



Tapping Scripts

Q&A Session 2

Tapping to Accept the Gift of My Lower Self

Even though there's this deep part of me that can't stand it
When somebody shines
I get jealous and angry and resentful
And that sounds horrible
But it's my shadow side
My lower self
I don't want anyone else to shine
It bugs me
It makes me feel competitive
It makes me judge them
I look for weakness
I criticize internally
It's really bad
And I'm so ashamed
This part of my lower self
This enforcer
This rule keeper
This competitive, angry, judgmental side
If I have it
And I judge my own
And I wished I didn't
And I know how dark it is

Other people have it too
I'm going to trigger this dark
The dark that I don't like in myself
I'm going to trigger in other people
I am so not ready for that
Not comfortable for that
I'm not comfortable with it in me
I don't want to admit it
I go out of my way to say I'm not like that
This is really hard
This dark side of me
This dark shadow in me
Competitive
Envious
Petty
Jealous
Critical
Insecure
It's so icky and dark
If I have it, everyone must
No wonder I don't want to put myself out there
I'm just going to honor this
And even though I don't know how to do it
I totally surrender all of this dark and love myself anyway

With this dark, with my lower self
I love and accept it
It's the part of me that needs love and acceptance
It doesn't need any more rejection
I am so human
And I'm going to try to be okay with that
And I'm open to the gifts even in this dark side
The gifts of seeing excellence
And wanting to surpass
And be excellent
And embody excellence
And be seen
The gifts in this dark side of me
The strong calling that I have in the lower-self desire
To be seen
To be powerful
To be better than
To always strive for excellence
To compete, and through that, gain more excellence
I really do want that
Not just in my mind, but in a lower-self, visceral way
I want to be the queen of the room
And I'm going to honor that all the way through my petty lower self
All the way through my higher self

Right into my heart

Because the truth is the truth of me, even with my lower self

When I see awesome people I care about really shine, I'm happy for them

That inspires me

And it triggers my lower self to kick me in the butt and step up

Yes, I have a petty lower self

I am human

And together with my amazing higher self, I'm drawn to my mission.

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## **Tapping to Overcome My Fear of Vulnerability**

No way, no how, I do not want to be that vulnerable

If I get clear and I get focused, I will be so vulnerable

And the dark side of people will come out

The dark side of me will come out

Because I might fail, and my criticism will be vicious

I will go into self-loathing and depression

I will beat myself up until I'm bloody

And I will be out there for judgment

Other people might attack me

Criticize me

Abandon me

Betray me

Dismiss me and ignore me

And because I took that step up and put my heart on the line  
I will be so vulnerable  
I won't have my walls and my defenses  
And it will really hurt  
If I let down my walls and my defenses and take a big step up  
Actually stand in my power, act from my power  
I will be so much more vulnerable  
And I refuse  
So I am going to procrastinate and procrastinate and distract myself  
And not get enough sleep  
And be confused and foggy in a million other ways  
So I don't become more vulnerable  
I'm going to drain my energy out of me  
And there are so many people who will help me with that  
Because I refuse to be vulnerable  
So procrastination is safe  
All this 2nd Chakra work has revealed to me how powerful I can be  
And how scary it is to be vulnerable  
Procrastination is the perfect antidote  
I insist on procrastinating  
Do not tell me what to do  
I don't want to be vulnerable  
I'd rather stay where I am and be stuck than be vulnerable  
And that's actually not true

I'm sick of being stuck  
Pushing against this fear of vulnerability is a huge, rising energy  
A 2nd-Chakra fire hose of rising energy, desire, passion, outrageous want  
There's so much more I want to be and to feel and to have  
And that rising energy is pushing up through this fear of vulnerability  
Blasting up through my system  
And it is more real than my whole story of being vulnerable  
I'm open to seeing that I have the skills and the energy now  
To recover if I get hurt  
To put up a boundary if I need one  
To retreat and take care of myself when I choose  
To lean on friends in a tribe when I need it  
So I bless my fear of being vulnerable  
But I honor my drive for more  
And I remind myself in this present moment  
That even though I will be more vulnerable, I can handle that now  
I can handle being hurt  
I can handle disappointment  
Shit happens  
But I am unwilling to let the fear stop me any longer  
So I bless procrastination, maybe for another day  
And I honor where I'm going  
Stepping into powerful vulnerability, authenticity, and presence.