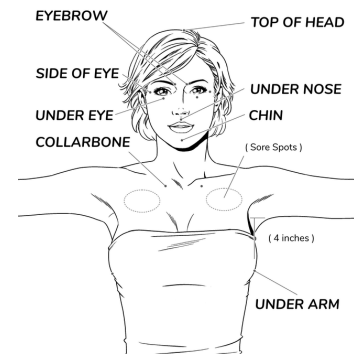
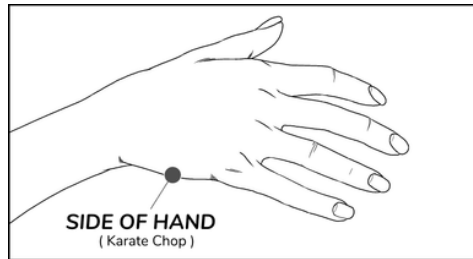


Self Love | EFT Script

Tapping Overview: By stimulating these points, EFT or 'tapping' aims to restore the flow of energy, bringing harmony to the body and aiding the resolution of physical, mental, and emotional issues targeted. Additionally, it helps to calm the nervous system, reducing physiological stress response, and promote relaxation, and brings mindful connection to the body-mind (psychosomatic connection), helping to release subconscious programming by focusing on feelings and sensations while tapping these specific points as outlined below:



Self Love Tapping Script:

Start with the Karate Chop (KC) Point and then just move through the points as you read each line or when it feels right to move to the next point. You can add new sentences that align and add to how you want to feel about yourself and abilities as you progress.

Start | Take three deep breaths in through the nose, and out of the mouth and then:

KC: Even though I sometimes worry about what others think of me I am open to accepting myself completely

KC: Even though I often feel like I am not good enough I am open to becoming more loving towards myself

KC: Even though I often over analyse everything I have done and said in social situations I am open to letting go of all that self judgment and criticism and learn to love and accept myself completely

Set Up | Starting at the Eyebrow point and then moving through the points with each line:

I worry about what others think of me

I feel like others are always judging me

I don't think I am good enough why should others?

I am afraid I won't know what to say when I meet someone new

It's better to be alone than deal with the anxiety of a new situation

I worry about what others think of me

I worry that I will say something stupid

Or worse that I won't know what to say at all

I spend so much time in my head anticipating the worst case scenario

I feel like others are judging me

I won't know what to say when I meet someone new

What if they think I'm boring

I often think the worst about myself

So why should I expect something different from others

All this worry and fear

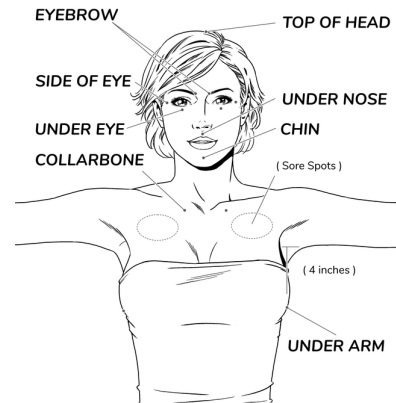
All of this self-criticism and judgment

State out loud: "I release it all" and then take three deep breaths in the nose, out of the mouth, and pause to reflect. Notice what was coming up, feelings, sensations, beliefs. PTO.

Self Love | EFT Script

After pausing for a few moments, give yourself a big hug and acknowledge anything that was triggering to you, without judgement of yourself.

Now you're ready for the final round below starting with three deep breaths in through the nose, and out through the mouth.



Permission Script | Starting at the Eyebrow point and then moving through the points with each line:

I am open to the possibility of relaxing around some of these thoughts and letting them go
Would it be okay for me to just let go of some of the worry and fear?
Even if I said something stupid, it wouldn't be the end of the world
I'm open to the possibility that I can feel more relaxed around people
I am open to the possibility that I can connect with others
I am open to the possibility that I am good enough
It's okay for me to be human and make mistakes, I release the need to always look good
I give myself permission to let go of some of this worry about what others think
I am open to the possibility that it isn't as bad as I think it is
I give myself permission to believe that I am likable
I am open to the possibility that others won't judge me as badly as I fear
I give myself permission to believe I am enough
I am open to the possibility that I can be myself and that's enough
I give myself permission to like myself
I give myself permission to believe I am lovable
I give myself permission to not worry about what others think.
I am open to the possibility that I am good enough
I give myself permission to be kinder to myself
I am open to the possibility that I can stop seeing the worst in me and focus on the good that is
I am open to embracing and accepting all of me
I give myself permission to embrace, accept, and love all of me.

Pause at the end for a few moments, give yourself a big hug and acknowledge that it's ok not to have all the answers right now, to have some subconscious fears that you are now choosing to work through, and to commit to changing the internal dialogue so you can love yourself even more.

Take your hands over your heart now, and tell yourself three things you love about yourself in this moment, or three things you're proud of, or three wins for the week. You've got this!