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Mary Ayers: Hi, this is Dr. Mary Ayers at The Tapping Solution and in this tapping meditation we will be releasing some of the fear and anxiety about how your body may change during and after pregnancy. If you are not familiar with tapping, visit [TheTappingSolution.com](http://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](http://TheTappingSolution.com/disclaimer). Now, pregnancy is a time when your body is changing really quickly and all those changes can cause a lot of anxiety. It is not just the weight you are supposed to be gaining, but your internal organs are going through huge changes. Your hormones are all over the place and all of those changes together can affect how you feel in your own skin. In this tapping meditation we will be tapping through any anxiety you may feel around how your body will change during and after pregnancy. Focus your attention on the anxiety and any other emotions you feel about the changes that are or will happen to your body during and after pregnancy. There is no need to judge yourself about how you feel so if you are really stressed about gaining the baby weight, that is okay. It is important to be honest with yourself about what is really causing your anxiety about your pregnancy and post pregnancy body.

Now, give your anxiety a number of intensity on a scale of zero to ten. And as always as we are tapping feel free to substitute words that ring true to your experience. So if you are worried specifically about a certain body part, looking different, just as one example, then say those words as you are tapping. Let's begin by taking a couple of deep breaths. Inhale and exhale. Inhale and exhale. And we will begin by tapping three times on the karate chop point.

Side of Hand Even though I am so nervous and anxious about how my body will change during and after pregnancy  
I deeply and completely love and accept myself  
Even though I am so scared about how I will look and feel as my body is changing during and after pregnancy  
I love myself and accept how I feel  
Even though I am so anxious and uncomfortable about all the ways my body will change during and after pregnancy  
I love myself and accept how I feel

Eyebrow So much anxiety around all these changes in my body  
Side of Eye So stressful thinking about all the weight I am supposed to gain

Under Eye Having a healthy baby is my first priority  
 Under Nose But I am also really scared about how my body will look and feel  
 Under Mouth I am scared I will get fat  
 Collarbone I am scared I will look awful  
 Under arm I am scared I will get swollen  
 Top of Head And feel miserable in my own body

EB It is so scary to think and read about all the changes  
 SE What if my body never goes back to normal?  
 UE What if I can never lose the baby weight?  
 UN What if my partner doesn't find me attractive anymore?  
 UM I am so nervous and anxious about how my body will change  
 CB It is so scary to think I have no control  
 UA It is so scary that all these changes will just happen no matter what  
 TH But maybe that is a good thing

EB Maybe I can just let my body lead the way for a while  
 SE Maybe I can just take care of my body  
 UE And let it do its thing  
 UN And enjoy as much of the experience as I can  
 UM The best thing I can do right now is to take care of me  
 CB And let my body create and support life  
 UA It is safe to trust my body is doing what it needs to do  
 TH It is safe to trust my body

EB Even if all these changes in my body feel weird sometimes  
 SE I can just let myself relax into the experience  
 UE And let my body do its thing  
 UN It is safe to trust my body  
 UM It is safe to let it change  
 CB I don't need to resist these changes  
 UA My job is to support it  
 TH I don't have to worry

EB I can just listen to my body  
 SE And trust that these changes are supposed to happen.  
 UE My body can bounce back later  
 UN Once my baby is born  
 UM And once my body is ready



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CB It is safe to trust my body  
UA It is safe to appreciate how my body is changing  
TH And release this anxiety about my changing body

EB It is safe to enjoy the journey  
SE And trust that my body will do what it's supposed to  
UE And allow myself to appreciate the experience  
UN I am creating life  
UM And that's pretty amazing  
CB It is so wild that my body can do that  
UA I love my body for creating this life inside me  
TH And these changes are an important part of that

EB And even though some of the changes may feel weird  
SE And some may feel uncomfortable  
UE I can appreciate all my body is doing  
UN I can enjoy the glow  
UM And feel beautiful in my own skin  
CB My body is creating life  
UA And I am so grateful it can do that  
TH I can relax and appreciate the changes that are happening

Now, take a deep breath and give your anxiety about your changing body a number on a 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.