



Setting Yourself Free From the Past Tapping Script

Karate Chop: Even though I've allowed these events to hold me back, I love and accept myself and set myself free. (Repeat three times.)

Eyebrow: Looking closer can feel overwhelming . . .

Side of Eye: It's easier to ignore my past . . .

Under Eye: It's easier to ignore these events . . .

Under Nose: But they are impacting me daily.

Chin: Life doesn't feel so easy . . .

Collarbone: With these past events weighing on me.

Under Arm: Maybe I can look closer . . .

Top of Head: By being gentle and curious.

Eyebrow: These events that happened to me . . .

Side of Eye: I've used them as proof . . .

Under Eye: To hold myself back.

Under Nose: Those words they said . . .

Chin: I've allowed myself to believe them.

Collarbone: All these past events . . .

Under Arm: I allow myself to become aware of them . . .

Top of Head: And give a voice to how I feel.

Eyebrow: The story I've been telling myself . . .



Side of Eye: As to why I can't succeed.

Under Eye: I've used these events as evidence . . .

Under Nose: That I can't do it . . .

Chin: That I'm not enough.

Collarbone: Maybe I'm more than these events . . .

Under Arm: Taking my power back from the past . . .

Top of Head: Feeling my power in the moment.

Eyebrow: These hurtful words from the past . . .

Side of Eye: I've allowed them to live on in my mind.

Under Eye: What they said was a reflection on them.

Under Nose: I release the power these words had on me . . .

Chin: And begin to listen to my own words . . .

Collarbone: That tell me all the reasons why I am enough.

Under Arm: I listen to my own voice . . .

Top of Head: That guides me forward.

Eyebrow: These past events . . .

Side of Eye: I take the lessons . . .

Under Eye: And release any pain.

Under Nose: I'm grateful for all I've learned . . .

Chin: Maybe I was rejected . . .

Collarbone: So I could be redirected to something better.



Under Arm: I am open to discovering . . .

Top of Head: All the hidden blessings in these past events.

Eyebrow: All those moments have led me to this moment . . .

Side of Eye: When I choose love . . .

Under Eye: When I choose joy . . .

Under Nose: When I see my own worth.

Chin: I am so grateful for my past.

Collarbone: I am grateful for all I've learned.

Under Arm: I take all these empowering lessons from my past...

Top of Head: And set myself free.