

Spiritual Reboot Week 1: EFT Tapping Script

KARATE CHOP POINT:

Even though I feel stressed and anxious about things in my life right now, I deeply and completely love and accept myself anyway.

Even though I am feeling disconnected, frazzled and stressed, I deeply and completely love and accept myself anyway.

Even though I am feeling overwhelmed, stressed and worried, I am ready to let it go.

First Round:

INSIDE EYE: All this stress, fear and worry in my body and mind.

OUTSIDE EYE: I'm worried about (fill in blank).

UNDER EYE: I'm stressed about (fill in blank).

UPPER LIP: I don't know what to do about (fill in blank).

CHIN: All this fear and stress in my body and mind

CHEST: I'm feeling overwhelmed.

UNDER ARM: I feel disconnected and out of sync with Spirit.

HEAD: My mind feels overwhelmed.

INSIDE EYE: There is so much going on in my life

OUTSIDE EYE: I hope this class helps me.

UNDER EYE: I hope I stick with homework each week and don't get overwhelmed.

UPPER LIP: I'm worried about so many things.

CHIN: I don't know what to do about (fill in the blank).

CHEST: All this stress in my mind and body.

UNDER ARM: I want to let it go.

HEAD: I need to let it go.

BREAK -- Take a deep breath in through the nose and out through the mouth. How are you feeling now?

Second Round:

INSIDE EYE: I know I'm never disconnected from Spirit.

OUTER EYE: What if I could surrender these fears, worries and stress?

UNDER EYE: Maybe it's not all on me to figure everything out.

UPPER LIP: Maybe if I let go a little, I can feel more peace.

CHIN: Maybe if I let go, I can feel more joy.

CHEST: I am open to new options.

UNDER ARM: I am open to surrendering.

HEAD: I'm already feeling a bit better.

INSIDE EYE: I am already feeling more connected.

OUTER EYE: I'm ready to ask for help.

UNDER EYE: I'm ready to strengthen my connection to Spirit

UPPER LIP: I'm ready to relax and let go.

CHIN: I can relax now.

CHEST: I can let go. I can surrender.

UNDER ARM: It feels good to surrender my troubles.

HEAD: I am ready to shift my vibration higher now.