

 The Tapping Solution *for*  
MANIFESTING YOUR  
*Greatest Self*

Audio Book Supplemental Material

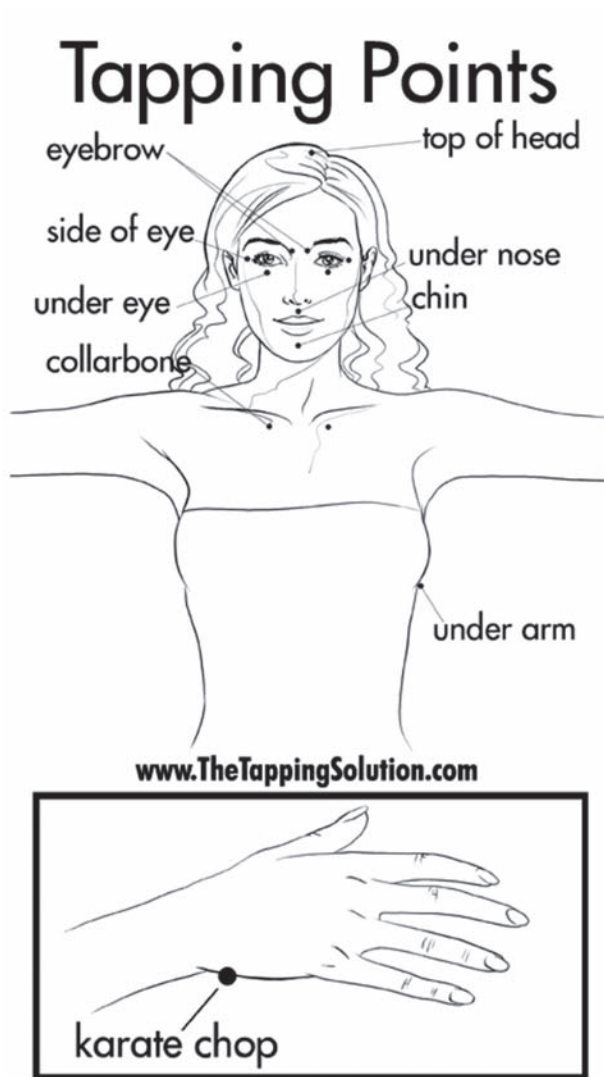
NICK ORTNER



**HAY HOUSE, INC.**

Carlsbad, California • New York City  
London • Sydney • Johannesburg  
Vancouver • New Delhi

Here's a diagram of the tapping points for your reference:



.....  
.....  
*Changing how you're feeling transforms how you're being.*  
.....

To begin transforming how you're being, we'll look at the difference between how you want to feel and how you actually feel.

**I WANT TO FEEL \_\_\_\_\_**

Over the past couple of days, we've focused on telling the truth. That's our starting point once again.

Without overthinking it, complete these sentences, using *specific emotions* (angry, frustrated, afraid, excited, loving, etc.) and *avoiding* general, nonspecific words like *fine, okay, and good*:

Most often, I feel \_\_\_\_\_ in my body.

Most often, I feel \_\_\_\_\_ in my relationship(s).

Most often, I feel \_\_\_\_\_ about my family.

Most often, I feel \_\_\_\_\_ about my friends.

Most often, I feel \_\_\_\_\_ about my finances.

Most often, I feel \_\_\_\_\_ about my work/career.

Most often, I feel \_\_\_\_\_ about/in my life.

Take a deep breath, and focus next on how you would like to feel as a result of this journey. Again, without thinking too much and making sure to use specific feeling words, complete as many of these sentences as you can:

I intend to feel \_\_\_\_\_ in my body.

I intend to feel \_\_\_\_\_ in my relationship(s).

I intend to feel \_\_\_\_\_ about my family.

I intend to feel \_\_\_\_\_ about my friends.

I intend to feel \_\_\_\_\_ about my finances.

I intend to feel \_\_\_\_\_ about my work/career.

I intend to feel \_\_\_\_\_ about/in my life.

If you feel stuck around filling in some or all these blanks, pick one and begin tapping through the points while asking yourself relevant questions. For instance, if you're unsure how you'd like to feel about your family, tap through the points while asking, *How would I like to feel about my family?* Keep tapping until you get more clarity.

If, even after tapping, you can't yet complete all these sentences, don't worry. There's plenty of time. Keep moving forward, and know that the answers will come.

Start with three deep breaths, and then begin tapping on the Karate Chop point.

**KC (*repeat three times*):** Even though I have all this anger in me, it's big and explosive and it still doesn't feel safe, I accept how I feel and choose to let it out now.

Next complete this same sentence over and over again while tapping through the points. Know that there's no issue too big or small to bring up. You can repeat things that make you especially angry, or fill in each blank with a different event or person.

Let it flow and keep tapping through the points, even if you struggle to complete the blanks at first.

.....

**Eyebrow:** I'm angry about \_\_\_\_\_

**Side of Eye:** I'm angry about \_\_\_\_\_

**Under Eye:** I'm angry about \_\_\_\_\_

**Under Nose:** I'm angry about \_\_\_\_\_

**Under Mouth:** I'm angry about \_\_\_\_\_

**Collarbone:** I'm angry about \_\_\_\_\_

**Under Arm:** I'm angry about \_\_\_\_\_

**Top of Head:** I'm angry about \_\_\_\_\_

**Eyebrow:** I'm angry about \_\_\_\_\_

**Side of Eye:** I'm angry about \_\_\_\_\_

**Under Eye:** I'm angry about \_\_\_\_\_

**Under Nose:** I'm angry about \_\_\_\_\_

**Under Mouth:** I'm angry about \_\_\_\_\_

**Collarbone:** I'm angry about \_\_\_\_\_

**Under Arm:** I'm angry about \_\_\_\_\_

**Top of Head:** I'm angry about \_\_\_\_\_

**Eyebrow:** I'm angry about \_\_\_\_\_

**Side of Eye:** I'm angry about \_\_\_\_\_

**Under Eye:** I'm angry about \_\_\_\_\_

**Under Nose:** I'm angry about \_\_\_\_\_

**Under Mouth:** I'm angry about \_\_\_\_\_

**Collarbone:** I'm angry about \_\_\_\_\_

**Under Arm:** I'm angry about \_\_\_\_\_

**Top of Head:** I'm angry about \_\_\_\_\_

Take a deep breath. Notice how you feel.

### OPTIONAL EXERCISE: CLEARING RESISTANCE AROUND YOUR “VERSION TWO” STORY

Struggling to create your new story? Try this exercise to get started.

Focus first on one area of your life that you’d like to transform. Usually, this is a “pain point” in your life—relationships, finances, health, career, and so on.

Fill in the blanks in this story:

I feel \_\_\_\_\_ (positive emotion) with my  
\_\_\_\_\_ (area you want to transform).

I am now able to \_\_\_\_\_ (positive action,  
such as “pay my bills with ease” or “communicate openly with my partner,”  
“sleep through the night,” and so on).

That new experience frees me to \_\_\_\_\_  
(positive action you can take because that area of life is no longer a problem,  
such as “exercise more” or “be a mentor,” “pursue my passion for gardening/  
woodworking/and so on”).

Tap through that story, allowing yourself to feel and release any negative emotions it creates.

Keep tapping through the story until you can feel the positive emotion that you wish to feel.

You can apply this same process to other parts of your life, and gradually create a bigger picture of how your “version two” story feels throughout the different parts of your life.

# APPENDIX

## Days 1-21 Tapping Meditations

## DAY 1 TAPPING MEDITATION: FROM PANIC TO PEACE

*This is a great Tapping Meditation to use when you're feeling the negative effects of stress, like when you're struggling to relax and slow down at the start or end of a busy day. It's also great when you feel stressed or anxious but aren't exactly sure why.*

To begin, take a deep breath, and check in with yourself.

How are you feeling emotionally? Do you feel stressed or anxious? Worried or overwhelmed? Impatient? Notice what comes up for you.

Also notice your physical experience. Do you feel tension, tightness, or pain anywhere? Do you feel any clenching, tingling, heat, or cold?

After noticing these different aspects of your present-moment experience, visualize putting it all in a "panic sack." On a scale of 0 to 10, with 10 being impossibly heavy, rate how heavy your panic sack feels right now.

Take three deep breaths. We'll begin by tapping on the Karate Chop point.

**KC (repeat three times):** Even though I'm feeling all this panic and stress, my panic sack is so heavy right now, I love myself and accept how I feel.

**Eyebrow:** All this panic

**Side of Eye:** So much stress

**Under Eye:** It's such a heavy load

**Under Nose:** I feel overwhelmed

**Under Mouth:** It's too much

**Collarbone:** All this stress

**Under Arm:** All this panic

**Top of Head:** I can feel how heavy it is

**Eyebrow:** It's safe to feel this panic now

**Side of Eye:** Really feeling this stress now

**Under Eye:** I don't have to fear it

**Under Nose:** I can let myself feel how heavy it all is

**Under Mouth:** This panic sack

**Collarbone:** It's too heavy to carry

**Under Arm:** I have to put it down now

**Top of Head:** It's hard to do, though

**Eyebrow:** I'm used to carrying it

**Side of Eye:** It's been with me for a long time

**Under Eye:** I'm used to this panic sack

**Under Nose:** Even though I don't like it

**Under Mouth:** It's too heavy to carry

**Collarbone:** I can put it down now

**Under Arm:** It's weighing me down

**Top of Head:** I can put it down now

**Eyebrow:** I can let myself rest

**Side of Eye:** But what if I need this panic sack?

**Under Eye:** What if it's keeping me safe?

**Under Nose:** I'm not sure I'm ready to put it down

**Under Mouth:** This panic sack

**Collarbone:** It's so familiar

**Under Arm:** But it's gotten too heavy

**Top of Head:** So I'm putting it down now

**Eyebrow:** Giving myself a break

**Side of Eye:** Releasing this panic sack

**Under Eye:** I don't need it right now

**Under Nose:** I can let myself rest

**Under Mouth:** I can give myself this break now

**Collarbone:** And put the panic sack down

**Under Arm:** I don't need it right now

**Top of Head:** I'm safe without this panic sack

**Eyebrow:** Releasing this panic sack now

**Side of Eye:** Gently putting it down

**Under Eye:** I can relax and feel safe

**Under Nose:** I can let my mind rest

**Under Mouth:** I can let my body rest

**Collarbone:** I can breathe more deeply and slowly now

**Under Arm:** I can put this load down now

**Top of Head:** Feeling peaceful now

Take a deep breath, and check back in with yourself, emotionally as well as physically. Notice any shifts you experience by rating the weight of your “panic sack” again on a scale of 0 to 10. Keep tapping until you get the desired relief.

