



Overcoming Blocks to Self-Care and Pleasure Tapping Script

Karate Chop: Even though I've had all this resistance to seeking pleasure, I love and accept myself and I'm okay. *(Repeat three times.)*

Eyebrow: It doesn't feel right to take time for myself.

Side of Eye: There is too much to do.

Under Eye: Too many people depend on me.

Under Nose: I just don't have the time.

Chin: All this fear around what might happen . . .

Collarbone: If I decide to take a break.

Under Arm: I care so deeply . . .

Top of Head: That I feel the need to worry.

Eyebrow: I just can't let go of control . . .

Side of Eye: And take a break.

Under Eye: I must keep going.

Under Nose: I must keep pushing.

Chin: That's what people value about me.

Collarbone: Is that really true?

Under Arm: This story I've been telling myself . . .

Top of Head: About why I can't take time for myself.

Eyebrow: I've been made to believe . . .



Side of Eye: That love means I need to worry . . .

Under Eye: That caring means I need to worry.

Under Nose: I can love and care deeply . . .

Chin: While letting go of this worry.

Collarbone: I have faith things will work out.

Under Arm: It is safe for me to relax . . .

Top of Head: And open my mind to the possibilities.

Eyebrow: It's safe to take time for me.

Side of Eye: As I begin to value my time . . .

Under Eye: Others begin to value my time.

Under Nose: As I say no to others . . .

Chin: I say yes to myself . . .

Collarbone: Yes to self-care . . .

Under Arm: Yes to pleasure . . .

Top of Head: Yes to joy.

Eyebrow: As I do this . . .

Side of Eye: Miracles appear in my life.

Under Eye: I notice all the support around me.

Under Nose: I begin to trust in life.

Chin: I begin to trust my inner voice.

Collarbone: I know what is right for me.



Under Arm: I choose to feel good for no reason . . .

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

Eyebrow: I make pleasure easy.

Side of Eye: I don't need the perfect moment to feel good.

Under Eye: I choose to feel good now.

Under Nose: I release the need to make life hard to prove my value.

Chin: I now find ways to make life easy because I know my value.

Collarbone: It is safe for me to take time for myself.

Under Arm: It is safe to be happy for no reason.

Top of Head: It feels so good to feel good.