



THE ASSUMPTION EFFECT

Charllene K Kotz

HOW TO REMOVE YOUR BLOCKS

A 1-Day Law of Assumption Workshop

By Charllene K Kotz

Welcome to this transformational 1-day workshop. Over the next 24 hours, you'll learn three powerful techniques to identify and remove the blocks that are holding you back from manifesting your desires. This workbook contains exercises, affirmations, and tools you can use immediately to shift your beliefs and transform your life.

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DAY 1: UNDERSTANDING YOUR BLOCKS

What Are Blocks?

Blocks are internal beliefs that contradict what you say you want. They are the unconscious thoughts, fears, and limiting beliefs that sabotage your manifestation efforts.

Common Examples of Blocks:

- "Money is the root of all evil" → blocks abundance
- "I'm not good enough" → blocks success
- "Love is hard to find" → blocks relationships
- "I don't deserve to be happy" → blocks joy
- "People like me don't succeed" → blocks achievement

Why Your Unconscious Mind Always Wins

Your conscious mind says: "I want to be rich." But your unconscious mind believes: "Rich people are greedy." Guess which one wins? Your unconscious mind. Every time. This is why affirmations alone don't work. You must remove the block FIRST.

EXERCISE: Identify Your Blocks

What do you want to manifest? Write it below:

What beliefs do you have about this desire? (Write everything that comes to mind):

Circle any belief that contradicts your desire. These are your blocks. In the next two days, we'll remove them.

DAY 2: EFT TAPPING - RELEASE YOUR BLOCKS

What is EFT Tapping?

EFT (Emotional Freedom Technique) is based on the idea that all negative emotions are caused by a disruption in your body's energy system. By tapping on specific meridian points while focusing on the problem, we release that disruption and shift your emotional state.

The 9 Tapping Points:

Tapping Point	Location
Karate Chop (KC)	Side of hand, below pinky finger
Eyebrow (EB)	Beginning of eyebrow, closest to nose
Side of Eye (SE)	On the bone at the outer corner of eye
Under Eye (UE)	On the bone directly under the eye
Under Nose (UN)	Between nose and upper lip
Chin Point (CP)	Midway between chin and lower lip
Collarbone (CB)	Where collarbone meets breastbone
Under Arm (UA)	About 4 inches below armpit
Top of Head (TH)	Crown of head, center point

How to Do a Tapping Session:

1. Identify the block or negative emotion you want to release
2. Rate the intensity on a scale of 1-10
3. Start with the Karate Chop point while repeating: 'Even though I have this block, I deeply and completely accept myself'
4. Tap each point 5-7 times while repeating a reminder phrase
5. Rate the intensity again. Repeat until it drops to 0 or 1

EXERCISE: Your First Tapping Session

Intensity before (1-10): ____

Please follow video. EFT Tapping

Intensity after (1-10): ____

How did you feel? What shifted?

DAY 3: NLP REFRAMING - REPROGRAM YOUR MIND

What is NLP Reframing?

NLP (Neuro-Linguistic Programming) reframing means taking a situation and telling a completely different story about it. The situation is neutral. But the story you tell creates your reality.

Example: The Power of Reframing

Old Story (Block)	New Story (Empowering)
"I failed at my business. I'm a failure."	"I learned valuable lessons. I'm building my success."
"I'm not good enough for them."	"I'm worthy. They're lucky to have me."

The 7-Step Reframing Process:

1. Identify the situation or belief you want to reframe
2. Write down the current story (the limiting belief)
3. Ask: 'What else could this mean?'
4. Ask: 'How could I tell this story differently?'
5. Create an empowering new story
6. Write it down **and read it daily**
7. Act as if the new story is true

EXERCISE: Reframe Your Story

Current story (limiting belief):

What else could this mean?

Your new empowering story:

DAILY AFFIRMATIONS –BONUS!!!!

Read these affirmations every morning and evening for the next 7 days. Say them with conviction. Feel them in your body. Let them become your truth.

- I am worthy of my desires.
- My blocks are dissolving.
- I am shifting my assumptions.
- I am the operant power in my reality.
- My past does not define me.
- I am capable of manifesting anything.
- I am worthy just because I exist.
- My beliefs create my reality.
- I am releasing what no longer serves me.
- I am stepping into my power.

Your Personal Affirmations:

Write 3 affirmations based on the blocks you identified:

YOUR TRANSFORMATION JOURNAL

Use this space to journal your transformation journey. Write about what you're releasing, what you're claiming, and how you're shifting.

Day 1 Reflections:

What blocks did you identify today?

Day 2 Reflections:

How did the EFT tapping feel? What shifted?

Day 3 Reflections:

What new stories are you telling yourself?

YOU'VE COMPLETED THE WORKSHOP!

Congratulations! You've completed the 3-day workshop. You've identified your blocks, released them with EFT tapping, and reframed your limiting beliefs with NLP.

But this is just the beginning.

The real transformation happens when you use these tools every single day. Commit to the next 30 days. Do the tapping. Do the reframing. Say the affirmations. Watch what manifests.

And when you're ready to go deeper, join The Assumption Effect community. That's where we practice these tools together every day. That's where the real magic happens.

With love and belief in your transformation,



Charlene K Kotz

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