### **TAPPING TIP**

Tapping is also a great self-discovery tool. If, while tapping, you have an *aha!* moment about something specific that's bothering you, tap on releasing that. Whether it's an emotion, memory, or something else, your fastest path to peace is always by releasing the weight of your present-moment experience.

## DAY 2 TAPPING MEDITATION: TURNING TOWARD THE POSITIVE

*This is a great meditation to use when you're struggling to feel and see the positive. With repeated use, it can help your brain be more balanced, less prone to always resorting to the negativity bias.*

To begin, take a deep breath, and check in with yourself.

Now that you've noticed your brain's negativity bias at work, what emotions do you feel about whatever caused your brain to go negative?

Also notice your physical experience. In this negative state of mind, do you feel tension, tightness, or pain anywhere? Do you feel any clenching, tingling, heat, or cold?

After noticing these different aspects of your present-moment experience, notice how intensely negative you feel on a scale of 0 to 10, with 10 being extremely negative.

Then take three deep breaths. We'll begin by tapping on the Karate Chop point.

**KC (repeat three times):** Even though I'm feeling all this negativity, it's so hard to feel positive, I love myself and accept how I feel.

**Eyebrow:** All this negativity

**Side of Eye:** So much negativity in my brain

**Under Eye:** It feels so real

**Under Nose:** This negativity seems like the truth

**Under Mouth:** It seems so real

**Collarbone:** All this negativity

**Under Arm:** It's encoded in my brain

**Top of Head:** It's meant to help me survive

**Eyebrow:** This negativity bias

**Side of Eye:** It's trying to protect me

**Under Eye:** It feels so real

**Under Nose:** It feels so true

**Under Mouth:** This negativity bias

**Collarbone:** It's very convincing

**Under Arm:** It's here to keep me safe

**Top of Head:** But it also makes my world feel dark

**Eyebrow:** This negativity bias

**Side of Eye:** It squashes the light

**Under Eye:** And makes things feel dark

**Under Nose:** It feels so true, though

**Under Mouth:** It feels so real

**Collarbone:** This negativity bias

**Under Arm:** It's so convincing

**Top of Head:** It's just trying to protect me

**Eyebrow:** But it's too dark

**Side of Eye:** I don't need it right now

**Under Eye:** I can let myself feel the light

**Under Nose:** And see it, too

**Under Mouth:** I can trust the light

**Collarbone:** I can move toward the light

**Under Arm:** The light is real, too

**Top of Head:** I can let more light into my life

**Eyebrow:** It's safe to feel this light

**Side of Eye:** And let it seep into my brain

**Under Eye:** I can let it into my body

**Under Nose:** And feel the joy it brings me

**Under Mouth:** I can trust this light

**Collarbone:** And let it fill me now

**Under Arm:** It's safe to trust this light

**Top of Head:** I can let more light in

**Eyebrow:** Relaxing into this light now

**Side of Eye:** Allowing myself to open to this light

**Under Eye:** I can feel safe with this light

**Under Nose:** I can see this light and feel safe

**Under Mouth:** Letting myself feel peaceful now

**Collarbone:** I can trust that this beautiful light is all around me

**Under Arm:** I can trust that this beautiful light is real

**Top of Head:** Feeling peaceful within this light now

Take a deep breath, and check back in with yourself, emotionally as well as physically. Notice any shifts you experience by rating the intensity of your negativity again on a scale of 0 to 10. Keep tapping until you get the desired relief.

---

## DAY 3 TAPPING MEDITATION: LETTING GO OF LONELINESS

*This meditation will help you release feelings of loneliness that can arise even when you're surrounded by people. In so doing, it will also support you in opening up to more and deeper connections.*

To begin, take a deep breath, and check in with yourself.

Now that you've looked at how all-consuming loneliness can be, take a moment to notice when and how often you feel lonely. Do you tend to feel lonely at certain times of day or at certain times of the year? Do you feel lonely in certain circumstances or around certain people?

As you focus on that loneliness, also notice your physical experience. When you feel lonely, do you feel tension, tightness, or pain anywhere? Do you feel any clenching, tingling, heat, cold, or hunger?

After noticing these different aspects of your present-moment experience, give your loneliness a number of intensity on a scale of 0 to 10, with 10 being extremely lonely.

Then take three deep breaths. We'll begin by tapping on the Karate Chop point.

**KC (repeat three times):** Even though I feel really lonely sometimes, I deeply and completely love and accept myself.

**Eyebrow:** This loneliness

**Side of Eye:** It's all consuming

**Under Eye:** It's so intense

**Under Nose:** I feel so alone

**Under Mouth:** Even when I'm with people

**Collarbone:** I feel so lonely sometimes

**Under Arm:** This loneliness

**Top of Head:** It feels bigger than me

**Eyebrow:** This loneliness

**Side of Eye:** It's all-consuming

**Under Eye:** It's overwhelming

**Under Nose:** It feels bigger than me

**Under Mouth:** It's safe to feel this loneliness

**Collarbone:** I can let myself feel it

**Under Arm:** Even though it's scary feeling lonely like this

**Top of Head:** I don't like how it feels

**Eyebrow:** I feel so alone

**Side of Eye:** It's safe to feel this loneliness now

**Under Eye:** I can feel it

**Under Nose:** And I can let it go

**Under Mouth:** This loneliness

**Collarbone:** It's inside me

**Under Arm:** I can release it now

**Top of Head:** And make more space for connection

**Eyebrow:** This loneliness

**Side of Eye:** It's been holding me in

**Under Eye:** Preventing me from connecting

**Under Nose:** It wants to protect me

**Under Mouth:** But it's hurting me

**Collarbone:** And I can let it go now

**Under Arm:** I can let this loneliness go now

**Top of Head:** And let myself be more open to connection

**Eyebrow:** It feels risky, though

**Side of Eye:** I might get hurt

**Under Eye:** But this loneliness is hurting me, too

**Under Nose:** So I'm going to let it go now

**Under Mouth:** I'm going to free myself from this loneliness

**Collarbone:** And let myself connect more

**Under Arm:** It's safe to make more space for connection

**Top of Head:** I don't need this loneliness anymore

**Eyebrow:** I can see that I'm not all alone

**Side of Eye:** I can connect with people and feel safe

**Under Eye:** Letting go of this loneliness

**Under Nose:** It's okay if my relationships aren't perfect

**Under Mouth:** It's okay if connecting with people doesn't always work perfectly

**Collarbone:** I'm safe letting go of this loneliness now

**Under Arm:** I can seek out new ways of connecting

**Top of Head:** It's safe to feel safe connecting with people

Take a deep breath and notice how intense your loneliness is now on a scale of 0 to 10. Also notice any shifts you experience in your body. Keep tapping until you get the desired relief.

## DAY 4 TAPPING MEDITATION: ACCEPTING YOUR TRUTH

*This is a great meditation to use when you're struggling with the truth, such as a realization that you have had, but prefer to resist because looking away from it feels easier. By tapping through this, you'll feel better equipped to see this truth and also feel more peace around it.*

As you tell your present-moment truth, notice again how you feel emotionally and in your body. Rate the intensity of your experience on a scale of 0 to 10.

Take three deep breaths.

We'll begin by tapping on the Karate Chop point.

**KC (repeat three times):** Even though I feel all this discomfort around telling my truth, I deeply and completely love and accept myself.

**Eyebrow:** This truth

**Side of Eye:** It's uncomfortable to tell

**Under Eye:** I don't want to see it

**Under Nose:** It brings up too many big emotions

**Under Mouth:** This truth

**Collarbone:** It's overwhelming

**Under Arm:** I don't want to see it

**Top of Head:** I don't want to feel it

**Eyebrow:** This truth

**Side of Eye:** It's overwhelming

**Under Eye:** That's okay

**Under Nose:** I can let myself see it

**Under Mouth:** I can feel the emotions it brings up

**Collarbone:** I can trust my truth to guide me

**Under Arm:** This truth is showing me what I want to transform

**Top of Head:** It's showing me where to focus

**Eyebrow:** What I see, I can change

**Side of Eye:** This truth is helping me

**Under Eye:** I can relax when I tell this truth

**Under Nose:** I can look at this truth and feel calmer now

**Under Mouth:** I don't have to avoid this truth anymore

**Collarbone:** I can see it

**Under Arm:** And I can feel the emotions it brings up

**Top of Head:** I can trust that this truth is helping me move forward

**Eyebrow:** This truth

**Side of Eye:** It's my guide

**Under Eye:** I don't have to fear it anymore

**Under Nose:** I can hear it

**Under Mouth:** I can see it

**Collarbone:** And still trust that I'm safe

**Under Arm:** Relaxing into this truth now

**Top of Head:** It's safe to see this truth

**Eyebrow:** I'm safe seeing this truth

**Side of Eye:** I can relax when I tell this truth

**Under Eye:** And trust that I can transform what I choose to

**Under Nose:** It may not happen this second

**Under Mouth:** It may take a little time

**Collarbone:** But I can still relax and trust

**Under Arm:** I can transform what I choose to

**Top of Head:** Relaxing with this truth now

**Eyebrow:** Feeling safe with what is

**Side of Eye:** I don't have to be afraid

**Under Eye:** I can see clearly

**Under Nose:** And trust that I'm safe

**Under Mouth:** Relaxing my entire body now

**Collarbone:** This truth is my guide

**Under Arm:** I can trust myself to move forward

**Top of Head:** Feeling safe with this truth now

Take a deep breath. Notice the intensity of your resistance to this truth now, and rate it again on a scale of 0 to 10. Keep tapping until you get the desired relief.

