

Every Day Tapping Script

This script can be used at anytime and anywhere.. If you find yourself someone completely overwhelmed, angry, feeling a desire to overeat or sabotage yourself in any way, you can use this script. If you can not physically tap through the points, you can imagine you are doing so while saying this script in your mind.

While tapping on the karate chop point,

REPEAT 3 TIMES:


Even though..... [Insert negative feeling and/or emotion], I completely love and accept myself.

Even though _____, I completely love and accept myself.

Even though _____, I completely love and accept myself.

Continue tapping through the points:

This (insert negative feeling and/or emotion) and then just describe all the negative charge around it. For example if you were feeling upset at yourself, you could say... this feeling of being disappointed in myself, I hate how I feel this way, I am often messing up and feeling like a disappointment, I hate feeling like this... I hate feelings like I disappoint others...



Once you have done one round of tapping through all the points, while tapping on the karate chop point,

REPEAT 3 TIMES:

Even though..... [Insert negative feeling and/or emotion], I completely love and accept myself.

Even though _____, I completely love and accept myself.

Even though _____, I completely love and accept myself.

Continue tapping through the points:

Start with the negative feeling and/or emotion.. This feeling of disappointment.. I choose to let it go. I love myself and my life. The power to be successful and happy is within me. I choose to let go what is no longer serving me. I am worthy of love, abundance, success, happiness and fulfillment. My positive belief in myself is transforming my life.

