

Tapping Script Suggestion

Between the eyes

I release and let go of:

All sadness;
All fear;
All emotional trauma;

Side of the eye

I release and let go of all the angers, Resentments, Guilts and Judgments.

Under the eye

I release and let go of all Abandonments, Betrayals.

Collar Bone

I release and let go and it's safe to let go of Helplessness, Hopelessness, Feelings of no control, Rejections and everything else.
That's right, let it all go. It's safe to let it go.

Take a deep breath, blow it all away

Grab your wrist and say "Peace".

Notice how you feel and measure the intensity, if it's not a 0 or 1, we'll tap again:

Between the eyes

I release and let go.

Side of the Eye

It's safe to let go.

Under the Eye

It's OK to let it go.

Collar Bone

It's safe to let it go, release and let it go, whatever it means and wherever it comes from.



Hold the Wrist

Take a nice big deep breath in.

Peace

Say "Peace" drift to a place where you felt peaceful, go back and revisit – beach, your home, drifting there now. And I want you flip the memories so it can never play the same way again. History is determined by the storyteller, change the story. – e.g. father critical, father giving you a hug.

Keep running through the above process until the challenge is released.