Your truth, as well as your feelings about it, may change from one day or one moment to the next. That's fine. Trust the process, and allow yourself to continue tapping through the discomfort to experience a deeper, more authentic sense of peace.

## DAY 5 TAPPING MEDITATION: POSITIVE TAPPING

*This meditation will support you in feeling more joy. It's a great one to use when you're starting to feel more positive and want to magnify that feeling.*

When you notice a win, stop and notice how much positive emotion you feel.

Give that positive emotion a number on a scale of 0 to 10, with 10 being the most positive you can imagine feeling.

Take three deep breaths.

We'll begin by tapping on the Karate Chop point.

**KC (*repeat three times*):** Even though it sometimes feels weird celebrating these everyday wins, I can feel good now and enjoy celebrating <state your win here>.

**Eyebrow:** <State your win here>

**Side of Eye:** I can feel good about this!

**Under Eye:** I can let go of the weird feeling around celebrating this

**Under Nose:** And just feel good in my body now

**Under Mouth:** I can let myself feel full of joy

**Collarbone:** And full of gratitude

**Under Arm:** It's safe to feel all this joy

**Top of Head:** And let my body be flooded with gratitude

**Eyebrow:** I can let these positive feelings grow

**Side of Eye:** I can let them flood my mind

**Under Eye:** And overtake my body

**Under Nose:** It feels good to feel this!

**Under Mouth:** It's fun noticing these everyday wins

**Collarbone:** It gives me energy to feel these positive bursts

**Under Arm:** I can nurture these positive feelings

**Top of Head:** I can feel more positive more often

**Eyebrow:** It's safe to feel more joy

**Side of Eye:** It's safe to trust there will always be more to celebrate

**Under Eye:** I can let myself feel good now

**Under Nose:** I can let it feel really good

**Under Mouth:** I can relax into this positive emotion now

**Collarbone:** I can let this positive emotion grow

**Under Arm:** Feeling this joy now

**Top of Head:** Letting myself relax now

**Eyebrow:** Letting this good feeling in

**Side of Eye:** I can feel good now

**Under Eye:** It's safe to trust my joy

**Under Nose:** I can let it grow

**Under Mouth:** I can trust this joy

**Collarbone:** I can trust this good feeling

**Under Arm:** And let it expand inside me

**Top of Head:** It feels good!

**Eyebrow:** This good feeling

**Side of Eye:** It's expanding inside me

**Under Eye:** Supporting my body

**Under Nose:** Allowing healing to happen

**Under Mouth:** I can feel this in my body

**Collarbone:** And let it expand

**Under Arm:** This good feeling

**Top of Head:** I can let it expand now

**Eyebrow:** It's another guide

**Side of Eye:** Showing me where to find my joy

**Under Eye:** I love this feeling!

**Under Nose:** And I can let it expand now

**Under Mouth:** Jumping into my joy

**Collarbone:** And letting it feel amazing

**Under Arm:** I can feel it in my body now

**Top of Head:** I can let this joy expand inside me

Take a deep breath. Rate the intensity of your positive emotion again on a scale of 0 to 10. Keep tapping until you get the desired effect.

As you get comfortable with your new habit of celebrating everyday wins, notice how your overall mood and energy shifts over time.

## DAY 6 TAPPING MEDITATION: BODY ATTUNEMENT

*This is a great meditation to use to get back in touch with your physical body. If you're feeling disconnected, numb, or struggling with physical symptoms, this can be a good way to begin hearing what your body is trying to tell you.*

If you can, find a quiet place to take three deep breaths. Scan your body, beginning at the top of your head, down into your neck, your shoulders, down both arms, to your wrists, your hands, then your fingers.

Move your attention to your back and into your stomach and solar plexus. Notice your hips, your thighs, your knees. Continue down to your ankles, your feet, then into your toes.

Feel the sensations, the tension or tingling, hot or cold, ease or discomfort in your body. If there's one feeling that's especially noticeable, give it a number on the 0–10 scale of intensity.

Take three deep breaths.

We'll begin by tapping on the Karate Chop point.

**KC (repeat three times):** Even though I don't always stop to listen to my body, I can feel quiet and receptive now.

**Eyebrow:** My body

**Side of Eye:** It has so much to tell me

**Under Eye:** I can stop and listen to what it's saying

**Under Nose:** I can hear its messages

**Under Mouth:** And let it speak its truth

**Collarbone:** I can listen without judgment

**Under Arm:** I can feel what my body needs me to feel

**Top of Head:** I can remember what it needs me to remember

**Eyebrow:** I can open to my body's wisdom now

**Side of Eye:** It's safe to notice my body in these ways

**Under Eye:** It's safe to hear what it's telling me

**Under Nose:** I can focus my attention on my head

**Under Mouth:** And go down my neck

**Collarbone:** To my shoulders

**Under Arm:** I can hear what they're telling me now

**Top of Head:** Down to my upper back

**Eyebrow:** What's it saying?

**Side of Eye:** And my arms

**Under Eye:** How do they feel?

**Under Nose:** Into my hands

**Under Mouth:** Then back to my chest

**Collarbone:** And my stomach

**Under Arm:** What do they need me to know?

**Top of Head:** I can focus on my solar plexus

**Eyebrow:** Is it talking to me?

**Side of Eye:** And then move my attention to my lower back

**Under Eye:** And into my hips

**Under Nose:** What do they need me to hear?

**Under Mouth:** I can listen to my thighs

**Collarbone:** My knees

**Under Arm:** My lower legs and ankles

**Top of Head:** And my feet

**Eyebrow:** I can hear what they're saying to me

**Side of Eye:** I can experience what my body is experiencing

**Under Eye:** I can allow it all to come forward

**Under Nose:** And I can release it

**Under Mouth:** I can listen

**Collarbone:** And I can let it go

**Under Arm:** Allowing myself to trust what my body is saying

**Top of Head:** And let go of any discomfort

**Eyebrow:** I can release it

**Side of Eye:** I can give my body that relief

**Under Eye:** I can relax my body now

**Under Nose:** I can let these feelings pass through my body

**Under Mouth:** I can feel safe in my body

**Collarbone:** I can listen to what my body needs to tell me

**Under Arm:** It's safe to listen to my body

**Top of Head:** Letting myself relax and feel peace in my body now

Take a deep breath. Notice what you're feeling in your body now. If you rated a feeling before tapping, again give it a number on scale of 0 to 10. Keep tapping until you get the desired relief.

## DAY 7 TAPPING MEDITATION: PEACE & PATIENCE

*This is a great meditation to use when you're struggling to feel peace around the pace of change and transformation. Tap and feel more at peace with how, and how quickly, you and your life are transforming.*

Either transformation doesn't seem to happen fast enough, or it's happening really quickly and all we want is more, faster.

When it comes to creating positive change, enough rarely feels like enough.

More often than not, we want positive transformation to happen faster. We don't want to work on ritual. We don't want to use repetition. We want results, and we want them now.

Impatience with the change process is understandable, but it's also an obstacle to progress. Ironically it's often when we stop resisting tools like Tapping, as well as powerful structures like ritual and repetition, that change actually does happen faster than we imagined possible.

When you find yourself feeling bogged down by the current pace of change in your life, or just yearning for more, faster, take a moment to check in with yourself.

First rate your frustration or anxiety around the current pace of change in your life on a scale of 0 to 10.

Take three deep breaths.

Begin by tapping on the Karate Chop point.

**KC (*repeat three times*):** Even though I'm struggling with the pace of change right now, I love myself and accept how I feel.

**Eyebrow:** I want more, faster!

**Side of Eye:** I want things to change for the better right now!

**Under Eye:** I don't have time for ritual

**Under Nose:** I don't have time for repetition

**Under Mouth:** I need things to transform now

**Collarbone:** This impatience with the pace of change

**Under Arm:** It's stressing me out

**Top of Head:** I want more, faster

**Eyebrow:** This impatience

**Side of Eye:** So much impatience

**Under Eye:** This impatience

**Under Nose:** It's slowing me down

**Under Mouth:** It's stressing me out

**Collarbone:** But it doesn't feel safe to relax

**Under Arm:** I need big changes now!

**Top of Head:** But change is scary, too

**Eyebrow:** I want more

**Side of Eye:** And I want it faster

**Under Eye:** All this impatience

**Under Nose:** I don't have time for patience

**Under Mouth:** Or for repetition

**Collarbone:** Or ritual

**Under Arm:** I need big changes now!

**Top of Head:** But change is scary, too

**Eyebrow:** I only want certain changes

**Side of Eye:** I don't have time for all of this

**Under Eye:** I need positive change now

**Under Nose:** I can't wait

**Under Mouth:** All this impatience

**Collarbone:** It's stressful

**Under Arm:** This stress is slowing me down

**Top of Head:** Maybe it's time to let it go

**Eyebrow:** And trust that change is happening at the perfect pace

**Side of Eye:** I can relax into what is happening now

**Under Eye:** Even though everything isn't how what I want it to be

**Under Nose:** I can feel safe with this pace of change

**Under Mouth:** I can relax my body now

**Collarbone:** And feel calm when I think about the current pace of change in my life

**Under Arm:** I can feel calm in my body

**Top of Head:** And trust that change is happening at the perfect pace

**Eyebrow:** Ritual and repetition are important

**Side of Eye:** They'll support me in transforming

**Under Eye:** I can let myself slow down enough to use them

**Under Nose:** I can trust that change is happening at the right pace

**Under Mouth:** I can relax about the current pace of change

**Collarbone:** I can trust in this transformation process

**Under Arm:** And relax my body when I think about it

**Top of Head:** I can feel calm, safe, and relaxed now

Take a deep breath, and on a scale of 0 to 10, rate your resistance—frustration, anxiety, and so on—around the current pace of change in your life. Keep tapping until you experience the desired level of peace.

