

Tapping Script Template

"Even though I have this _____, I deeply and completely love and accept myself."

Fill in the blank with...

- Issue
- Problem
- Negative belief
- Negative self-talk
- Shortcoming
- Specific event
- Belief
- Emotion

You can use this format to create your own scripts. Use the samples to get you started.

Sample Scripts

- Even though I don't want to change, I love and accept myself.
- Even though I hate to change, I completely love and accept myself.
- Even though I don't feel confident about my body, I completely love and accept myself.
- Even though I don't feel confident about my style, I completely love and accept myself.
- Even though I hate the way I look, I love and accept myself.
- Even though I don't like the way I look naked, I love and accept myself.
- Even though I feel judged about my size or shape by others, I deeply and completely love and accept myself.
- Even though I don't treat myself right, I love and accept myself.
- Even though I think other women have better bodies than me, I love and accept myself.
- Even though I don't like my batwings, I love and accept myself.
- Even though I don't fuel my body with healthy foods, I completely and totally love and accept myself.
- Even though I refuse to wear a bathing suit out, I love and accept myself.
- Even though I question my clothing judgement based on what other people might think, I deeply and completely love and accept myself.

Tapping Script Format

1. State the problem

Choose an issue/problem/negative belief/self-talk that you would like to release or transform. Pay attention to where in your body you feel this intensity. Really bring these feelings into your awareness.

2. How does this make you feel? Rate the level of intensity: Low 0 to High 10

On a scale of 0-10, rate the intensity of the issue/problem/negative belief/self-talk with 10 being the greatest distress/intensity and 0 being no stress/intensity at all.

3. Perform the Setup Statement while tapping the Karate Chop

This set-up statement is a description of your issue/problem/negative belief/self-talk followed by an affirmation or choice statement.

Say the set up statement 3 or more times out loud while tapping the Karate Chop point on the side of your palm with 2-4 fingertips. You can try this while looking into a mirror.

4. Begin Tapping

Choose either to tap each point until you've completed the full statement or quickly tap through each point as you work through the statement.

5. Take a deep breath

Stop. Take in a deep breath and release it slowly.

6. Rate the intensity (0-10)

Rate the level of intensity again. Is it the same as it was when you began? Less? More?

If the level of emotion/pain/belief/problem intensity is above a 2, repeat the entire sequence with slight modifications to the reminder phrases.

The goal is to eventually get to a "0" level where the feeling is nothing. This may take several sessions. Some, some people "get to zero" in their first session.

How to Tap

Tap with the tips of your fingers. Use between 1-4 fingers, whatever feels comfortable for you.

The Karate Chop (KC) is done by tapping the side of one hand at the Karate Chop acupressure point with the tips of four fingers on your other hand.

You will process through the nine meridian points tapping with two or four fingertips. The short code for each point is below:

Eyebrow (EB)

Side of the Eye (SE)

Under the eye (UE)

Under the nose (UN)

Chin (CH) this is a point between your chin and your lower lip.

Collarbone (CB)

Under the Arm(UA)

Top of Head (TH)

Tapping Points

