT Tapping, PSYCH-K, Theta Healing, and the Emotion, Body and Belief Code, work with the nervous system and the subconscious directly, rather than trying to reason with them from the outside. Many people find this reaches something that talking alone hadn't.

The good news: this also means many people find the shift holds. You're not managing the old pattern forever. You're releasing it.

A simple tool you can start using today

You don't need a session to begin. EFT Tapping (Emotional Freedom Techniques) is a gentle method that uses light tapping on specific points on the body, known as meridian points, while acknowledging a feeling, to take the emotional charge out of it. It's simple enough to do anywhere, and it's often the first tool I teach clients so they have something in their own hands between sessions.



The setup point

Side of the hand, along the soft outer edge below the little finger. This is where every round begins, before you move through the eight points below.

The basic tapping points

1. Top of the head (crown)
2. Eyebrow (at the beginning of the eyebrow, closest to the bridge of the nose on either side or both sides. Tap just above the bony ridge of the eye socket)
3. Side of the eye (on the orbital bone at the outer corner of the eye. Stay on the bone)
4. Under the eye (on the bone beneath the pupil on the orbital bone)
5. Under the nose (between the bottom of the nose and the upper lip)
6. Chin point (crease between chin and lower lip)
7. Collarbone (just below where it meets the breastbone) From the U-shaped notch at the base of your throat, move down about an inch (2–3 cm) and move out about an inch (2–3 cm).
8. Under the arm (about 10cm below the armpit)

Start gently, at your own pace

You can begin by learning the tapping points and trying them with a small, everyday frustration. There is no need to start with your hardest experience or search for an earlier memory.

Choose something you feel comfortable giving a little attention to while still noticing the room around you. Stay curious about what you notice, without needing a particular result.

You are in charge of the pace. You can pause, change your wording or finish at any time. Even a brief tapping practice can be worthwhile. Any easing in intensity, however small, is worth recognising. You do not have to reach zero or resolve everything in one sitting.

If you know an experience is traumatic or feels overwhelming to approach, leave that one for supported work with a qualified professional experienced in trauma. You can still use this guide to learn the basics.

If strong feelings or memories arise

Pause the exercise if you feel overwhelmed, disconnected from your surroundings, or as though a memory is happening again. Look around, notice a few objects near you, and bring your attention back to where you are now. You do not need to push through or work out what it means.

If you need help settling, reach out to someone you trust or find free support through the link below. You do not have to work through this alone.

If you're feeling overwhelmed, find support options in your country

Before your first round

Begin with an ordinary moment that feels manageable to think about today. You might choose an email you are putting off, a small disagreement or an appointment you feel a little nervous about. You can learn the sequence with something small.

Choose one moment

"Everything is stressful" can be hard to work with. "I feel tense when I think about replying to that email" gives you somewhere clearer to begin. You are choosing a starting point, not trying to explain your whole life.

Notice what is here

As you think briefly about that moment, what do you notice? There may be a feeling, a thought, an urge to avoid something or a sensation in your body. A few ordinary words are enough: "this worry", "my tight shoulders" or "I keep putting it off".

If a number helps, give the discomfort a score from 0 to 10, where 0 is no discomfort and 10 is the strongest you can imagine. You can also use words such as mild, noticeable or strong. This is a way to compare your experience afterwards, not a test.

If you cannot name a feeling

Use what you do know: "something about this feels uncomfortable" or "I am not sure what I feel yet". You can notice a thought without searching for a body sensation. There is no particular feeling you have to produce.

Choose somewhere you can pause freely. If the example already feels overwhelming, leave it for supported work and choose something gentler. You can also decide that today is a day to read rather than practise.

Make the setup your own

The setup gives words to what you are noticing while you tap gently on the side of your hand. It usually begins with "Even though…" and ends with an accepting or supportive phrase.

You may know the familiar wording: "Even though I feel this worry, I deeply and completely accept myself." If that feels comfortable, you can use it. If the ending feels too far from where you are, choose words you can say honestly.

A few possible endings

"Even though I feel tense about this email, this is how I feel right now."

"Even though I feel tense about this email, I can be kind to myself as I notice it."

"Even though I feel tense about this email, I am open to giving myself a little room."

Keep it close to your experience

Choose one version, or use your own words. Say it slowly three times while tapping the side of your hand. You do not need to make the feeling sound more positive or say something you disagree with.

