



Managing Chronic Illness: The Importance of Letting Go and Becoming the CEO of Your Own Well-Being

KRIS CARR

<http://kriscarr.com>

*** *This is a digital workbook. You can type your notes in the text boxes and save it to your computer.* ***

When suffering with a chronic illness, the emotional toll can be just as hard to bear as the actual illness. You may feel angry, lost, overwhelmed, and unsure on how to navigate through the many tests, the many doctors opinions, and the many decision that need to be made. It can often feel like you are losing yourself in the process.

The power of acceptance. When it comes to dealing with a diagnosis and dealing with a chronic illness, often times we think that accepting just means giving up and surrendering.

When we accept ourselves as we are, we aren't "settling" or "keeping the problem in place." We're showing love and compassion for ourselves—for our feelings, our situation, and our history.

Our self-acceptance often goes a long way to actually clearing the issue. As the old saying goes, "what you resist persists." Oftentimes, it's when we accept ourselves, as we are that the most dramatic healing can begin to happen! **What does acceptance mean to you?**

When you tap and say, "I love, accept and forgive myself" tune in to what that really feels like.



What does it mean to love yourself?

What does it mean to accept yourself?

What does it mean to forgive yourself?

When you learned about your diagnosis. The experience of receiving a diagnosis can create emotions and beliefs. For example, having a severe diagnosis delivered to you in a harsh, unfeeling way can leave you feeling angry and afraid. Before we begin tapping, focus on your diagnosis. First examine the emotions that you feel when you think about your diagnosis. Does your diagnosis make you anxious? Afraid? Frustrated? Angry? Hopeless? Go back to that time you learned about your diagnosis and write those down.



Pick one of those emotions and begin to feel that in our body. Notice where you feel it in your body, be it your chest, your stomach, or your head, and give that feeling a number on a zero-to ten scale of intensity:

Emotion/Feeling: _____ Intensity: _____

Let's do some Tapping. Start by taking three deep breaths. Feeling safe and grounded in your body. Feeling present in space and time. We'll start by tapping on the side of the hand, the karate chop point.

Side of Hand Even though I have all these emotions around my diagnosis. I love myself and accept how I feel.

Even though I have so much _____ around my diagnosis. I deeply and completely love and accept myself.

Even though I am so _____ about my diagnosis and what it means for me and my future. I love myself and accept how I feel.

Eyebrow All these emotions around my diagnosis

Side of Eye They're so _____.

Under Eye Whenever I think about my diagnosis I feel _____.

Under Nose And so much _____.

Under Mouth All this _____.

Collarbone All this _____.

Under arm It's so _____.

Top of Head All the stress in my body.

EB I'm _____ about what it means for me right now.

SE And _____ about what it means for my future.

UE All this _____ around my diagnosis.

UN Is my diagnosis really true?

UM Why can't my body heal itself?

CB I don't want this to be true.

UA But I'm so afraid it is.

TH I'm so scared that it's true.

Back to the eyebrow and keep tapping through the points. Don't worry about getting it perfect or missing a point. Just tap as I say the statements.



- EB Like my body is betraying me.
SE And my diagnosis just makes everything worse.
UE All this _____ in my body.
UN All this _____ at my doctors and my diagnosis.
UM I'm just so _____ about this.
CB All this _____ about my diagnosis.
UA It's safe to feel this _____.
TH And it's safe to let it go.

Feeling safe to feel your feelings. How often do we not allow ourselves to feel because it's just too scary? We do it to protect ourselves. The challenge is... As we continue to ignore the feelings in our lives, they accumulate and this causes more and more problems for us.

Notice how scared you are to feel your feelings about your illness, and give it a number on a zero-to-ten scale of intensity: _____

Let's do some Tapping. Start by taking three deep breaths. Feeling safe and grounded in your body. Feeling present in space and time. We'll start by tapping on the side of the hand, the karate chop point.

Side of Hand Even though I am scared to feel these feelings, I love and accept myself. And it is safe to begin to relax.

Even though these feelings feel overwhelming I love and accept myself. And it is safe for me to relax.

Even though I am scared to feel all these feelings, I love and accept myself. And I remember that I am safe.

- Eyebrow All of these emotion
Side of Eye The shock of the diagnosis
Under Eye I feel like my body is betraying me
Under Nose And it is so unfair
Under Mouth It is so overwhelming
Collarbone And I don't know what to do
Under arm So I push these feelings down
Top of Head The pressure to keep it together



EB The pressure to take care of others
SE So many people depend on me
UE And I shouldn't feel these feelings
UN I should be able to handle this
UM But it is so hard
CB And that is okay
UA I can still be strong
TH And feel these feelings

EB It is safe to feel scared
SE I honor the way that I feel
UE I honor myself
UN I would never tell a child
UM To just get over it
CB To just keep it together
UA I would honor how they feel
TH And I would comfort them

EB It is safe to honor how I feel
SE It is safe to be scared
UE It is safe to feel angry
UN And as I acknowledge all these feelings
UM I am able to let them go
CB At my own pace
UA And I feel these feelings again
TH That is okay because I have the freedom to feel and it feels so good

