



Experience the Power of Patience Tapping Script

Karate Chop: Even though I can't relax until I lose the weight, I love and accept myself. (*Repeat three times.*)

Eyebrow: This panic . . .

Side of Eye: The need to punish myself . . .

Under Eye: The weight of this weight . . .

Under Nose: This pressure in my body . . .

Chin: This pressure I put on myself . . .

Collarbone: I feel the need to criticize myself . . .

Under Arm: To judge myself.

Top of Head: I can't accept myself when I look like this.

Eyebrow: All of this pressure . . .

Side of Eye: It's hard to think of anything else.

Under Eye: My life feels like it's on hold.

Under Nose: I can't be happy until I lose this weight.

Chin: I can't feel confident until I lose the weight.

Collarbone: I can't enjoy the moment until I lose the weight.

Under Arm: No wonder I panic about my weight . . .

Top of Head: I allow it to stop me from living life.

Eyebrow: I feel I need to criticize myself . . .



Side of Eye: So that I finally change.

Under Eye: But this approach hasn't been working . . .

Under Nose: I would never speak to someone I love like this.

Chin: All of this judgment and body shaming . . .

Collarbone: Is keeping me stuck.

Under Arm: This emotional weight I carry with the weight . . .

Top of Head: I'm ready to let go of this emotional weight now

Eyebrow: Maybe the weight isn't holding me back.

Side of Eye: I've been holding myself back.

Under Eye: I no longer wait for the weight . . .

Under Nose: I honor myself
now . . .

Chin: From this space anything is possible.

Collarbone: I make choices that empower me.

Under Arm: I create a loving internal environment for my body.

Top of Head: It's been so good under these hard circumstances.

Eyebrow: I appreciate my body with loving words.

Side of Eye: Thank you for all you do for me.

Under Eye: You don't need to earn my love.

Under Nose: I love you now, as you are.

Chin: You've been so good to me . . .



Collarbone: I continue to discover ways to take care of you . . .

Under Arm: With loving words and actions.

Top of Head: I choose to feel the love I have for you.

Eyebrow: Instead of checking in with the mirror . . .

Side of Eye: Or the scale . . .

Under Eye: I check in with myself . . .

Under Nose: And give myself the care I deserve.

Chin: I trust in this process.

Collarbone: I trust in life.

Under Arm: It's all unfolding as it should.

Top of Head: I enjoy this moment.