



Mary Ayers: Hi, this is Dr. Mary Ayers with The Tapping Solution and in this tapping meditation we will be releasing some of the fears you may have about becoming a parent. And if you are not familiar with tapping, please visit TheTappingSolution.com and enter your name and email for a free guide on the tapping process. By listening to this meditation and tapping you acknowledge that you have read and agree to the disclaimer on TheTappingSolution.com/disclaimer. Now, the idea of taking care of a newborn and then nurturing that child throughout their childhood can seem incredibly overwhelming when you are pregnant or even when you are trying to get pregnant. Wherever you are in that process, we will be releasing the fear and anxiety so that you can continue your journey towards parenthood with more confidence and peace of mind. First, think about becoming a parent and all the things that entails, caring for your newborn, missing out on sleep, constantly feeding them, changing diapers, keeping them safe and healthy, playing with them, teaching them, and much more. Now, give your anxiety and fear a number on a scale of zero to ten and as always, as we are tapping, feel free to change the words and use ones that reflect how you feel.

Now, let's start by taking a couple of deep breaths – inhale and exhale. Inhale and exhale. We will begin by tapping three times on the karate chop point.

Side of Hand Even though I am so nervous about becoming a parent
And I am really not sure I am up to it
I deeply and completely love and accept myself
Even though I have all of this fear and anxiety about becoming a parent
And I am really not sure I can do it
I love and accept how I feel
Even though I am so nervous about becoming a parent
There is just too much involved and I don't know if I am up to it
I love myself and accept how I feel

Eyebrow I am so anxious about becoming a parent
Side of Eye What if it is too much?
Under Eye What if I just can't handle it?
Under Nose I am so nervous
Under Mouth It is so overwhelming to even think about
Collarbone Everyone says your entire life changes
Under arm And that really scares me

Top of Head I don't know if I am up to this

EB It is hard enough just taking care of myself
SE How can I possibly be a good parent on top of that?
UE I just don't know if I am up to this
UN It sounds like so much work
UM I am not ready to live like that
CB I can't handle any more responsibilities on top of what I already have
UA It just sounds like too much
TH I really don't think I am good enough to be a parent

EB There will be so much to do
SE And so much to think about
UE I just can't handle any more than I am already handling
UN It is already too much
UM How can I possibly fit in parenting, too?
CB It sounds so overwhelming
UA But maybe I don't need all the answers now
TH Maybe I will figure it out

EB Maybe I can handle a lot more than I think
SE And it will be so much fun, too
UE Holding our baby in my arms
UN Watching him grow
UM Learning to talk
CB And walking
UA It will be so much fun
TH It might still be a lot of work

EB But I will figure it out
SE I will take it one thing at a time
UE I will learn as I go
UN And that is okay
UM I don't have to be perfect to be a great parent
CB I don't have to be perfect to keep my child safe, healthy, and happy
UA I don't need to know everything now
TH I can learn as I go

EB It is safe to let go of this anxiety



SE It is safe to let go of these fears
UE It is safe to feel confident that I am good enough to be a great parent
UN I don't have to be perfect
UM I don't have to know everything
CB To be the kind of parent I want to be
UA Letting this anxiety and fear go, now
TH Releasing it, now

EB I can probably handle a lot more than I think
SE I can take it one thing at a time
UE I can feel excited about becoming a parent
UN It is safe to relax
UM And feel excited
CB Even though it is new and unknown
UA It is safe to relax in this moment
TH It is safe to release this anxiety and fear and enjoy this moment in the journey

Now, take a deep breath and think about your anxiety about becoming a parent and give it a number on the scale of zero to ten. Keep tapping if you would like and know that you can return to this tapping meditation as often as you would like. All of us here at The Tapping Solution wish you peace, health, and wellness in pregnancy and beyond. Namaste.