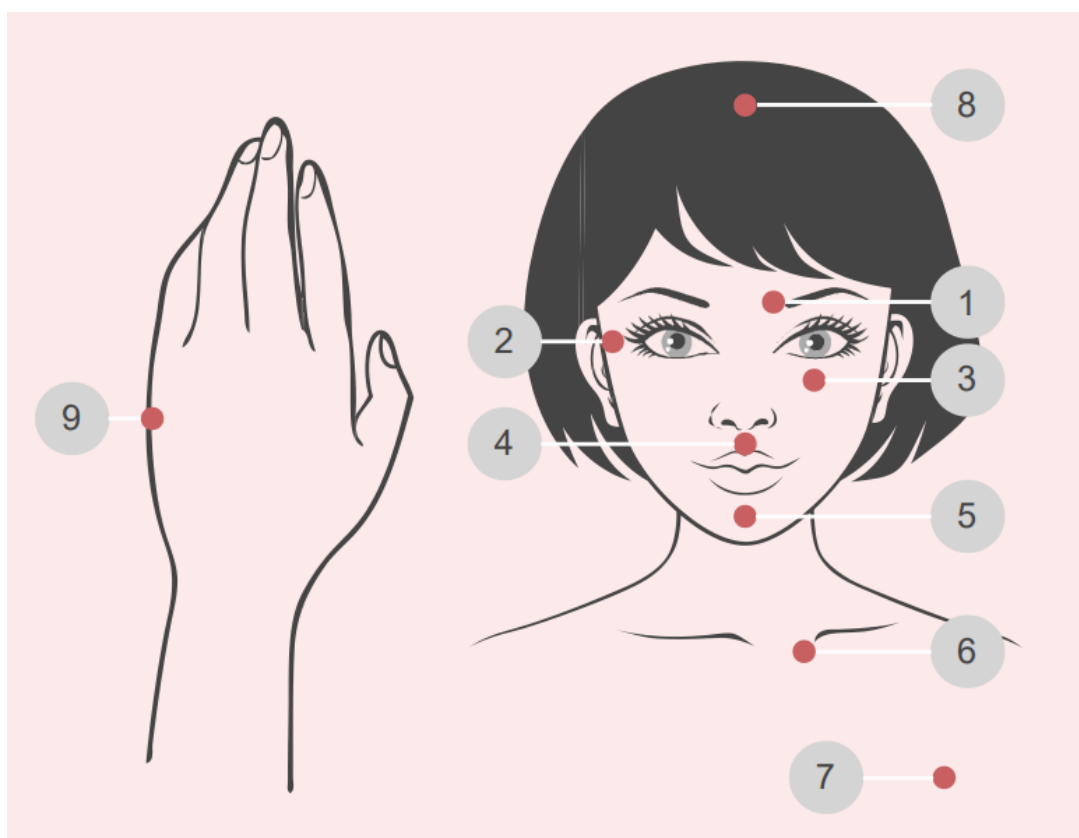


EFT Tapping scripts

Emotional Freedom Techniques (EFT) is a quick and simple practice that can release negative emotions and eliminate limiting beliefs. It combines the basic principles of psychology with the ancient Chinese medical practice of acupressure. There are loads of EFT tapping videos on YouTube. The only thing with tapping is the scripts should be rather specific to your unique situation to be most effective. The ones you find on YouTube can be rather generic.

Tapping Spots



1. **eyebrow:** The eyebrow point is located as close to the inside end of the eyebrow as possible. You should not be down on the bridge of your nose. You can use either, or both sides.
2. **Side of the eye:** This point is as far forward on the side of your head without poking your eyeball.
3. **Under the eye:** Located directly below the pupil on the cheekbone. This point might be a little tender, because a sinus canal is directly below it. If it is tender, tap gently.
4. **Under the nose:** Located directly between the nose and upper lip.
5. **Under the mouth or chin:** This point is the dip between your lower lip and your chin.
6. **Collarbone:** This point is a little tricky to find. It is right where the collarbone and the sternum meet. The easiest way to find this point is to look at the palm of your hand. Make a letter "L" with your thumb and index finger (with your hand open). Place your thumb on one collarbone and your index finger on the other. With your full palm, tap.
7. **Under the arm:** This is another slightly tricky point to find. It is located along your side. It is closer to your back than your front, about 4 inches down. It is about where your bra strap would be, if you are wearing a bra. The nice thing about this spot is that it is a little tender. When you rub it, it will feel a little bit like a bruise. If you poke

around the general area, you will know it when you find it. To be on the safe side, use all four fingers when tapping here.

8. **Top of the head:** Again, we are going to use all four fingers. Tap on the highest point on the crown of your head. This is the spot where they place the device to measure how tall you are at the doctor's office.
9. **The Karate Chop:** This point is on the side of your hand in the spot you would use if you were going to karate chop a piece of wood.

EFT Scripts

I'm a Sugar Addict Script

While tapping your Karate Chop Point, repeat with conviction:

Even though I am a sugar addict, I love and accept myself.

Even though I am a sugar addict, I love and accept myself.

Even though I am a sugar addict, I love and accept myself.

