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DAY 18: UNLOCKING UNHAPPINESS SELF-PRACTICE WORKSHEET

Happiness **unfolds when your inner world feels open, safe, and aligned**. It's the state of ease that arises when your needs, values, and energy are flowing without strain. Rather than a constant high, happiness often shows up as lightness, clarity, and a quiet sense that you're okay where you are. Your body feels more relaxed, your breath moves freely, and your mind becomes less occupied with fixing or proving.

When happiness is blocked, you may still function well on the outside, yet feel muted, disconnected, or unable to fully enjoy what's present. The mind may chase reasons to feel better, while the body holds subtle tension or fatigue that dampens pleasure and curiosity. This disconnect can make joy feel distant or conditional, as if it's something you have to earn.

Unlocking happiness begins by softening what's been holding your system in protection mode. When you meet your inner experience with gentleness instead of pressure, space opens naturally. Emotional charge settles, awareness expands, and moments of contentment become easier to access. From this grounded state, **happiness emerges less as a goal and more as a by-product of inner balance**.

In this worksheet, we'll explore how Energy Flow® and Emotional Freedom Techniques (EFT) can help release emotional blocks that limit joy, gently re-regulate the nervous system, and reconnect you with a sense of warmth and ease.

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A. ENERGY FLOW® EXERCISES

Tantrum Release

1. Bring into your awareness anything you are frustrated, annoyed or irritated about.
2. Place the fingers just under the collarbone and gently tap.
3. Take a breath in and out and make a loud "ahhh" sound as if letting out all negativity.
4. Stamp your feet vigorously as if having a tantrum.



Laughter Yoga

1. Find a quiet and comfortable place.
2. Take a few deep breaths to relax and prepare for the exercise.
3. **Structured laughter:** Start clapping your hands while chanting "Ho, ho, ha, ha, ha!" rhythmically. You can also use variations like "Hee, hee, hoo, hoo!"
4. **Fake laughter:** Begin to fake laughter. You don't need a reason to laugh; just start laughing as if something is incredibly funny.
5. **Deep breathing:** After a few minutes of fake laughter, transition into deep breathing. Take a deep breath in through your nose and exhale fully through your mouth with a "ha" sound. Continue deep breathing for 1-2 minutes. This helps oxygenate your body and brings a sense of relaxation.
6. **Free laughter:** Allow yourself to laugh freely and fully, even if it feels forced at first. Laughter yoga often starts with fake laughter and eventually becomes genuine.
7. After completing the exercise, take a moment to notice how your mood and energy levels have changed.



Mindful Walking

1. Find a quiet and safe place for your mindful walk, either indoors or outdoors.
2. Begin by standing still for a moment and taking a few deep breaths to centre yourself.
3. As you start walking, set a slow and deliberate pace.
4. Pay close attention to each step you take, focusing on the sensations in your feet.
5. Feel the weight shift from one foot to the other with each step.
6. Notice the way your heel, arch, and toes make contact with the ground.
7. Observe the texture and temperature of the surface beneath your feet.
8. As thoughts arise, gently bring your focus back to the physical sensations of walking.
9. Continue this mindful walking practice for 2 minutes.
10. When you decide to conclude the exercise, stand still again for a moment and take a few deep breaths to transition out of the practice.



Finger Hold Breathing

1. Choose a comfortable position.
2. Take a moment to centre yourself and focus on your breath.
3. Extend your dominant hand in front of you, palm facing up.



