

Tapping Script

Fear And Acceptance Tapping Script

Even though I feel fear, I accept how I feel, and right here, right now, I'm OK.

Even though I'm scared and I feel it in my chest, I deeply and completely accept myself.

Even though I feel fear and my chest feels tight, I deeply and completely accept myself, and I'm OK.

Karate Chop -

I'm scared.

Head -

I'm scared.

Eye Brow -

And I feel it in my chest.

Tapping Script

Side Of Eye –

I'm scared and I don't know what to do.

Under The Eye -

This tightness in my chest

Under The Nose -

All this fear

Chin –

I'm not sure what to do.

Collarbone –

All this fear

Under Arm –

And this tightness in my chest.

Tapping Script

Head –

I'm scared because I don't know what's going to happen.

Eye Brow –

Everything is changing.

Side Of Eye –

All this fear.

Under The Eye -

I'm scared

Under The Nose -

This tightness in my chest

Chin –

All this fear.

Tapping Script

Collarbone –

And I don't know what to do.

Under Arm –

All this fear.

Say to yourself this positive statement which goes along with it.

Tapping on the side of the hand:

Even though I have this remaining fear, I'm starting to feel better and I accept how I feel.

Even though I have this remaining fear, I choose to feel calm now.

Even though I still have some fear, I accept how I feel, I accept myself, and I choose to relax now.

Tapping Script

Head –

This remaining fear about what's going to happen.

Eye Brow –

I'm starting to release this remaining fear.

Side Of Eye –

Maybe I can call a friend to see how they are feeling.

Under The Eye -

Maybe we can spend time finding a way to help others feel better.

Under The Nose -

Maybe it's safe to try to help where I am needed.

Chin –

Maybe it's safe to find compassion for others who are scared.

Tapping Script

Collarbone –

I'm starting to feel safe to reach out.

Under Arm –

I can breathe a little easier now knowing I can do something to help.

Say to yourself this positive statement which goes along with it.

Tapping on the side of the hand:

Even though I have this remaining fear, I'm starting to feel better and I accept how I feel.

Even though I have this remaining fear, I choose to feel calm now.

Even though I still have some fear, I accept how I feel, I accept myself, and I choose to relax now.

Tapping Script

When you wake up tomorrow you will have a completely new attitude, filled with determination, hope, and gratitude for everything that is good in your life.

Yes, there is still uncertainty, but now it doesn't trigger fear in you. It triggers compassion and a renewed desire to help.

I hope you are taking care of yourself during this stressful time. Taking care of yourself is critical for clearly understanding a situation, making the best decisions, and for helping others. Plus it just feels good. Self-care is not selfish!