



Critical Self Talk Tapping Script

Karate Chop: Even though I feel panic as I harshly judge the image in the mirror, I love and accept myself. - *(Repeat this three times)*

Eyebrow: Noticing everything I don't like.

Side of Eye: I'm standing in front of my harshest critic.

Under Eye: There is no way to feel happy with this image.

Under Nose: How did I let myself get like this?

Chin: All these emotions I face in front of the mirror . . .

Collarbone: I allow myself to give them a voice.

Under Arm: This feeling of panic . . .

Top of Head: Rejecting the person in the mirror.

Eyebrow: I have to be mean to myself.

Side of Eye: If I really want to change.

Under Eye: These disempowering beliefs I've picked up.

Under Nose: This strategy hasn't worked.

Chin: My body is doing the best it can.

Collarbone: Under these harsh circumstances...

Under Arm: It's hard to thrive when you're constantly being ridiculed.

Top of Head: Maybe it's time to try something different.

Eyebrow: As I begin to notice the things I love about my body...



Side of Eye: And how grateful I am to be alive in this body...

Under Eye: It becomes easier to take care of my body.

Under Nose: My body is worthy of my care.

Chin: My body is worthy of my attention.

Collarbone: My body is worthy of kindness.

Under Arm: Every healthy choice is an act of love and kindness.

Top of Head: I allow myself to speak and connect to my own body now...

Eyebrow: I have been so hard on you.

Side of Eye: You deserve more than this.

Under Eye: You don't need to do anything to deserve love.

Under Nose: I love you now.

Chin: I choose to appreciate you for all you do.

Collarbone: I choose to speak kindly to you.

Under Arm: I love you, body.

Top of Head: I promise to take steps to express all the love you deserve.