4. Using the opposite hand, gently grasp and apply pressure on the thumb. As you breathe in and out continue saying the affirmations associated with worry.
5. Breathe in, apply pressure on the index finger and as you breathe out, continue saying the affirmations associated with fear.
6. Breathe in, apply pressure on the middle finger and as you breathe out, continue saying the affirmations associated with anger.
7. Breathe in, apply pressure on the ring finger. As you breathe out, continue saying the affirmations associated with grief & sorrow.
8. Breathe in, apply pressure on the little finger. As you breathe out, continue saying the affirmations associated with low self-esteem.
9. Now, as you take a deep breath in, locate the middle of your palm and place your other hand on top, forming a gentle cupping motion.
10. As you hold your hands in this position, consciously think about the despondency or negative emotions that you want to address. Acknowledge them without judgment.
11. Pay attention to the pulse in the middle of your palm. Feel the subtle rhythm beneath your fingertips, which represents the connection between your emotional state & the energy in your body.
12. Take slow, deep breaths to enhance your awareness and connection with your emotions. Visualise your breath infusing positive energy and balance into the area of despondency.
13. After a few minutes, release the hand gesture and relax your hands.
14. Shake your hands gently to let go of any residual tension if needed.
15. Reflect on any shifts in your emotional state. Notice if there's a change in the intensity of despondency or if you feel more centred.

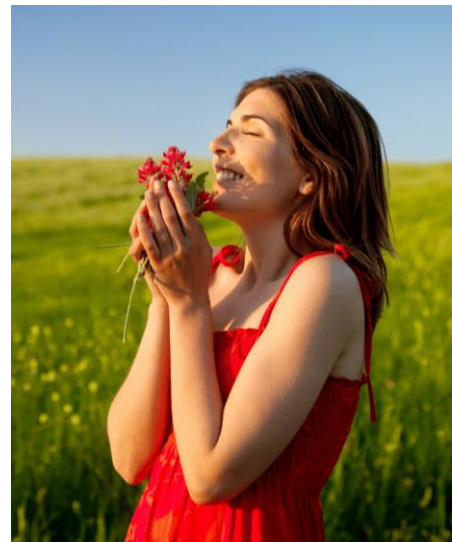
I Am So Happy

1. Point the fingers and move them up and down while affirming out loud:
 - I am happy, I am good. Happy, happy, happy, happy. Good, good, good.
 - I am happy, I am good. Happy, happy, happy, happy. Good, good, good.
 - I am happy, I am good. Happy, happy, happy, happy. Good, good, good.



Every day In Every Way

1. Tap on the tips of the fingers and say out loud:
 - Every day in every way, I am getting happier and happier.
 - Every day in every way, I am getting smilier and smilier.
 - Every day in every way, I am getting smarter and smarter.
 - Every day in every way, I am getting sexier and sexier.
 - Every day in every way, I am getting fitter and fitter.
 - Every day in every way, I am getting happier and happier.



B. SAFETY TAPPING

Place the hand on the upper chest and rotate in a circular motion, while saying out loud:

- I am okay, and I am safe; even if happiness feels distant right now, I can stay present & breathe through this moment.
- Suppose somehow, I could allow a small sense of ease or contentment to settle in now.
- What if I could let go of a little tension and make room for lightness and joy?



C. POSITIVE TAPPING WITH EFT

Positive Tapping for Unlocking Happiness

- Tap on the Karate Chop, *“Even though happiness feels blocked right now, it’s okay. I am open to the possibility of allowing happiness and ease.”*
- On all the upper body, facial and hand points, *“Allowing myself to feel lighter, more at ease, and open to happiness now.”*



D. UNLOCKING HAPPINESS WITH EFT TAPPING

1. Ask yourself the following questions:

- **What makes you feel unhappy?**
- **Who makes you feel unhappy?**
- **What has to happen for you to feel unhappy?**
- **What has to happen for you to feel happy?**
- **What makes you happy?**
- **Who makes you happy?**
- **If you could change one thing in your life, which would mean you were to experience unconditional happiness, what would that be?**

2. Write down 3 specific examples when you have not felt happy:

Sr.	What or who makes you feel unhappy?	How does it make you feel?	What number is it at?	Where in the body do you feel it?
1				
2				
3				

- **Of the 3 examples, identify the first example you want to work on.**

3. Once you have identified one example that you want to explore, start tapping on the side of the hand (Karate Chop point) while saying your statement out loud: “Even though I felt unhappy about _____ (what are you unhappy about) and I can feel it in my _____ (body part) _____ and it’s at a number _____ (add number) and it makes me feel _____ (feelings and sensations), I deeply and completely love and accept myself.”