## DAY 8 TAPPING MEDITATION: ALIGNING WITH YOUR INTENTIONS

*This is a great meditation to use to get into deeper, clearer alignment with your vision for yourself and your life.*

When you notice yourself feeling resistance to your feeling intentions, notice first how this resistance is showing up. Is it a physical sensation, like tightness in your jaw or stomach? Is it emotional resistance, such as fear or doubt?

When you're clear on how your resistance is showing up, rate its intensity on a scale of 0 to 10.

Take three deep breaths.

Begin by tapping on the Karate Chop point.

**KC (*repeat three times*):** Even though I feel all this resistance around realizing this vision and these intention(s), I accept how I feel and choose to feel peace now.

**Eyebrow:** All this resistance

**Side of Eye:** I'm struggling with this intention

**Under Eye:** I want it to become true

**Under Nose:** I want to feel this way

**Under Mouth:** But I feel all this resistance around it

**Collarbone:** I'm not sure I believe it's possible

**Under Arm:** I'm not sure it will ever happen

**Top of Head:** I do want it to happen, though

**Eyebrow:** But I still feel all this resistance

**Side of Eye:** I don't like how it feels

**Under Eye:** I want to shed this resistance

**Under Nose:** It's okay to feel this resistance

**Under Mouth:** It's safe to feel this resistance

**Collarbone:** I can feel it now

**Under Arm:** And I can let it go

**Top of Head:** I can release this resistance from my body now

**Eyebrow:** And feel peace when I think of this intention

**Side of Eye:** I can feel at ease in my mind

**Under Eye:** I can trust that this intention is possible

**Under Nose:** I can feel safe believing in this intention

**Under Mouth:** I choose to feel peace when I focus on this intention

**Collarbone:** I can feel safe in my mind and body now

**Under Arm:** Trusting in this intention

**Top of Head:** Feeling peace around this intention now

**Eyebrow:** I can imagine it

**Side of Eye:** I can feel it!

**Under Eye:** This intention

**Under Nose:** It feels so good!

**Under Mouth:** I'm scared to trust it could come true

**Collarbone:** But I want it to

**Under Arm:** I can trust this intention

**Top of Head:** I can feel safe

**Eyebrow:** I can see it!

**Side of Eye:** I can feel it!

**Under Eye:** This intention

**Under Nose:** It fills me with positive emotions

**Under Mouth:** I can feel them in my body

**Collarbone:** They're part of me now

**Under Arm:** I can let them in

**Top of Head:** And trust this intention can be manifested

**Eyebrow:** I can enjoy envisioning it

**Side of Eye:** And trust myself to take action toward it

**Under Eye:** I can feel peaceful and joyful about it now

**Under Nose:** I can accept these good feelings

**Under Mouth:** And let them flow throughout my body now

**Collarbone:** It's safe to dwell in them

**Under Arm:** And let them flood my mind and body now

**Top of Head:** Feeling the love and warmth of this intention now

Take a deep breath. Again rate the intensity of your resistance to this intention now. Keep tapping until you experience a greater level of peace around your feeling intention.

## DAY 9 TAPPING MEDITATION: LETTING GO

*This is a great meditation to use when you notice yourself resorting to old leaky patterns. It will support you in releasing them and in moving toward new and healthier ones.*

When you notice yourself reverting to an old leaky pattern, rather than resisting what's happening, stop and acknowledge how frustrated or stressed you feel about your inability to get over this pattern.

Give that resistance a number of intensity on a scale of 0 to 10.

Take three deep breaths.

Begin by tapping on the Karate Chop point.

**KC (repeat three times):** Even though I feel this frustration and stress around this recurring pattern, I love and accept myself, and choose to feel peace now.

**Eyebrow:** This pattern

**Side of Eye:** This old leaky pattern

**Under Eye:** I can't seem to overcome it

**Under Nose:** It's so frustrating

**Under Mouth:** This old leaky pattern

**Collarbone:** Why won't it go away?

**Under Arm:** I really want to move past it

**Top of Head:** But it keeps coming back

**Eyebrow:** This old leaky pattern

**Side of Eye:** It's so ingrained in me

**Under Eye:** I want to move past it

**Under Nose:** I'm frustrated that I can't seem to do that

**Under Mouth:** All this frustration around this old leaky pattern

**Collarbone:** I feel it in my body

**Under Arm:** But I can choose peace now

**Top of Head:** I can love myself even when I fall back into it

**Eyebrow:** This old leaky pattern

**Side of Eye:** It's been with me for so long

**Under Eye:** That's okay

**Under Nose:** I can feel safe even when it comes back

**Under Mouth:** I can choose peace anyway

**Collarbone:** I can relax when this pattern reappears

**Under Arm:** Feeling quiet and calm in my body now

**Top of Head:** Choosing peace now

**Eyebrow:** This old leaky pattern

**Side of Eye:** It doesn't have the same power over me now

**Under Eye:** I can notice it

**Under Nose:** And make a new choice

**Under Mouth:** This old leaky pattern

**Collarbone:** I can recognize it now

**Under Arm:** I can step back and choose a new way forward

**Top of Head:** It doesn't have the same power over me now

**Eyebrow:** This old leaky pattern

**Side of Eye:** It doesn't rule me anymore

**Under Eye:** Because I can see it

**Under Nose:** And I'm making a new choice now

**Under Mouth:** I'm taking a new path

**Collarbone:** And this path is better for me

**Under Arm:** I'm free now

**Top of Head:** I can take a new and better path now

**Eyebrow:** I can decide what this path will be

**Side of Eye:** I can make it what I want it to be

**Under Eye:** I'm free now

**Under Nose:** I can make new choices

**Under Mouth:** I'm free now

**Collarbone:** And I can feel good

**Under Arm:** I can make different choices now

**Top of Head:** And feel at peace with where I am now

Take a deep breath. Again rate the intensity of your resistance to this old leaky pattern now on a scale of 0 to 10. Keep tapping until you experience a greater level of peace around your pattern. When you're ready, tell the story around this pattern until you feel an even deeper sense of relief.

## DAY 10 TAPPING MEDITATION: FEELING SAFE RELEASING THE PAST

*This is a great meditation to use when you're resisting looking at unresolved events and emotions from the past. By tapping through this, you can begin to face the past and experience a deeper sense of peace and acceptance.*

When you notice yourself resisting the opportunity to tap on past events and emotions, first acknowledge how you're feeling. If, for example, you're frustrated that the years of work you've already done on your past haven't brought you resolution and peace, notice and accept that frustration.

Give your resistance, and any emotions associated with it, a number of intensity on a scale of 0 to 10.

Take three deep breaths.

Begin by tapping on the Karate Chop point.

**KC (repeat three times):** Even though I don't want to look at the past, it's too much and I'm sick of it, I choose to feel safe now.

**Eyebrow:** All this stuff from the past

**Side of Eye:** Why won't it go away?

**Under Eye:** I'm sick of dwelling in the past

**Under Nose:** But it's still with me

**Under Mouth:** I can feel it in my mind and body

**Collarbone:** All these emotions from the past

**Under Arm:** These past events I can't seem to get rid of

**Top of Head:** They've left a mark on me and my brain

**Eyebrow:** I can't seem to get past my past

**Side of Eye:** It's still with me

**Under Eye:** I want to get beyond it

**Under Nose:** I want to be free of my past

**Under Mouth:** But I don't know if I'll ever be

**Collarbone:** It's so frustrating

**Under Arm:** It's okay to feel this way

**Top of Head:** I can choose peace even when I resist looking at my past

**Eyebrow:** All this stuff from the past

**Side of Eye:** It's been with me for so long

**Under Eye:** I can let myself feel this resistance to looking at my past

**Under Nose:** And I can let this resistance go

**Under Mouth:** I can release my resistance to looking at the past

**Collarbone:** I can feel peace when I think about looking at the past

**Under Arm:** Feeling quiet and calm in my body now

**Top of Head:** Choosing to feel peace around looking at my past

**Eyebrow:** I can see how things were

**Side of Eye:** And notice how they're still affecting me

**Under Eye:** It's safe to acknowledge the past

**Under Nose:** And see how it's still affecting me

**Under Mouth:** I can trust this new awareness

**Collarbone:** I can let it guide me

**Under Arm:** I can let go of my fear around looking at the past

**Top of Head:** And let this awareness carry me forward

**Eyebrow:** This awareness will be my bridge

**Side of Eye:** It will carry me toward peace

**Under Eye:** It will take me toward my greatest self

**Under Nose:** I can trust it

**Under Mouth:** I can cross this bridge

**Collarbone:** And know that I'm safe

**Under Arm:** There's a new me waiting

**Top of Head:** My greatest self is calling

**Eyebrow:** And I can take this leap of faith

**Side of Eye:** I can look at my past

**Under Eye:** And know that it will carry me forward

**Under Nose:** It's safe to go there

**Under Mouth:** I can feel safe going there

**Collarbone:** Letting go of this fear now

**Under Arm:** I am safe going there

**Top of Head:** Letting this calm awareness grow in me now

Take a deep breath. Again rate the intensity of your resistance to looking at the past. Keep tapping until you experience a greater level of peace. When you're ready, tap through the points as you tell the story of any past event(s) that you're ready to release.