If the sentence itself brings up discomfort, make it simpler: "This worry about the email. This is where I am starting." The aim here is to acknowledge what you notice and begin gently.

As you move around the points, a short reminder such as "this email worry" is enough. You do not need a different or perfect phrase at each point.

A guided round

Pause if you feel overwhelmed. You can stop at any time and use the guidance in "Start gently, at your own pace".

Settle somewhere you can pause freely. Choose one manageable moment and use words that fit your experience. You can follow the sequence below without trying to make a particular change happen.

1. Notice your starting point

Think briefly about your chosen moment. Notice the feeling, thought or sensation you want to focus on. Give it a number from 0 to 10, or a simple description you can return to afterwards.

2. Begin at the side of your hand

Tap gently on the side-of-hand point while saying your setup three times. For example: "Even though I feel this worry about the email, I can be kind to myself as I notice it." The previous page offers other wording you can choose.

3. Tap around the points

Use about five to seven soft taps at each point. Say a short reminder, such as "this worry about the email", as you go. You can repeat the same words at every point or change them when another phrase fits better.

1. Top of the head
2. Eyebrow
3. Side of the eye
4. Under the eye
5. Under the nose
6. Chin
7. Collarbone
8. Under the arm

4. Pause and notice

Let your hands rest and take a comfortable breath. Briefly think about the same moment again. What, if anything, feels different? Use the next page to help you decide whether to stop, try another gentle round or seek support.

Putting things aside for now

The box technique

You can finish for today even when there is more you would like to explore. This optional exercise offers a way to put unfinished thoughts and feelings aside for now.

Imagine a box or another container that feels comfortable to you. Choose its colour, size and shape. It can have a lid, a lock and a key if you wish. You do not need to see it clearly; simply thinking of it is enough.

Without going back through the details, imagine placing what feels unfinished into the box. You might picture the thoughts, feelings and memories as words, colours or a gentle mist.

If tapping feels comfortable, tap gently on the side of your hand while saying:

"Even though there is more I could explore, I have done enough for now. I am giving myself permission to put this aside and return to the present."

You can repeat this up to three times, or use words of your own.

Imagine closing the lid and securing it in whatever way feels right. Choose somewhere to leave your box, perhaps on a shelf, in a peaceful imagined place or even on the moon. In this image, you decide where it goes and who has the key.

As you tap through the points, you might say:

"I can leave this here for now."

"I do not have to finish everything today."

"I can choose a time and the support I need to return to it."

"For now, I am bringing my attention back to the room."

Finish tapping, look around and notice a few things you can see. Feel the support of your chair or the floor if that feels comfortable. Give yourself a moment before deciding what you would like to do next.

If a thought returns, you have not done this incorrectly. Gently bring your attention back to the present. If the image feels uncomfortable or you remain overwhelmed, leave the exercise and reach out to someone you trust or a support service.

If you're feeling overwhelmed, find support options in your country

After a round

Pause before deciding what to do next. Let your hands rest, look around and notice how you feel now. Briefly return to the same example you began with. Compare it with your earlier number or description, if that is useful.

If it feels quieter

Notice what has changed. Perhaps the thought feels less urgent or your shoulders feel less tense. You can stop here, or choose another gentle round on what remains. If you're ready to finish, the box technique on the previous page offers a way to close for now.

If it feels much the same

An unchanged number is just information, not a sign to search for what went wrong. Check that you are thinking about the same moment. You could make the wording more specific, try one further round if you wish, or leave it there.

If something different comes up

You may notice another feeling, thought or memory. Name what has changed before deciding whether to continue. If it feels manageable, you can choose a new focus and starting description. You can also make a brief note to bring to a conversation. Something new appearing is not, by itself, proof of progress or a reason to push on.

If it feels too much

Stop the exercise and bring your attention back to the room. You might look at a familiar object, feel your feet against the floor or get some water. There is no need to keep following the example. If you remain distressed, reach out to someone you trust or an appropriate support service.

Choose how to finish

You might rest for a moment, return to your day or take one small practical step. Further tapping is an option, not an obligation. For something that feels difficult to approach alone, a supported conversation can be your next step. If a supportive phrase feels welcome, you might finish with "I can take this one step at a time."

An ordinary worked example

This is an imagined example to show the choices involved. Your words, feelings and outcome may be different.