4. Then tap on the upper body, facial and finger tapping points, using the reminder phrase (the phrases that includes information on the story name, number and feeling) while saying the reminder phrases out loud:

- Eyebrow: *I feel unhappy about _____ (what makes you unhappy)*
- Side of eye/ temple: *I can feel it in my _____ (body part)*
- Under the eye: *It’s at a number _____ (number)*
- Under the nose: *It made me feel _____ (feeling or sensation)*
- Chin: *In my _____ (body part) at a number _____ (number)*
- Collarbone: *Really _____ (feeling or sensation)*
- Underarm: *So _____ (feeling or sensation)*
- Thumb: *So _____ (feeling or sensation)*
- Index finger: *Unhappy about _____*
- Middle finger: *I feel it in my _____ (body part)*
- Little finger: *So _____ (feeling or sensation)*

5. Close the sequence by tapping on the side of the hand (Karate Chop point) while saying your statement out loud: “Even though I felt unhappy about _____ (what you are unhappy about) and I can feel it in my _____ (body part) _____ and it’s at a number _____ (add number) and it makes me feel _____ (feelings and sensations), I deeply and completely love and accept myself.”

6. **Relax:** Take a gentle breath in and out, then take a sip of water.

7. **Ask yourself,** *“What number is the unhappiness at?”* If reduced to a level you feel happy with, you can stop. If it is reduced to a level you feel happy with, you can stop. If you would like it to come down further, move to Step 7.

8. **Then ask yourself:**
 - What is left about the unhappiness? (I feel unhappy about...)

 - Where in the body do you feel it?

 - What number is it at, on a scale of 1 to 10?

 - How does it make you feel?

9. **Repeat steps 2-6** till the charge on what made/makes you feel unhappy comes down.

10. Once this example is complete, go back and explore the remaining two examples.

E. FROM UNHAPPINESS TO HAPPINESS

1. When have you not felt happy before?

2. What happened?

3. How does that make you?

4. Where do you feel it in the body?

TELL THE STORY SELF-PRACTICE (FOR PAST EVENTS / EXPERIENCES)

The Tell the Story Technique is for a past negative memory that has a Subjective Unit of Distress (SUDs) of 7/10 or lower. The reason to use this Technique is to be able to work through what happened in the past.

1. Begin by giving your story a name. Write down the name of your story:

_____.

2. On a scale of 1-10, measure the intensity / emotional charge / SUD associated with the memory, where 10 is the highest charge and 1 is the lowest charge. Write down the intensity: _____.

3. **Ask yourself**, “How does this memory make me feel, and where in the body do I feel it?” Write down the feeling or sensation _____ and the location of the feeling in the body _____.

4. **Start the tapping protocol by tapping on the Karate Chop point, saying:** “Even though I have this story _____ (name of the story) and I can feel it in my _____ (body part location) and it’s a _____ (number) on 10, and it makes me feel _____ (feeling or sensation), I love and accept myself.” Repeat 3 times.

5. **Then, tap on the facial and upper body points while saying the reminder phrase (the phrase that includes information on the story name, number, and feeling) out loud:**
 - **Brow point:** this _____ (story name)
 - **Side of the eye/temple:** at a number ____ (SUDs)
 - **Under the eye:** this _____ (feeling or sensation)
 - **Under the nose:** makes me feel so _____ (feeling or sensation)
 - **Chin:** this _____ (story name)
 - **Collarbone:** it makes me feel so _____ (feeling or sensation)
 - **Thumb:** I just feel so _____ (feeling or sensation)
 - **Index finger:** in the _____ (body part)
 - **Middle finger:** this _____ (story name)
 - **Little finger:** so _____ (feeling or sensation)

6. **Close the sequence by tapping on the Karate Chop:** “Even though I have _____ story (name of the story) in my _____ (location), it’s a _____ (number) on 10, it makes me feel _____ (feeling or sensation), I love and accept myself anyway.”