## DAY 11 TAPPING MEDITATION: FEELING SAFE UNFROZEN

*This is a great meditation to use when you're struggling to release the freeze response, however it plays out for you.*

When you notice yourself resorting to some kind of freeze response, first acknowledge how you're feeling.

If you can tie it to a specific event, or several, focus on it or them, one at a time. If it's just a general feeling and you can't really pinpoint what's going on, start with general tapping and then move toward the specific.

Then give your freeze response a number of intensity on a scale of 0 to 10.

Take three deep breaths.

Begin by tapping on the Karate Chop point.

**KC (*repeat three times*):** Even though I still have this freeze response encoded in me, preventing me from acting and being the way I intend to, I choose to feel safe now.

**Eyebrow:** This freeze response

**Side of Eye:** It's encoded in my brain

**Under Eye:** It's my brain's way of keeping me safe

**Under Nose:** It's encoded in my body

**Under Mouth:** I don't have to judge my freeze response

**Collarbone:** I can simply accept that it's in me

**Under Arm:** It's meant to keep me safe

**Top of Head:** This freeze response

**Eyebrow:** It's in my brain and body

**Side of Eye:** I don't want it

**Under Eye:** But it's encoded in my brain and body

**Under Nose:** It was meant to keep me safe

**Under Mouth:** I'm grateful for that

**Collarbone:** But now it's time to let it go

**Under Arm:** I can look at this freeze response

**Top of Head:** I can notice why it happens, with whom and when

**Eyebrow:** And I can feel safe letting it go

**Side of Eye:** This freeze response

**Under Eye:** I don't need it anymore

**Under Nose:** I can let it go

**Under Mouth:** I can feel safe without this freeze response

**Collarbone:** Feeling relaxed and calm in my body

**Under Arm:** Feeling safe letting this freeze response go

**Top of Head:** Choosing to feel peace now

**Eyebrow:** I don't need to freeze

**Side of Eye:** I can thaw out

**Under Eye:** I'm safe now

**Under Nose:** It's hard to trust that it's safe to unfreeze

**Under Mouth:** That's okay

**Collarbone:** Even though I'm still a little scared, I'm safe now

**Under Arm:** I can feel this fear around unfreezing

**Top of Head:** And I can let it go

**Eyebrow:** Releasing this fear from every cell in my body

**Side of Eye:** Letting it all go now

**Under Eye:** I am safe now

**Under Nose:** I can trust that

**Under Mouth:** Feeling peaceful in my body now

**Collarbone:** Freeing myself from this freeze response

**Under Arm:** Letting it go

**Top of Head:** Feeling relaxed and aware now

**Eyebrow:** I can let my body relax now

**Side of Eye:** I can feel safe

**Under Eye:** It's safe to feel safe

**Under Nose:** Letting my body feel fluid now

**Under Mouth:** Relaxing my mind now

**Collarbone:** I can let any remaining fear go now

**Under Arm:** It's safe to feel safe

**Top of Head:** Feeling safe and peaceful in mind and body now

Take a deep breath. Again rate the intensity of your freeze response on a scale of 0 to 10. Keep tapping until you experience a greater sense of safety and peace. If other events or realizations came to mind while you were tapping, tap through the points as you tell that story or express those emotions until you're able to release them fully, as well.

## DAY 12 TAPPING MEDITATION: RELEASING ANGER

*This is a great meditation to use when you're struggling to let go of anger, once and for all.*

When you feel angry, notice where you feel anger in your body. Give it a number of intensity on a scale of 0 to 10.

Imagine yourself as ironclad. Imagine that you can do and say anything to let your anger go without experiencing any repercussions.

Take three deep breaths.

Begin by tapping on the Karate Chop point.

**KC (repeat three times):** Even though I have all this anger in me, I can feel it in my body, and it feels bigger than me, I love myself and choose to feel this anger now.

**Eyebrow:** This anger

**Side of Eye:** It's in me

**Under Eye:** I can feel it in my body

**Under Nose:** This anger

**Under Mouth:** It feels bigger than me

**Collarbone:** It's explosive

**Under Arm:** This anger

**Top of Head:** I can let myself feel it now

**Eyebrow:** I'm safe feeling this anger now

**Side of Eye:** I can let myself really feel it

**Under Eye:** Feeling this anger now

**Under Nose:** I can let this anger get bigger

**Under Mouth:** I can really feel it now

**Collarbone:** I'm so mad!

**Under Arm:** All this anger

**Top of Head:** It's safe to really feel it now

Keep tapping through the points as you do or say what you need to in order to release your anger.

If you need to punch or kick someone, you can physically make any necessary gesture(s), as long as there's enough space around you that you don't hurt yourself or anyone else.

If there are words you need to say, do so out loud while tapping through the points.

*Karate Chop . . . Eyebrow . . . Side of Eye . . . Under Eye . . . Under Nose . . .  
Under Mouth . . . Collarbone . . . Under Arm . . . Top of Head . . .*

*Karate Chop . . . Eyebrow . . . Side of Eye . . . Under Eye . . . Under Nose . . .  
Under Mouth . . . Collarbone . . . Under Arm . . . Top of Head . . .*

Keep tapping until you feel relief; then proceed to the following positive round.

**Eyebrow:** This anger

**Side of Eye:** It was keeping me safe

**Under Eye:** But I'm safe without it

**Under Nose:** Releasing any remaining anger now

**Under Mouth:** Letting it go from every cell in my body

**Collarbone:** It's safe to release it fully now

**Under Arm:** I don't need it anymore

**Top of Head:** Letting it all go

**Eyebrow:** I'm safe without this anger

**Side of Eye:** Releasing it all now

**Under Eye:** Choosing peace now

**Under Nose:** Feeling relaxed and calm in my body now

**Under Mouth:** It's safe to feel this peace

**Collarbone:** And let it grow inside me

**Under Arm:** I can relax my body

**Top of Head:** And feel peaceful now

Rate your anger now on a scale of 0 to 10. Keep tapping until you experience the desired relief.

---

## DAY 13 TAPPING MEDITATION: "I REFUSE TO FORGIVE"

*This is a great meditation to use when you're struggling with forgiving someone. It's the only one in this book that has been published previously (on my blog), and it's one of the most widely shared ones I've put out there. Try it, and let yourself open up to the experience of forgiving someone who has hurt you deeply.*

First identify who or what you are having trouble forgiving. Get really specific about what happened, what they said, what they did, how they acted, and bring that memory clearly to mind.

How do you feel when you think of that? What's the emotion? Where do you feel it in your body? Rate the intensity on a scale of 0 to 10.

Take three deep breaths.

Begin by tapping on the Karate Chop point.

**Karate Chop (repeat three times):** Even though I refuse to forgive them because of what they did to me, I love myself and accept how I feel.

**Eyebrow:** I can't believe they did that

**Side of Eye:** I'm so angry

**Under Eye:** It's not right

**Under Nose:** It's not fair

**Under Mouth:** And I refuse to let it go

**Collarbone:** All this anger

**Under Arm:** All this \_\_\_\_ (fill in the blank with how you feel)

**Top of Head:** In every cell of my body

**Eyebrow:** I can't let this go

**Side of Eye:** Because they don't deserve that

**Under Eye:** They don't deserve my forgiveness

**Under Nose:** And I refuse to let this go

**Under Mouth:** So much anger

**Collarbone:** About what happened

**Under Arm:** About what they did

**Top of Head:** About what they said

**Eyebrow:** I can't let this go

**Side of Eye:** I don't deserve what they did to me

**Under Eye:** And they don't deserve my forgiveness

**Under Nose:** I deserve better

**Under Mouth:** All this anger

**Collarbone:** I can't let it go

**Under Arm:** I'm so angry

**Top of Head:** All this anger

**Eyebrow:** I can't live with what they did

**Side of Eye:** But this anger is hard to live with, too

**Under Eye:** I can't let this anger go, though

**Under Nose:** But I don't want to keep it, either

**Under Mouth:** All this anger

**Collarbone:** Maybe I can let some of it go

**Under Arm:** Maybe I can release part of it

**Top of Head:** Letting it go

**Eyebrow:** Releasing it now

**Side of Eye:** From every cell in my body

**Under Eye:** I don't need this anger anymore

**Under Nose:** I'll be stronger without it

**Under Mouth:** I can protect myself without this anger in me

**Collarbone:** Letting this anger go now

**Under Arm:** Even though it still feels hard

**Top of Head:** It still feels like I'll need this anger to keep me safe

**Eyebrow:** I can't live with what they did

**Side of Eye:** But this anger is hard to live with, too

**Under Eye:** Releasing this anger now

**Under Nose:** Letting it go now

**Under Mouth:** I don't need it anymore

**Collarbone:** I'm safe without this anger

**Under Arm:** It's safe to forgive them

**Top of Head:** Letting myself feel peaceful and safe now

Take a deep, cleansing breath and let it go.

Think of what happened again, and notice how your experience has changed. Rate its intensity again on a scale of 0 to 10.

Keep tapping until you experience the desired level of peace around that person or event.

## DAY 14 TAPPING MEDITATION: I DON'T NEED FIXING

*This is a great meditation to use when you're feeling overwhelmed by the number of emotions, events, and behaviors that you want to transform. Through this tapping, you'll feel more at peace with who, what, and where you are now.*

You're not a project. You don't need fixing.

