



Feeling Confident in Your Feminine Body Tapping Script

Karate Chop: Even though it's felt unsafe to feel attractive in my body, I love and accept myself and my body. (Repeat three times.)

Eyebrow: It hasn't felt safe in my body . . .

Side of Eye: So I've held onto this extra weight.

Under Eye: It's a way to protect myself . . .

Under Nose: And hide.

Chin: But I still don't feel safe . . .

Collarbone: Even with this extra weight.

Under Arm: So I am open to a new way . . .

Top of Head: Of feeling safe and strong.

Eyebrow: I allow my body to be smaller . . .

Side of Eye: And my energy to be larger.

Under Eye: It's safe to have a smaller body.

Under Nose: I now feel my big energy.

Chin: I am safe within my big energy.

Collarbone: I am powerful within my big energy.

Under Arm: It's safe to be confident in my body.

Top of Head: I trust and follow my intuition.

Eyebrow: I am present in my body.



Side of Eye: I am aware of my breath.

Under Eye: I trust my intuition.

Under Nose: I have a voice.

Chin: I have the ability to act . . .

Collarbone: And I do so immediately.

Under Arm: What I feel matters more . . .

Top of Head: Than anyone else's opinion.

Eyebrow: Losing weight might mean I attract compliments . . .

Side of Eye: Or unwanted attention.

Under Eye: I can feel safe and strong in my body.

Under Nose: The more I care about what I think . . .

Chin: The less I care what others think.

Collarbone: These are just words . . .

Under Arm: And I have the power to react . . .

Top of Head: In any way that feels right to me.

Eyebrow: It's safe to stand in my power.

Side of Eye: It's safe to receive praise.

Under Eye: I know I am more than my body . . .

Under Nose: And I can still love and appreciate my body.

Chin: As I feel stronger emotionally, I feel stronger physically.



Collarbone: As I feel stronger physically, I feel stronger emotionally.

Under Arm: It feels good to be in my body now.

Top of Head: The more I take care of my body, the safer and stronger I feel.

Eyebrow: I feel in control . . .

Side of Eye: And powerful . . .

Under Eye: In a smaller body . . .

Under Nose: Within this large energy.

Chin: It feels freeing to be me.

Collarbone: I no longer need to hide.

Under Arm: I experience the blessing of being a woman.

Top of Head: I am powerful.