



Feeling Safe to Shine Tapping Script

Karate Chop: Even though it doesn't feel safe to shine, I love and accept myself.
(Repeat three times.)

Eyebrow: It doesn't feel safe to shine.

Side of Eye: It doesn't feel safe to try my best.

Under Eye: I might get too much attention.

Under Nose: Someone else might not like it.

Chin: It's safer to play small behind a bigger body.

Collarbone: Part of me wants to shine and be my best . . .

Under Arm: Part of me doesn't feel it's safe.

Top of Head: This inner struggle . . .

Eyebrow: I've been battling with myself.

Side of Eye: It feels safer to stay the same.

Under Eye: It doesn't feel safe to lose weight.

Under Nose: It doesn't feel safe to feel confident now . . .

Chin: Because I had a negative reaction in the past.

Collarbone: I give those feelings a voice now . . .

Under Arm: And let them go.

Top of Head: I've learned so much since then.

Eyebrow: Somewhere I learned it wasn't safe to shine . . .



Side of Eye: This old belief that's held me back.

Under Eye: What they said and how they reacted . . .

Under Nose: Was a reflection on them, not me.

Chin: I acknowledge how it made me feel.

Collarbone: I've feared another negative reaction . . .

Under Arm: So it's better to surrender to fear and play small.

Top of Head: But I want more.

Eyebrow: I have a choice to make.

Side of Eye: I can care what everyone else thinks . . .

Under Eye: At the expense of my happiness . . .

Under Nose: Or care what I think . . .

Chin: And shine brightly.

Collarbone: I have courage and faith . . .

Under Arm: I choose to shine.

Top of Head: I inspire others to do the same.

Eyebrow: I feel the relief of letting myself shine.

Side of Eye: Holding myself back was exhausting . . .

Under Eye: I allow my imagination to run free.

Under Nose: I'm pulled forward toward my dreams . . .

Chin: I surrender to the voice in my heart.



Collarbone: I know what to do . . .

Under Arm: And I can take action now.

Top of Head: It's safe for me to shine