Do you believe that, really?

If not, notice how intensely you feel like you and/or your life needs "fixing." Rate the intensity of that feeling on a scale of 0 to 10 now.

Take three deep breaths.

We'll begin by tapping on the Karate Chop point.

**KC (*repeat three times*):** Even though I feel broken, like my life needs a big makeover, I choose to accept how I feel.

**Eyebrow:** I feel broken

**Side of Eye:** There are so many issues I need to tap on!

**Under Eye:** My life feels like a huge mess

**Under Nose:** I feel like it needs a huge makeover

**Under Mouth:** I'm exhausted by how much fixing I need to do

**Collarbone:** And how much "stuff" I need to tap on!

**Under Arm:** It's too much

**Top of Head:** I just want it all to go away

**Eyebrow:** It's too intense to deal with

**Side of Eye:** There's too much of it

**Under Eye:** I want it all to just go away

**Under Nose:** It's too much

**Under Mouth:** Too intense

**Collarbone:** And dealing with it will be too much work

**Under Arm:** I need it to just go away

**Top of Head:** I want it to go poof in the night and never come back

**Eyebrow:** I'm tired just thinking about all the things I need to tap on

**Side of Eye:** And about how much fixing my life needs

**Under Eye:** It's too much

**Under Nose:** Too intense

**Under Mouth:** Too much work

**Collarbone:** I don't want to do it

**Under Arm:** That's okay

**Top of Head:** Maybe I don't have to

**Eyebrow:** Maybe I'm putting too much pressure on myself

**Side of Eye:** Creating urgency I don't need

**Under Eye:** All this pressure

**Under Nose:** I don't like it

**Under Mouth:** Why am I in such a rush?

**Collarbone:** This is a process

**Under Arm:** It's safe to slow down when I need to

**Top of Head:** Releasing this pressure

**Eyebrow:** Maybe I don't need fixing

**Side of Eye:** I can become more aware

**Under Eye:** And transform what I choose to

**Under Nose:** But I'm not broken

**Under Mouth:** And my life is not a project

**Collarbone:** I'm good as I am

**Under Arm:** I can appreciate myself now

**Top of Head:** I don't need fixing

**Eyebrow:** I can relax about where I am

**Side of Eye:** I can make progress also

**Under Eye:** And enjoy the process

**Under Nose:** Releasing any remaining pressure

**Under Mouth:** I don't need fixing!

**Collarbone:** I'm not a project

**Under Arm:** I can trust that things are unfolding perfectly

**Top of Head:** And feel good now

Take a deep breath. Again rate how intensely you feel like you need fixing on a scale of 0 to 10. Continue tapping until you experience the desired release.

## DAY 15 TAPPING MEDITATION: CHOOSING HAPPINESS

*This is a great meditation to use to continue training yourself to consciously choose your own happiness each and every day, including when it seems far away.*

When your world is wet and the sun isn't sunny (to quote Dr. Seuss once again), happiness doesn't feel like a choice. It feels out of reach, beyond the limitations of your current life, finances, career, relationship, and so on.

When that feeling overtakes you, notice how out of reach happiness feels. On a scale of 0 to 10, rate how true the statement I can only feel happy once my life circumstances change feels.

Take three deep breaths.

Begin by tapping on the Karate Chop point.

**KC (repeat three times):** Even though I feel like happiness is out of my reach, like it can only come after my circumstances change, I love myself and accept how I feel.

**Eyebrow:** Happiness

**Side of Eye:** It seems so far away

**Under Eye:** My world feels wet

**Under Nose:** And the sun doesn't feel sunny

**Under Mouth:** Happiness

**Collarbone:** It seems too far away

**Under Arm:** There are too many problems

**Top of Head:** I can't feel happy right now

**Eyebrow:** Happiness

**Side of Eye:** It feels so far away

**Under Eye:** So out of my reach

**Under Nose:** There are too many obstacles in my life

**Under Mouth:** Too many real life problems to deal with

**Collarbone:** I can't be happy right now

**Under Arm:** I can't be happy when my life is like this

**Top of Head:** Happiness

**Eyebrow:** It feels out of my reach

**Side of Eye:** I can't get there now

**Under Eye:** I can't get there yet

**Under Nose:** Not until my circumstances change

**Under Mouth:** Not until things are different

**Collarbone:** Happiness

**Under Arm:** It feels so far away

**Top of Head:** That makes me sad

**Eyebrow:** I don't like feeling this way

**Side of Eye:** I feel powerless

**Under Eye:** Like I can't control my life or my happiness

**Under Nose:** It's stressful

**Under Mouth:** And I don't feel happy

**Collarbone:** It's okay to feel this sadness

**Under Arm:** Letting myself really feel it now

**Top of Head:** I can let this darkness fade

**Eyebrow:** I can let myself see light

**Side of Eye:** I can let this shift happen

**Under Eye:** I can let myself enjoy a single moment

**Under Nose:** I can feel good for one moment

**Under Mouth:** It's safe to feel good

**Collarbone:** Even though it may pass

**Under Arm:** It's safe to feel good in this moment

**Top of Head:** I can let myself enjoy this moment

**Eyebrow:** And be fully present in my own enjoyment

**Side of Eye:** I can release fear and resistance

**Under Eye:** And let this moment feel good

**Under Nose:** It's safe to feel good now

**Under Mouth:** It's safe to let this moment feel happy

**Collarbone:** I can enjoy myself now

**Under Arm:** And be fully present in that enjoyment

**Top of Head:** Feeling fully present in this moment now

Take a deep breath, and again rate how true the statement *I can only feel good once my life circumstances change* feels on a scale of 0 to 10.

Keep tapping until you experience the desired level of joy.

## DAY 16 TAPPING MEDITATION: FILLING YOUR CUP

*This is a great meditation to use when you're struggling to accept and love yourself, including when you notice your own negative self-talk. Your relationship with yourself is the true foundation of all transformation, and a great area to revisit whenever you're feeling called toward it.*

When you're struggling to feel good about yourself, notice which emotion you feel most intensely. Are you feeling shame about who you are? Sad about what you feel you can't do or be?

Identify your primary emotion and rate its intensity on a scale of 0 to 10.

Take three deep breaths.

Begin by tapping on the Karate Chop point.

*Note:* We're all at different places in our relationships with our own selves. If the language in this script doesn't fit, change it in ways that best reflect your experience.

**KC (repeat three times):** Even though I can't feel good about myself, it seems impossible, I choose to feel peace now.

**Eyebrow:** I can't feel good about myself

**Side of Eye:** There's too much bad

**Under Eye:** Too much I need to change

**Under Nose:** I can't feel good about myself

**Under Mouth:** I can't accept all of myself

**Collarbone:** I can't love myself

**Under Arm:** I'm not feeling it right now

**Top of Head:** There's too much that needs to change

**Eyebrow:** There's too much I'm not happy with

**Side of Eye:** So much I need to change

**Under Eye:** I can't feel good about myself

**Under Nose:** I can't love or accept myself

**Under Mouth:** There's too much I have to change

**Collarbone:** I have to change first

**Under Arm:** And then I can really love and accept myself

**Top of Head:** There's too much to change

**Eyebrow:** I can't love how I am now

**Side of Eye:** I can't accept who I am now

**Under Eye:** I have to change first

**Under Nose:** I don't deserve love or acceptance when I'm like this

**Under Mouth:** It hurts to say that

**Collarbone:** I can hear how mean that sounds

**Under Arm:** Would I say that to someone else?

**Top of Head:** Would I say that to a child?

**Eyebrow:** Those are harsh words I'm saying to myself

**Side of Eye:** Do I really mean them?

**Under Eye:** These harsh things I say to myself

**Under Nose:** It's too easy to be mean to myself

**Under Mouth:** I can be a little gentler

**Collarbone:** I don't have to be this harsh

**Under Arm:** I can be a little gentler with myself

**Top of Head:** It hurts, though

**Eyebrow:** It's hard to see the good

**Side of Eye:** The bad is so much more visible

**Under Eye:** It's hard to see the good in me

**Under Nose:** Maybe I can notice a little bit more good in myself

**Under Mouth:** Maybe I can be a bit gentler

**Collarbone:** I can make tiny shifts

**Under Arm:** And be a little gentler with myself

**Top of Head:** It's safe to be a little kinder to myself

**Eyebrow:** I can be a bit nicer

**Side of Eye:** A bit gentler

**Under Eye:** A bit kinder

**Under Nose:** It's safe to be a bit nicer to myself

**Under Mouth:** I can make little changes

**Collarbone:** And be a bit nicer to myself

**Under Arm:** It's safe to say nicer things to myself

**Top of Head:** Letting myself relax and feel safe now

Take a deep breath, and again rate the intensity of your primary negative emotion you were feeling about yourself on a scale of 0 to 10.

Keep tapping until you experience the desired level of relief and peace.

## DAY 17 TAPPING MEDITATION: I'M NOT CHOCOLATE!

*This is a great meditation to use when you're struggling to overcome a tendency toward pleasing others at your own expense. Through this tapping, you can begin to establish healthier boundaries for yourself and in your relationships.*

Anytime you notice yourself trying to be chocolate—saying yes to please others even though you want to say no—stop and notice what you're really feeling.

On a scale of 0 to 10, rate how difficult it feels to say no.

Take three deep breaths.

Begin by tapping on the Karate Chop point.

**KC (repeat three times):** Even though I'm trying to be chocolate again, saying yes to please others when I want to say no, I love myself and accept how I feel.

