

# TAPPING SCRIPT

*Customize from your*

## MONEY MAP

*Tap through the tapping points, saying the phrases out loud and moving from point to point at the pace you feel comfortable.*

The truth is that every time I think about money

My nervous system is wired to react with \_\_\_\_\_, and \_\_\_\_\_, and

\_\_\_\_\_

And I really feel it

But I don't want to feel that, it's uncomfortable

No wonder I don't want to focus on my finances!

My nervous system runs with the feelings of \_\_\_\_\_ and \_\_\_\_\_ and \_\_\_\_\_

(repeat 2x)

Over and over, I feel \_\_\_\_\_ and \_\_\_\_\_ and \_\_\_\_\_

I feel it in my chest, my stomach, my head, my heart, my whole body!

All of these awful feelings of \_\_\_\_\_ and \_\_\_\_\_ and \_\_\_\_\_

I wonder how long I have felt this in reaction to money?

And I start thinking thoughts that feel really true

Thoughts like \_\_\_\_\_ and \_\_\_\_\_

and \_\_\_\_\_

And I think them over and over, like a recorder

And those thoughts always feel true and that hurts too

Those thoughts and words have always seem true

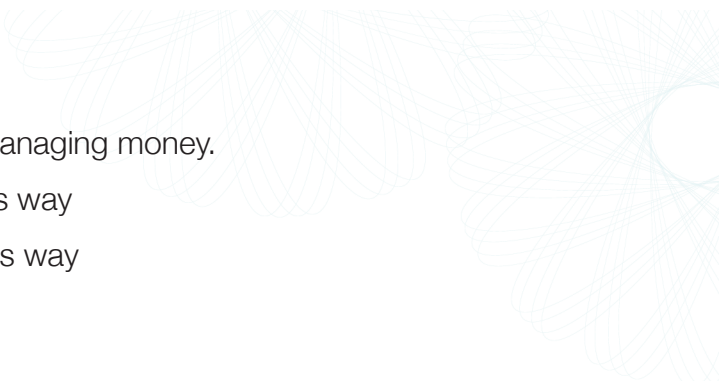
And always seem to get proved as true over and over

So I say it to myself again and again... \_\_\_\_\_ and

\_\_\_\_\_ and \_\_\_\_\_. (repeat 2x)

When I play those thoughts in my head, I feel more \_\_\_\_\_ and \_\_\_\_\_

It's a viscous cycle



no wonder I'm not spending time setting goals and managing money.  
I totally honor my nervous system is wired to react this way  
I totally honor my thoughts are programmed to run this way  
It's been happening without my knowledge or choice  
And I am open to changing this.  
I am open to observing this and questioning this  
EVER time I feel it come up and hear it come up  
I am open to re-wiring my nervous system for my highest good!  
I am open to re-wiring my habitual thinking for my highest good!  
I am open to a whole new way of thinking and feeling about my money and wealth  
I am open to having new CHOICE in how much I can earn, create, manage and save  
Because when I shift, EVERYTHING shifts!  
Clearing out the old that I don't want and choosing a new way, MY WAY!  
And I am shifting into a new empowered YES about money  
I am now saying YES to money, Yes to earning more,  
Yes to receiving more, Yes to money, YES to Wealth  
YES to managing and creating more  
Yes to asking and receiving more  
YES to the best ideas, inspirations, strategies and actions for my highest good!