

CENTER FOR CONSCIOUS WELLNESS

Tapping Script

Tapping for Self-Love



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Pre Tapping Check-in – rate on a scale of 1 – 10

1=Not at all 10 = Always

I deserve self-love

I can consciously love myself and make my needs a priority

Tapping Script for Self-Love

K- Even though I don't fully love myself, I choose to love, honor and accept myself anyway

Cr - Even though I struggle to love myself because I don't feel like I deserve it, I love, accept and honor these feelings.

Ei - Even though I find it hard to fully love and accept myself I choose to honor these feelings and forgive myself.

Eo - It's hard to love myself

Eu - Sometimes I can only see my faults

L – I have a lot of reasons why I don't make my needs a priority

Ch – I've made a lot of mistakes in my life

Cb – Others have said and done things that made me feel I am not lovable

Cr - I feel guilt and shame over past situations

Ei - I can see all my imperfections

Eo - Sometimes I feel like I deserve to be last in line

Eu – Others needs a seem more important anyways

L – Sometimes I feel like I need others approval

Ch - Even if I have made mistakes, I am human

Cb - Everyone makes mistakes

Cr - When others make mistakes, and I still love and forgive them

Ei - Maybe I can show myself that same compassion

Eo – Maybe I can begin to love myself

Eu – I do deserve love

L – No one is perfect

Ch – I accept others imperfections

Cb – Maybe I can accept even love my imperfections

Cr - I am choosing to let go of all of the resistance to loving myself

Ei - I am worthy of love

Eo -I always have been

Eu – I can start to put myself first

L - I accept myself imperfections and all

Ch - I am good enough

Cb – I really am

K - I am letting go all of the conscious and unconscious reasons I've come up with over the years not to love myself

Cr – I'm ready to embrace myself with love

Ei -I'm treating myself with love and compassion

Eo – I am whole

Eu – I am complete

L - I love myself

Ch - It's okay to be perfectly imperfect

Cb - I can see my negative beliefs easily dropping off one by one

Cr – I'm replacing those beliefs with new ones that celebrate and honor who I am

Ei - I feel strong and confident

Eo - I am flowing with new energy

Eu – I feel loved

L - Love is filling my whole body

Ch - Love is infusing my entire energy field

Cb – I am love, I love myself fully

Post Tapping Check-in – rate on a scale of 1 – 10

1=Not at all 10 = Always

I deserve self-love

I can consciously love myself and make my needs a priority

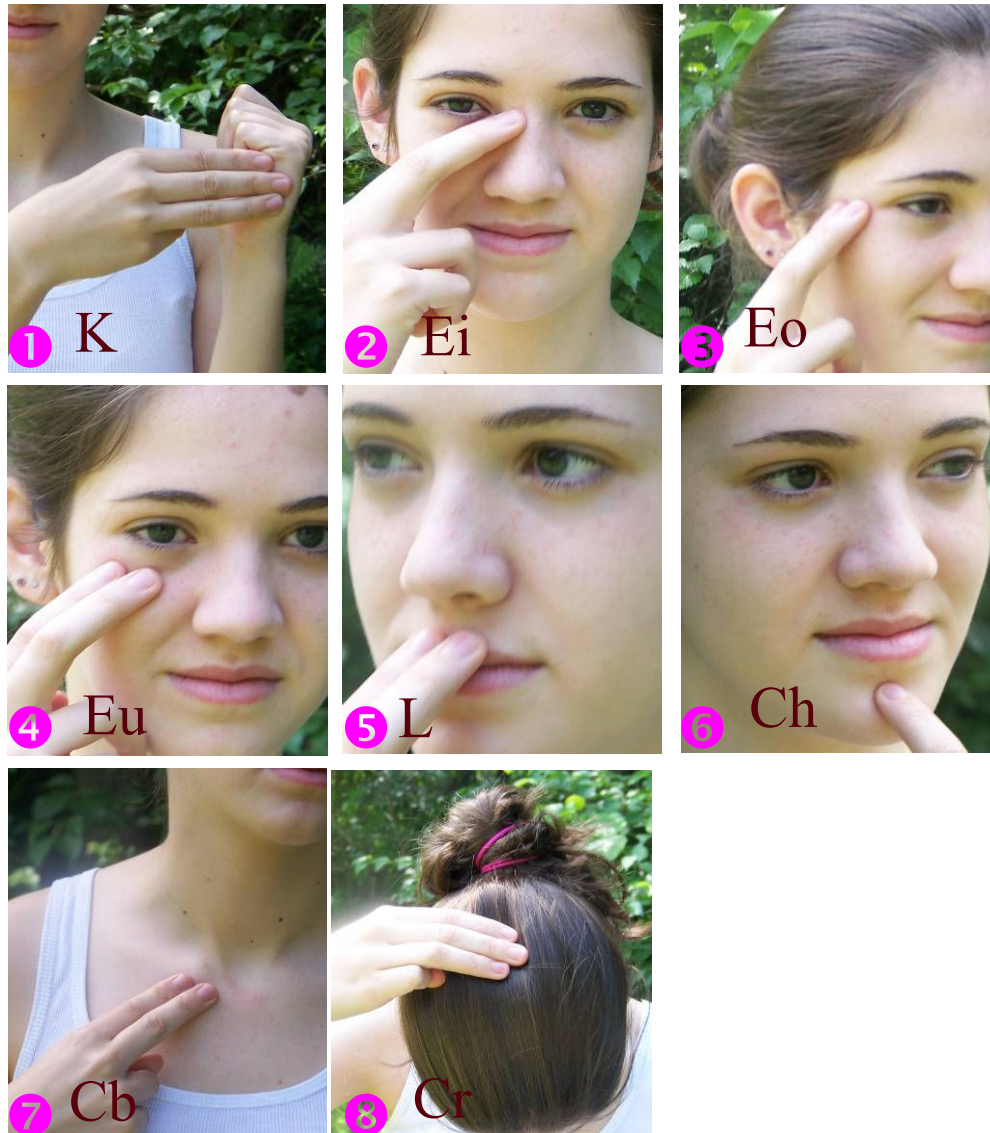
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EFT - Illustrated Tapping Points

EFT stands for Emotional Freedom Technique. It's often used to address blocks or interference in the natural processing of emotions or physical pains and symptoms in the body. It uses the body's subtle energy system to interrupt the long-standing patterns of neurotransmissions that we've established - the communication between the brain and the body for emotional responses or pain messages.

The energetic blueprint is updated and holds the new pattern. Then, when the system re-establishes these neuro-pathways for transmission, the connection is often clearer and more balanced, allowing excess emotions or pain responses to release from the system. The result is a more balanced, pain-free response to the same experiences and triggers.



1. Setup point - Tap on this point while speaking the setup phrase three times. Even though I have this problem, I deeply and completely love and accept myself.
2. eyebrow point - Between your eyebrow and the bridge of your nose (not on your nose).
3. Side of eye point - Between your temple and the side of your eye.
4. Under eye point - Just under your eye on the orbital bone.
5. Under nose point - Between your nose and upper lip, center of face.
6. Chin point - Under your mouth where your chin dips.
7. Collarbone point - Just under your collarbone and off-center an inch.
8. Crown point - Top of head, even with ears.