**Eyebrow:** I'm trying to be chocolate again!

**Side of Eye:** It's a tough habit to break

**Under Eye:** I'm trying to be chocolate again

**Under Nose:** I've been doing this for so long

**Under Mouth:** But I can't be chocolate

**Collarbone:** I'm not chocolate

**Under Arm:** I'll never be chocolate

**Top of Head:** But I'm still trying to be chocolate

**Eyebrow:** Why am I still trying to be chocolate?

**Side of Eye:** I'm not chocolate!

**Under Eye:** Saying no will taste sweeter

**Under Nose:** I'm not chocolate!

**Under Mouth:** I can say no

**Collarbone:** It's a little scary, though

**Under Arm:** People might not always like it

**Top of Head:** But I'm not chocolate

**Eyebrow:** I don't need to be chocolate

**Side of Eye:** I can be me!

**Under Eye:** Sometimes I'll need to say no

**Under Nose:** I can do it calmly

**Under Mouth:** I can say no graciously

**Collarbone:** But still say no

**Under Arm:** Because I don't need to be chocolate!

**Top of Head:** I can be me

**Eyebrow:** I can trust that it's okay to say no

**Side of Eye:** I can take a little more time for myself

**Under Eye:** And know that it's the best thing to do

**Under Nose:** I don't have to try to be chocolate anymore

**Under Mouth:** I can be me!

**Collarbone:** It's safe to take care of myself

**Under Arm:** To take time when I need it

**Top of Head:** And enjoy every second!

**Eyebrow:** I can enjoy taking more time for me

**Side of Eye:** Letting myself enjoy taking time for me

**Under Eye:** I don't have to please everyone

**Under Nose:** I can take time for myself

**Under Mouth:** And enjoy it!

**Collarbone:** I can make decisions that work for me

**Under Arm:** And take more time for myself

**Top of Head:** I can say no when I need to

**Eyebrow:** Saying no more often will taste a lot sweeter

**Side of Eye:** It's safe to stop trying to be chocolate

**Under Eye:** I'll never succeed at being chocolate

**Under Nose:** And saying no more often tastes sweeter

**Under Mouth:** It's safe to stop trying to please everyone

**Collarbone:** It's safe to say no more often

**Under Arm:** Letting myself relax and feel calm now

**Top of Head:** Letting myself feel safe saying no

Take a deep breath. Rate again the emotional intensity of your resistance around saying no on a scale of 0 to 10. Keep tapping until you experience the desired level of peace.

## DAY 18 TAPPING MEDITATION: BECOMING YOUR VERSION TWO

*This is a great meditation to use when you're struggling with releasing an old story about who you are and what is possible in your life. Through this tapping, you can begin to feel more ready to occupy your new and more empowering "version two" story.*

To grow into a beautiful flower, a seed must first sit alone in the dark soil, never knowing when water will come or when it will see the sun.

That seed doesn't dig itself up because it's dark, scary, and lonely in there. It stays. It trusts in the process of life. Sure enough, one day it breaks through the surface, grows into a flower, and becomes a contributing member of a larger garden.

Imagine your story as that seed. It's buried inside you, still enveloped in darkness, not knowing what's next, when it will see light, drink water, or join the other flowers that are already blooming in the garden.

Notice how far off the blooming of your seed into a flower seems. Rate the intensity of that "too far away/would never happen/not really in the cards or me" feeling on a scale of 0 to 10.

Take three deep breaths.

Begin by tapping on the Karate Chop point.

**KC (repeat three times):** Even though this story is buried in so much darkness, so much uncertainty, I can relax and let myself trust that it will bloom.

**Eyebrow:** This story

**Side of Eye:** It's covered in darkness

**Under Eye:** So much fear

**Under Nose:** It's a seed buried in dark soil right now

**Under Mouth:** And I don't know if it will ever bloom

**Collarbone:** All this darkness around me now

**Under Arm:** So much work to do

**Top of Head:** It feels impossible

**Eyebrow:** I don't know if I can trust this new story

**Side of Eye:** I'm scared to trust this new story

**Under Eye:** I'm scared to hope that it could come true

**Under Nose:** All this fear

**Under Mouth:** It's bigger than me

**Collarbone:** This fear

**Under Arm:** It feels bigger than me

**Top of Head:** It's safe to feel this fear

**Eyebrow:** I can feel it now

**Side of Eye:** And I can let it go

**Under Eye:** I can make room for hope

**Under Nose:** I can release this fear

**Under Mouth:** I can see this new story

**Collarbone:** I can let myself feel it, too

**Under Arm:** I can feel this hope

**Top of Head:** I can commit to this new story

**Eyebrow:** I can let myself become it

**Side of Eye:** I can release my old story

**Under Eye:** Even though that old story feels safer

**Under Nose:** That old story is also limiting

**Under Mouth:** That old story is keeping me stuck

**Collarbone:** I can let it go now

**Under Arm:** I can feel my fear around this new story

**Top of Head:** And I can let that go, too

**Eyebrow:** I can trust in this new story

**Side of Eye:** I can feel the hope it inspires in me

**Under Eye:** I can commit to this new story

**Under Nose:** I can manifest my greatest self

**Under Mouth:** I can tell myself this new story

**Collarbone:** And repeat it to myself over and over again

**Under Arm:** I can tell and retell this story

**Top of Head:** I can trust and love this new story

**Eyebrow:** I can become my greatest self

**Side of Eye:** And tap on my fear when it arises

**Under Eye:** This new story

**Under Nose:** I can let it feel good

**Under Mouth:** I can move into it now

**Collarbone:** I can trust the joy and how it makes me feel

**Under Arm:** I can be my greatest self

**Top of Head:** Letting myself trust fully in this new story now

Take a deep breath. On a scale of 0 to 10, again rate how far off your new story feels now.

Keep tapping until you feel the desired level of connection with your new story.

## DAY 19 TAPPING MEDITATION: MORE SPACE, MORE JOY

*This is a great meditation to use when you're resisting the opportunity to clear physical, mental, and/or emotional clutter from your life. You'll feel less dread and more willingness to take care of the things that need your attention.*

As you focus your attention on clutter and the different ways it shows up in your life, you'll undoubtedly encounter resistance.

When that happens, stop and notice how intensely you experience that resistance on a scale of 0 to 10.

Take three deep breaths.

Begin by tapping on the Karate Chop point.

**KC (*repeat three times*):** Even though I'm not really ready to look at this clutter in my life, it's too overwhelming, I love myself and accept how I feel.

**Eyebrow:** This clutter

**Side of Eye:** It's stressful

**Under Eye:** I don't want to deal with it

**Under Nose:** I want to push it aside

**Under Mouth:** This clutter

**Collarbone:** It's too much work

**Under Arm:** I can't face this

**Top of Head:** This clutter

**Eyebrow:** I know it's weighing me down

**Side of Eye:** And slowing me down

**Under Eye:** I can feel it

**Under Nose:** But I can't face it

**Under Mouth:** It's too hard to deal with

**Collarbone:** Taking care of it sounds exhausting

**Under Arm:** I'd rather shove it aside

**Top of Head:** I'd rather ignore it

**Eyebrow:** Can't I just forget about it?

**Side of Eye:** Bury it for good?

**Under Eye:** I can't deal with this

**Under Nose:** It's too overwhelming

**Under Mouth:** It's too much

**Collarbone:** But it's slowing me down

**Under Arm:** I don't like this clutter

**Top of Head:** It's stressful

**Eyebrow:** And it's keeping me stuck

**Side of Eye:** It's safe to see how much stress this clutter makes me feel

**Under Eye:** It's safe to feel how this clutter affects me

**Under Nose:** I can let myself feel how heavy it is

**Under Mouth:** I don't like how it feels

**Collarbone:** I can let myself see this clutter

**Under Arm:** And I can release the overwhelm it causes

**Top of Head:** Releasing this overwhelm

**Eyebrow:** Letting go of my resistance around clearing this clutter

**Side of Eye:** I can take care of this

**Under Eye:** I can feel excited about finally finishing it

**Under Nose:** Letting myself feel energized about clearing this clutter

**Under Mouth:** Allowing myself to imagine finishing it

**Collarbone:** Allowing myself to feel the relief that will bring

**Under Arm:** I can clear this clutter

**Top of Head:** I can take charge of my life

**Eyebrow:** I can have more control over the clutter in my life

**Side of Eye:** Letting myself feel energized about clearing more space!

**Under Eye:** The more mental, emotional, and physical space I can clear

**Under Nose:** The more room my greatest self has to grow!

**Under Mouth:** Feeling energized about clearing more space!

**Collarbone:** That means more room for joy

**Under Arm:** More space for pleasure

**Top of Head:** Letting myself feel energized about clearing this clutter

Take a deep breath and again rate the intensity of your resistance around clearing this clutter on a scale of 0 to 10.

Keep tapping until you feel more energized about clearing it.

## DAY 20 TAPPING MEDITATION: AT PEACE IN THE LIGHT

*This is a great meditation to use when you're feeling scared about stepping out of your comfort zone to manifest your greatest self and co-create your greatest life. Tap and remember, you can do this!*

When you think of this ongoing journey, of becoming your greatest self and stepping outside your comfort zone to co-create your greatest life, what emotional and mental resistance do you experience?

Do you feel fear? Do you dread the challenges you might face? Are you most afraid of failing or of succeeding?

Rate how intensely you feel your resistance on a scale of 0 to 10.

Take a deep breath. We'll begin by tapping three times on the Karate Chop point.

**KC (*repeat three times*):** Even though I'm scared about continuing to manifest my greatest self and co-create my greatest future, I love myself and accept how I feel.