The moment

You need to email someone to rearrange an appointment. Each time you open the message, you put it off. The thought is: "They will think I am being difficult." You notice tight shoulders and describe the worry as 4 out of 10.

The setup

While tapping gently on the side of your hand, you say three times: "Even though I feel worried about rearranging this appointment, I can be kind to myself as I notice it."

The round

You tap through the eight points, using "this worry about the email" as your reminder. At one point, "I do not want to inconvenience them" feels more accurate, so you use those words. You finish the round and pause.

The check-in

When you think about the same email again, the worry still feels like a 4. Your shoulders seem a little less tight, but the thought remains. Both observations count. You do not need to turn them into a bigger change than they are.

You could try another gentle round with "this worry about inconveniencing them". You could also stop. In this example, you choose to finish and draft one simple sentence asking whether another time is possible. You can decide later whether to send it.

What you take with you

You have practised the sequence, found more precise words and chosen what to do next. If nothing felt different at all, you could still finish for today. One round is not a verdict on you or a promise about what another round will do.

Step 3: Work With Your Pattern gives you space to explore a manageable example more fully, with guided practice and optional worksheets.

What actually happens in a session

A lot of people put off this kind of work simply because they don't know what to expect, and the not-knowing feels like its own barrier. So here, plainly, is what a session actually looks like.

You don't need to know what's wrong

You don't need a diagnosis, a theory, or even the right words. You just need to arrive as you are. Many of the most significant shifts happen around things a client didn't consciously realise they were carrying until the session brought it gently to the surface.

It's a conversation first

Every session begins with simply talking about what's going on for you. Feeling stuck, overwhelmed, flat, or just sensing something needs to change. There's nothing to prepare in advance.

The work itself is gentle

Depending on what you bring, the session might draw on PSYCH-K, EFT Tapping, Theta Healing, the Emotion, Body and Belief Code or Accunect. Sometimes one, often several woven together. It works well in person or online, from wherever you are in the world.

You'll likely notice something has shifted

Most people leave feeling lighter, calmer, or clearer. Sometimes about things they didn't even realise they were carrying. Some shifts are immediate. Others quietly continue to unfold over the days that follow.

You don't need to have this figured out before you begin. Working out what's most supportive for you is simply part of the session itself.

The life that's waiting

None of this is about becoming a different person. It's about finally getting to be the one you already are, underneath everything you've been carrying. The fear, the old beliefs, the patterns that were never really yours to begin with, only ever handed to you or built to keep you safe at a time when you needed them.

You get to put them down. Not by force, and not alone if you don't want to be. Gently, and with support, in a way that actually lasts.

> *"When people reconnect with themselves and let go of what's been holding them back, life opens up. Not in small ways. In big ones."*

If something in this guide has resonated with you, that's worth paying attention to. It usually means you already know, somewhere, that you're ready.

Ready to begin?

I offer sessions online worldwide, and in person at my studio in Titirangi, Auckland. Your first step doesn't need to be a big one. It just needs to be a step.

Book your first online session

vickiharding.com/book-first-session

Explore the services

PSYCH-K · EFT Tapping · Theta Healing · Emotion, Body and Belief Code · Accunect · ConTact C.A.R.E (Auckland)

Stay connected

Join the Journal at vickiharding.com for an occasional note when something new is published. No noise, and you can leave any time.

Warm regards, Vicki

Vicki Harding offers complementary wellness and energy-based services. ConTact C.A.R.E Flinchlock Release is a martial arts based discipline and describes itself as a practical study in the nature of stillness. All services are complementary and are intended to support general wellbeing alongside, not in place of, care from your doctor or other health professional. Individual experiences vary. Nothing in this guide is medical advice, diagnosis, treatment or cure. Please consult a licensed doctor or mental-health professional for medical or psychological concerns.

Continue when you feel ready

Step 2 · Continue with the course

Going Further with EFT is the seven-part course within Step 2. It builds on this guide and explores questions that can arise as you learn.

Continue with the free EFT course

Step 3 · Work With Your Pattern

When you are familiar with the tapping basics, Step 3 offers guided practice with a present feeling, situation or belief, plus reusable worksheets.

Explore Step 3

Return to Step 1 · Recognise the Pattern, continue noticing, or leave the collection here for now.

Support when you need it

In New Zealand, call or text 1737 for free, confidential emotional support, any time. If someone is in immediate danger, call 111.

If you're feeling overwhelmed, find support options in your country