

## **Tapping script**

KC: even though I feel I have to live up to expectations all the time and it's wearing me out, I really don't know how I could be comfortable living without expectations.

KC: even though I know my own sky high standards are giving me huge amounts of stress I still choose to deeply and completely love, honour and respect myself.

KC: even though I wonder how much time I have wasted stressing out over having to live up to expectations and ignoring myself and my needs and desires in the process; Today I choose to forgive myself for all of that. Today I choose to be open to a different reality within my existing reality and I choose to deeply and completely love, honour and accept myself.

### **Tapping points;**

TE – Tip of the eyebrow

SE – Side of the eye

UE – Under the eye

UN – Under the nose

CH – On the chin

CB – On the collarbone

UA – Under the arm

TH – On the top of the head

### **1<sup>st</sup> round, acknowledging**

TE – All those high expectations

SE – Those high standards to live by and live up to

UE – where do they even come from?

UN – who did we learn them from and from whom did they learn them before us

CH – why are my own standards for me set so high?

CB – How can I ever live up to them when all I feel is that I'm not good enough.

UA – I can't even live up to my own expectations of who/what I should be, how can I ever be good enough in the eyes of others?

TH – Why even bother if I can't make the things happen for me that I desire for me.

TE – It's just easier to give in and give up.

SE – Just accept that this is for everyone else and not for me.

UE – Another fail.

UN – I'm just so tired of trying and giving my best and not seeing results.

CH – It sits like a knot in my stomach (state here where you feel the problem state expressed in your body, it could be a weight on your shoulders, heaviness in your head, etc. )

CB – It feels so heavy in my body.

UA – and I'm so tired of it.

TH – what can I do to change this around?

If you feel more needs to be expressed do so in another round (or 2, 3, however many you need!)

TE –  
SE –  
UE –  
UN –  
CH –  
CB –  
UA –  
TH –

2<sup>nd</sup> round, releasing

TE – I'm not ready to give up altogether.  
SE – this has worked for others and so it can work for me.  
UE – I now choose to let go of all these limiting beliefs persuading me to think that I am limited.  
UN – that are stopping me to be free and live a life of unlimited possibilities.  
CH – I choose to let go of all the stories that I have taken on as truths  
CB – All limitations that I have adopted, knowingly or unknowingly.  
UA – I choose to let go of the imprisonment I have accepted, consciously or subconsciously  
TH – I choose to let all of that go now.

TE – I choose to let it go from my mind and from my body  
SE – I choose to let it go from my energy bodies and energy fields  
UE – I choose to let it go from the cells of my body  
UN – I choose to release it on the deepest level of the cells of my body and the deepest level of my mind  
CH – I choose to release all that that is, everything that is connected to it, all the oaths, vows, promises, contracts and treaties connected to it, in it's entirety from my whole being, throughout all times and lifetimes now  
CB – I release it into love and light, release it into love and light, release it into love and light now  
UA – I now see, know and recognise that these believes are stories I have bought into and they are not a true representation of my inner love and truth.  
TH – The limitations are gone and I am free to acknowledge the love, light and truth of me.

Take a deep breath in and exhale. Close your eyes and do nothing, nothing, less than nothing. Simply have awareness on what ever it is you are feeling, seeing, noticing. If you seemingly do not see, feel, hear, notice anything that is fine. Simply trust that the energy is shifting regardless.

PLEASE NOTE; you can never lose what is truly yours. In releasing limiting beliefs you only let go of the false identifications you have taken on by mistake. What is right and

good for you will always stay with you so don't be afraid that you will lose 'the good stuff' when you claim to let go of any beliefs.

If you feel more needs to be said you can continue on this releasing round;

TE –  
SE –  
UE –  
UN –  
CH –  
CB –  
UA –  
TH –

Continue tapping if you feel there is more;

TE –  
SE –  
UE –  
UN –  
CH –  
CB –  
UA –  
TH –

Stop tapping, take a deep breath in and exhale. Close your eyes and BE for a moment.

Round 3; gracefully allowing what you DO want.

TE – I now choose to open myself to the truth of me  
SE – I now see, know and recognise that I AM my own person  
UE – I naturally have a healthy set of values and standards  
UN – I do not need to take on the values and standards of the world  
CH – I now see, know and trust my power of discernment  
CB – I always know wrong from right  
UA – I now therefor claim my own perfect set of values and standards  
TH – which I will use in a calm, harmonious and loving way and manner.

TE – I am free and in every second of every moment I am free to choose  
SE – free to choose how to react or refrain from reacting  
UE – free to choose to focus on inner peace and inner knowing  
UN – I am a unique, one of a kind individual and I now choose to see, know and recognize my true value and potential.  
CH – I choose to put the truth of my being on the foreground and to follow my own lead  
CB – I now see, know and recognize that I am perfect, complete and whole, exactly as I am!  
UA – I am ready to open up and allow ME to be ME  
TH – I am ready to see, know and feel the power of me in every aspect and detail of my live, now!

Stop tapping, take a deep breath in and do nothing, nothing, less than nothing. Feel, observe and notice. When you feel the tapping is completed now go on to the next step. If you feel more needs to be expressed continue tapping!

TE –  
SE –  
UE –  
UN –  
CH –  
CB –  
UA –  
TH –

The next step;

Remain silent with your eyes closed. Take a couple of deep breaths in and out. Now allow from this place of being connected to your awareness or super conscious to come to your minds eye a scene in the near future. What shows it self? From this place of BE-ing, what will you do? From flow, what will you do? Who will you be, what will you do and as a result what will you have from that place of flow. Take some time to explore. Don't force, just be open and curious, simply have awareness on what shows itself, much like you had awareness on the word you were playing with. No thoughts, just observing.

When you feel it is complete, open your eyes. What showed itself? What was different now that you went from force to allowing? And I wonder, I wonder what else is possible! Happy tapping!

\*\*\* (Continue tapping as you do nothing, nothing and less than nothing. Simply have awareness on what you see, feel notice –if anything. Maybe you can even notice these heavy energies being lifted into light and dissolved)