**Eyebrow:** This fear

**Side of Eye:** There's just so much that's unknown

**Under Eye:** It's scary not knowing

**Under Nose:** This fear

**Under Mouth:** It's in me

**Collarbone:** I can feel it in my body

**Under Arm:** All this fear

**Top of Head:** All this anxiety

**Eyebrow:** What if I fail at being my greatest self?

**Side of Eye:** What if I fail at co-creating my greatest life?

**Under Eye:** This fear

**Under Nose:** I can feel it

**Under Mouth:** There's so much that's unknown

**Collarbone:** It's scary

**Under Arm:** What if I fail?

**Top of Head:** What if I succeed?

**Eyebrow:** I won't be able to hide anymore

**Side of Eye:** I'll have to shine

**Under Eye:** People will see the real me

**Under Nose:** And hear the real me

**Under Mouth:** How will they react?

**Collarbone:** It's a little exciting

**Under Arm:** But scary, too

**Top of Head:** It's all so unknown

**Eyebrow:** It makes me nervous

**Side of Eye:** I can let myself feel this discomfort now

**Under Eye:** And I can let it go

**Under Nose:** There's a lot of uncertainty

**Under Mouth:** And that's okay

**Collarbone:** I have Tapping now!

**Under Arm:** I can do this!

**Top of Head:** I can shine

**Eyebrow:** I can trust this process

**Side of Eye:** And keep moving forward

**Under Eye:** Even when setbacks come

**Under Nose:** Even when all the unknowns feel overwhelming

**Under Mouth:** I can do this!

**Collarbone:** I can trust this journey

**Under Arm:** And I can trust my greatest self

**Top of Head:** I can relax and enjoy this journey!

**Eyebrow:** I can let more joy in

**Side of Eye:** And spend more time celebrating victories!

**Under Eye:** It's safe to feel safe

**Under Nose:** It's safe to trust this journey

**Under Mouth:** And trust my greatest self

**Collarbone:** I can let it guide me

**Under Arm:** I can co-create my greatest life!

**Top of Head:** I can relax and enjoy this ride!

Take a deep breath. Rate your resistance again on a scale of 0 to 10.

Keep tapping until you feel the desired level of peace and joy.

## DAY 21 TAPPING MEDITATION: LET'S CELEBRATE!

*Some people feel the rain. Others just get wet.*

– Roger Miller

Nothing to rate, nothing to notice. Just take a deep breath, and let's dive right in!

**KC (*repeat three times*):** I've shed stress; I've shed some of my past. I'm not sure if I'm my greatest self yet, but I love myself and accept how I am.

**Eyebrow:** It's time to start celebrating!

**Side of Eye:** I made it to Day 21!

**Under Eye:** That's huge

**Under Nose:** I can celebrate that!

**Under Mouth:** I still don't know what the future holds

**Collarbone:** And that's okay

**Under Arm:** Everything's not perfect

**Top of Head:** And that's okay, too

**Eyebrow:** I can celebrate this

**Side of Eye:** I can hear any critical voices that come up

**Under Eye:** And then let them pass

**Under Nose:** I can let joy in

**Under Mouth:** I can feel true joy

**Collarbone:** I can feel this celebration

**Under Arm:** I can let this good feeling into my heart

**Top of Head:** And into my body

**Eyebrow:** I can let it in fully now

**Side of Eye:** I can feel safe feeling joy

**Under Eye:** I can celebrate now

**Under Nose:** Even though I can't yet see a finish line

**Under Mouth:** Even though I'm not always sure if I'm my greatest self yet

**Collarbone:** I can celebrate now!

**Under Arm:** I can let more joy in now

**Top of Head:** I can feel this joy

**Eyebrow:** And know that my greatest self is always inside me

**Side of Eye:** I don't ever have to search

**Under Eye:** I don't ever have to find

**Under Nose:** My greatest self is always within me

**Under Mouth:** And we can connect anytime I choose

**Collarbone:** I can shed my layers

**Under Arm:** Tap away my inner roadblocks

**Top of Head:** And get access to my greatest self

**Eyebrow:** I love my greatest self!

**Side of Eye:** My greatest self is awesome!

**Under Eye:** And powerful

**Under Nose:** My greatest self can step into my greatest life

**Under Mouth:** I can let myself feel the love and abundance around me

**Collarbone:** I don't have to limit those anymore

**Under Arm:** I can release those chains

**Top of Head:** And love my greatest self now

**Eyebrow:** I am my greatest self

**Side of Eye:** My greatest self is always available to me

**Under Eye:** I can relax and feel safe as my greatest self

**Under Nose:** I can let myself shine

**Under Mouth:** It feels great!

**Collarbone:** I love my greatest self

**Under Arm:** I accept my greatest self

**Top of Head:** Feeling the joy now

Take a deep breath and keep tapping until you're as filled with peace and joy as you choose.

## **BONUS: ALL IS WELL TAPPING MEDITATION**

*This is an extra meditation that's especially useful when you're feeling really overwhelmed, whether from looking at the past or tapping through other issues. This Tapping Meditation will help you return to your center by providing a peaceful and safe emotional landing pad. Use it anytime, as often as you like.*

If you're here, it's because you're already aware of how overwhelmed you're feeling.

First rate how unsafe or overwhelmed you feel on a scale of 0 to 10.

Take three deep breaths. We'll begin by tapping on the Karate Chop point.

**KC (repeat three times):** Even though I feel really unsafe looking at all of this, I actually am safe and I can let myself relax now.

**Eyebrow:** I'm safe

**Side of Eye:** Everything's okay

**Under Eye:** I can let go of this panic

**Under Nose:** I'm safe and can relax now

**Under Mouth:** All is well

**Collarbone:** And I'm really, really safe

**Under Arm:** I can relax now

**Top of Head:** I'm safe in every cell of my body

**Eyebrow:** Everything's okay

**Side of Eye:** I'm safe right where I am

**Under Eye:** Feeling safe and grounded

**Under Nose:** In every cell of my body

**Under Mouth:** I'm safe and my body is safe

**Collarbone:** I can let myself relax now

**Under Arm:** I can let my breathing slow down

**Top of Head:** And feel calmer in my body

**Eyebrow:** I'm safe now

**Side of Eye:** And all is well

**Under Eye:** I can feel safe to relax

**Under Nose:** And to let go

**Under Mouth:** Feeling safe and grounded

**Collarbone:** I can let my body relax now

**Under Arm:** Every cell of my body

**Top of Head:** Relaxes now

**Eyebrow:** I don't need to fix anything

**Side of Eye:** Everything will be handled in the right time

**Under Eye:** And all is well

**Under Nose:** Feeling safe and grounded

**Under Mouth:** Feeling present in space and time

**Collarbone:** I am here and safe now

**Under Arm:** And all is well

**Top of Head:** All is well

**Eyebrow:** Grounding

**Side of Eye:** Breathing

**Under Eye:** Rooting my body to the earth

**Under Nose:** Coming back in to my body

**Under Mouth:** And knowing I'm safe

**Collarbone:** And that it's safe to relax

**Under Arm:** My breathing slows down

**Top of Head:** My heart rate slows down

**Eyebrow:** And I can relax now

**Side of Eye:** And trust that I'm safe

**Under Eye:** I can relax more and more

**Under Nose:** And give my body the rest it needs

**Under Mouth:** Feeling safe

**Collarbone:** All is well

**Under Arm:** Feeling safe

**Top of Head:** I can relax and feel safe now

Again rate your overwhelm and sense of not being safe on a scale of 0 to 10.  
Keep tapping through this script as many times as needed.

# RESOURCES

If you're looking to take your tapping experience to the next level, we have a variety of resources on virtually every subject covered in this book:

**A Monumental Discovery:** Get more information on the exciting new science and research behind tapping at [www.thetappingsolution.com/research](http://www.thetappingsolution.com/research).

**Quick Start—Experience Tapping Now:** Watch a short video that takes you through the tapping process at [www.thetappingsolution.com/tappingvideo](http://www.thetappingsolution.com/tappingvideo).

**Relieving Anxiety, Feelings of Being Overwhelmed, and Stress:** Want to get a real grip on your daily stress? Get a free daily stress relief meditation (normally sold for \$19.95 and free to all purchasers of this book) at [www.thetappingsolution.com/stress](http://www.thetappingsolution.com/stress).

**Overcoming Your Resistance to Change:** Learn more about overcoming specific barriers to change at [www.thetappingsolution.com/change](http://www.thetappingsolution.com/change).

**Tapping through Your Past:** Do you feel like traumas from the past are holding you back and keeping you stuck? Finally break through at [www.thetappingsolution.com/thepast](http://www.thetappingsolution.com/thepast).

**Healing the Body:** Tapping has proven incredibly effective at supporting the body's healing process. Learn more at [www.thetappingsolution.com/heal](http://www.thetappingsolution.com/heal).

**Releasing Physical Pain:** Our Pain Relief World Summit, an online event attended by more than 100,000 people, could be just what you need to overcome physical pain. Get a free preview at [www.thetappingsolution.com/painrelief](http://www.thetappingsolution.com/painrelief).

**Losing Weight and Letting Go of Fear, Guilt, and Shame around Food:** Download a free tapping meditation designed to help you lose weight (normally sold for \$19.95 and free to all purchasers of this book) at [www.thetappingsolution.com/weightloss](http://www.thetappingsolution.com/weightloss).

**Creating Love and Healthy Relationships:** Manifest the love you desire or improve your existing relationship at [www.thetappingsolution.com/love](http://www.thetappingsolution.com/love).

**Making Money and Achieving Your Dreams:** Download a free tapping meditation to relieve financial stress and anxiety and create a more abundant life (normally sold for \$19.95 and free to all purchasers of this book) at [www.thetappingsolution.com/money](http://www.thetappingsolution.com/money).

**Eliminating Phobias and Fears:** From fear of flying to fear of public speaking, eliminate your specific challenge at [www.thetappingsolution.com/overcomingfears](http://www.thetappingsolution.com/overcomingfears).