The importance of being grounded. It is very easy to leave our bodies when we are frightened so getting into our bodies and really embracing the present moment is important. Let's do some tapping on feeling nervous around a medical test or procedure. If you have a medical test or procedure coming up, measure how anxious you feel and give it a number on a zero-to-ten scale of intensity: _____

Side of Hand Even though I am so nervous about this test
I love and accept myself
And it is safe to relax
Even though this test terrifies me
I love and accept myself
And it is safe to relax



Even though I hate the whole process of taking these tests
I love and accept myself and it is safe to relax

Eyebrow Here I am again
Side of Eye Another test
Under Eye This anxiety in my stomach
Under Nose This fear of the unknown
Under Mouth Part of me doesn't want to know
Collarbone I am terrified of this test
Under arm I hate the process
Top of Head I hate the waiting

EB And I am so scared of what they will find
SE All of this tension in my body
UE I feel like I am fighting for my life
UN All this tension in my body
UM This process is so uncomfortable
CB And I don't want to go through this
UA I would rather be anywhere else
TH This is the anxiety that comes with these tests

EB It is safe to feel these feelings
SE It is safe to acknowledge this process
UE It is not a pleasant process
UN But that is okay
UM Because I can feel pleasant
CB I give myself permission to feel good
UA I give myself permission to relax
TH Right now and right here

EB I am in my body
SE And as I go to take this test
UE I stay in my body
UN With everything going on around me
UM It is safe to feel calm and centered inside
CB Because I still have the power
UA And I know that no matter what happens
TH I will not abandon myself



- EB I know that no matter what the test result is
- SE I can handle it
- UE I am here for myself
- UN I have my own back
- UM So it is safe for me to relax
- CB Because I am taking care of myself
- UA Feeling safe and calm in my body
- TH I am ready for anything

The fear of speaking up for yourself. Sometimes we are not able to speak up for what we want. We are scared to rock the boat or we don't feel like we have the right to question authority. Check in with yourself and see if this feels true for you and if so, give it a number on a zero to ten scale of intensity: _____

Let's do some Tapping.

Side of Hand Even though I am scared to speak up, I accept all these feelings. And I choose to feel calm and confident.

Even though I am scared to speak up, I accept all these feelings. And I choose to be calm and confident.

Even though I am scared to speak up, I accept all these feelings. And choose to be calm and confident.

- Eyebrow I need to speak up
- Side of Eye But I feel overwhelmed
- Under Eye So many questions rushing through my mind
- Under Nose I don't know where to start
- Under Mouth Everything is moving so fast
- Collarbone And I don't know what to do next
- Under arm It feels so overwhelming
- Top of Head It is hard to speak up

- EB I don't understand
- SE I am feeling scared
- UE So I begin to freeze
- UN I am feeling scared
- UM So I begin to freeze



CB I honor this feeling
UA My body is trying to protect me
TH And it is safe to relax now

EB It is safe to come back in my body
SE It is safe to feel centered and strong
UE I feel my feet on the ground
UN I am right here and right now
UM And I am okay
CB It is safe for me to speak up
UA It is okay if I don't understand
TH Because when the CEO doesn't understand

EB They don't really care
SE They just ask questions
UE And it is no big deal
UN Even though I don't understand
UM Even though I have all these questions
CB It is okay to speak up
UA It is okay to ask for clarity
TH It is okay to share my opinion

EB We work together
SE And together we find a solution
UE My doctor is part of my team
UN I am part of my team
UM What we think matters
CB It is important that we both speak up
UA I give myself permission to speak up
TH I am the CEO and I am moving forward

Tap on where you are. A lot of people who are new to Tapping often wonder if they are tapping and saying the right thing. Tapping is such a forgiving process and we don't have to have the exact words. We can simply start with even though I am completely overwhelmed because I am scared of making the wrong decision. I deeply and completely love and accept myself. And then begin to tap while just giving a voice to saying I am scared, I don't know the right thing.



Let's explore a few topics that you can turn into your own tapping scripts. Take some time to write down the answers to the following questions.

What can I learn from this experience?

What can I learn from my illness?

How can it help me become deeper, richer, more intuitive, and a more connected person?



KRIS CARR is a *New York Times* best-selling author, speaker and health advocate. She is the subject and director of the documentary, *Crazy Sexy Cancer*, which aired on TLC and The Oprah Winfrey Network. Kris is also the author of the award-winning *Crazy Sexy* book series. Her latest books, *Crazy Sexy Diet* and *Crazy Sexy Kitchen*, will change the way you live, love and eat! Kris regularly lectures at hospitals, wellness centers, corporations such as Whole Foods, and Harvard University. Media appearances include: Good Morning America, Today Show, The Early Show, CBS Evening News, Access Hollywood, The Doctors, Super Soul

Sunday and The Oprah Winfrey Show. As an irreverent foot soldier in the fight against disease, Kris inspires countless people to take charge of their health and happiness by adopting a plant-passionate diet, practicing self-care and learning to live and love like they really mean it.