Tap through the Negative Messages you have around being a sugar addict. Tap through each body points with your dominate hand. You are going to tap the whole time you are slowly and with conviction speaking through the statement.

Eye brow: I am a sugar addict.

Side of the eye: Sugar is my drug of choice. I love sugar. I love how sugar makes me feel.

Under the eye: There are times when sugar and things made with sugar consume my every thought.

Under the nose: It makes it hard for me to concentrate on anything else.

Chin: The only way I can make this feeling go away is to feed the addiction and eat sugary, sweet foods.

Collarbone: When I feed the addiction, I feel amazing in the moment.

Under the arm: But the moment I stop eating sugar I feel horrible.

Head: I feel like I have failed. I feel guilt. I feel shame.

BIG DEEP BREATH. Repeat 3 times.

Tap through the new Positive Messages you want to feel. Tap through each body points with your dominate hand. You are going to tap the whole time you are slowly and with conviction speaking through the statement.

Eyebrow: I choose to know I am addicted to sugar right now, but I am not a sugar addict.

Side of the eye: This is something I can change.

Under the eye: I crave sugar because it is serving me in some way.

Under the nose: I crave sugar because it makes me feel better on some level.

Chin: I choose to know it is part of my body trying to take care of me.

Collarbone: But I know it is doing it in a destructive way.

Under the arm: As I heal the issue under the addiction, the addiction will go away.

Top of the head: By working on the sugar addiction I am working on the underlying issues.

Eyebrow: I choose to know it doesn't always have to be this way.

Side of the eye: My body is craving these sweets because they are keeping me safe from my own thoughts and emotions.

Under the eye: I thank my body for trying to take care of me, but it doesn't have to work so hard.

Under the nose: I can let go of these cravings and I can use other ways to deal with the emotions that cause the cravings.

Chin: I don't need to fill myself with sweets. I can fill myself with other things.

Collarbone: I choose to know this is not always going to be the case.

Under the arm: I can eliminate the need for sweets

Top of the head: I choose to know I can take control and heal past this.

BIG DEEP BREATH. Repeat 3 times.

Self Confidence Script

While tapping your Karate Chop Point, repeat with conviction:

Even though I don't feel strong, sexy or confident right now...that's OK; I completely love and accept myself anyway.

Even though I don't feel as confident as I'd like to be, I understand that many people feel this way, and I'm not alone. And that's why I completely love and accept myself.

Even though confidence is a choice I make and it comes from within. Even though I have chosen not to feel confident right now, I love and accept myself.

Even though I should feel better about myself and the person that I am, I accept that right now I just don't feel good about myself. And I have decided to honor who I am anyway, and the stage I'm at right now.

Tap through the Negative Messages you have around being a sugar addict. Tap through each body points with your dominate hand. You are going to tap the whole time you are slowly and with conviction speaking through the statement.

Eye brow: I don't feel good about myself.

Side of the eye: I should feel better about myself.

Under the eye: Apparently, I would rather be unhappy and unhealthy.

Under the nose: I want to feel better.

Chin: I see other people exuding confidence and I know I never could be like them.

Collarbone: I feel lazy, fat and ugly sometimes; maybe even more than I care to admit.

Under the arm: Admitting this makes me feel even worse. I feel guilt and shame about this.

Head: I feel tired all the time.

Eye brow: I don't feel good about myself.

Side of the eye: I feel restricted in my clothes. I will never feel sexy that's for sure!

Under the eye: I say I feel sad that nobody notices me. But if I am being really honest with myself, I don't want people to notice me, not like this.

Under the nose: I have no energy or time to take care of myself.

Chin: I don't deserve to feel good.

Collarbone: Feeling strong, sexy and confident would feel too different for me.

Under the arm: Being healthy and happy is too hard.

Head: I want to feel better.

BIG DEEP BREATH. Repeat 3 times.

Tap through the new Positive Messages you want to feel. Tap through each body points with your dominate hand. You are going to tap the whole time you are slowly and with conviction speaking through the statement.

Eye brow: I deserve to feel good about myself just like everyone else!

Side of the eye: I CAN choose to feel confident right now, it's a choice and I choose it, right now.

Under the eye: I am starting to feel stronger already as I begin to realize confidence comes from within

Under the nose: I now see what an incredible person I am and people are starting to take notice too!

Chin: I am turning heads as I walk down the street and my self-confidence feels amazing!

Collarbone: People are telling me how great I look and it only adds to my confidence levels

Under the arm: I am beginning to look and feel strong, sexy and confident!

Head: I deserve to look and feel strong, sexy and confident.

Eye brow: I am taking steps to look and feel strong, sexy and confident.

Side of the eye: I love and accept myself and I'm starting to feel excited about myself and my potential!

Under the eye: I now allow myself to feel good!

Under the nose: I am choosing to let my light shine and enjoy other's seeing my light shine.

Chin: I am visible and I like that. I like being visible.

Collarbone: My self confidence is growing greater every day. Others are seeing this change in me too.

Under the arm: I like myself and it shows in my magnetic, warm smile.

Head: I know I am getting better every day but I like myself as I am. I love myself as I am.

BIG DEEP BREATH. Repeat 3 times.