7. **Relax:** Take a gentle breath in and out, and then have a sip of water.

8. Check the SUDs level and ask yourself, “What number is the SUDs at now? Is it higher than before, the same as before, or less than before?” If higher or the same as before, repeat the steps from 2 – 9 till the number comes down at least by 1 – 3 points or it feels manageable to start telling the story. If the number is lower than before, continue with the below steps.

9. Tap on the Karate Chop point and begin narrating the story aloud. Continue narrating the story aloud as you move to the facial and upper body tapping points. This is known as Continuous Tapping. Keep tapping and telling the story out loud. When you notice an emotional charge or disturbance is, pause.

10. As you discover the charge while telling the story (for example, an emotion or a negative feeling or distress), and have paused, ask yourself: “What happened?”.

Write down the emotion _____, the SUDs number _____, and a brief description of what happened _____.

11. Then, begin the setup by tapping on the Karate Chop three times:

“Even though _____ (describe what happened) and it made me feel _____ and it’s a number _____, I love and accept myself.”

12. After tapping on the Karate Chop 3 times, tap on the facial and upper body points using the reminder phrases:

- **Eyebrow point:** _____ (what happened)
- **Side of the eye/temple:** _____ (what happened)
- **Under the eye:** _____ (what happened)
- **Under the nose:** made me feel _____ (the feelings)

- **Chin:** *so* _____ (*the feelings*)
- **Collarbone:** *really* _____ (*the feelings*)
- **Thumb:** _____ (*what happened*)
- **Index finger:** _____ (*what happened*)
- **Middle finger:** _____ (*what happened*)
- **Little finger:** *so* _____ (*the feelings*)

13. Close the sequence by tapping on the Karate Chop, “Even though _____ (*describe what happened*) and it made me feel _____ and it’s a number _____, I love and accept myself.”

14. Relax: Take a gentle breath in and out, and then have a sip of water.

15. Check the SUDs level and ask yourself, “What number is the SUD at now? Is it higher than before, the same as before, or less than before?”

If higher or the same as before, repeat from Step 9 – 13 till the number comes down and it feels manageable.

16. Test by re-telling the previous part of the story. If there is any charge, repeat from Step 10 – 15. If there is no charge, move to the next step.

17. Start by tapping on the karate chop, then the facial and upper body points while speaking the story out loud, as per Step 9.

18. When you are able to tell the whole story from start to finish without any charge and you feel calm, then the work is complete. This is how you test “Tell the Story”: not by SUDs numbers, but by being able to repeat the story out loud and there is no charge.

F. TAPPING MEDITATION FOR UNLOCKING HAPPINESS

Karate Chop setup statement (Repeat 3 times): *Even though happiness has felt blocked or distant at times, I deeply and completely accept myself, and I choose to open to more ease, lightness, and contentment within me.*

Tapping points & healing phrases

- **Eyebrow:** I notice where happiness feels restricted in my thoughts and body.
- **Side of eye / temple:** It's okay to acknowledge how long I've been carrying this heaviness.
- **Under the eye:** I feel how this lack of joy has affected my energy and mood.
- **Under the nose:** I honour this experience without judging myself for it.
- **Chin:** I choose to be gentle with myself as I open to feeling better.
- **Collarbone:** I release the tension that's been blocking ease and joy.
- **Underarm:** I allow space for warmth, balance, and emotional ease to return.
- **Thumb:** I let resistance to happiness soften and loosen now.
- **Index finger:** I release the belief that happiness isn't available to me.
- **Middle finger:** I offer myself kindness, reassurance, and emotional safety.
- **Little finger:** I invite lightness, joy, and calm to naturally emerge within me.

Karate Chop ending statement (Once): *Even though happiness hasn't always felt accessible, I choose to relax my mind and body, trust my inner state, and open to a calm, steady sense of happiness and well-being.*