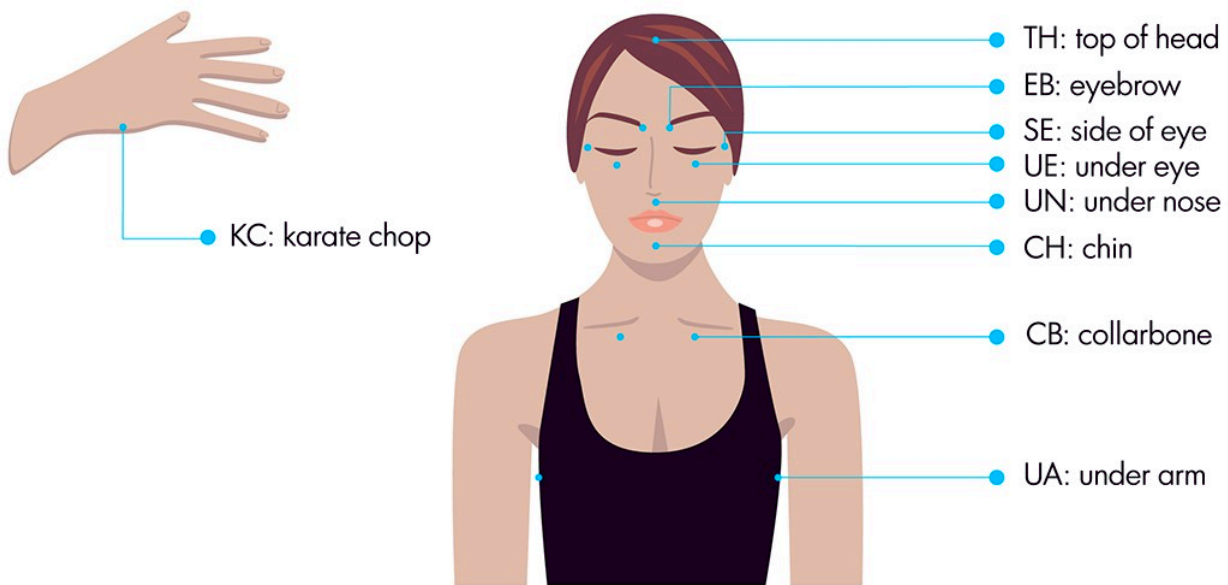


25 Common Daily Issues

Tapping Scripts

- By Sonal Wadhwa

EFT Tapping Points



Please watch this [small video](#) to understand how EFT Tapping is performed and then come back to this guide.

You can even follow my [21 Days Tapping Challenge here](#) - which will help you perform a guided Tapping along with me before you decide to practice it on your own :)

I also conduct a [3 day EFT Money Mindset Workshop](#) where I do live tapping with you and help remove all your Money Blocks - you can attend it as well.

Below are 50 common issues that Indians face in their everyday lives and scripts you can use to overcome these issues and balance your everyday life better:

1. Balancing Household Responsibilities

Setup Statement:

Even though I feel overwhelmed trying to balance all the household responsibilities, and it often leaves me stressed, I deeply and completely love and accept myself.

Round 1: Acknowledging the Overwhelm

Tap 5-7 times on each of these points while repeating the following statements:

Eyebrow: I feel overwhelmed with household responsibilities.

Side of the Eye: There's so much to do, and it's stressful.

Under the Eye: Balancing work and home is challenging.

Under the Nose: I often feel like I'm juggling too much.

Chin: The pressure to keep everything in order is intense.

Collarbone: I acknowledge this overwhelm within me.

Under the Arm: Despite these challenges, I choose to love and accept myself.

Round 2: Embracing Self-Compassion

Tap on the same points while repeating these positive affirmations:

Eyebrow: I am doing my best with the resources I have.

Side of the Eye: It's okay to ask for help and prioritize self-care.

Under the Eye: I release the need to be perfect in managing everything.

Under the Nose: My well-being is important, and I choose to prioritize it.

Chin: I forgive myself for any perceived shortcomings.

Collarbone: I choose self-compassion over self-criticism.

Under the Arm: I am deserving of support and understanding.

Round 3: Releasing Guilt and Expectations

Tap and affirm:

Eyebrow: I release the guilt I feel about not doing enough.

Side of the Eye: It's okay to set realistic expectations.

Under the Eye: I release the pressure to meet everyone's expectations.

Under the Nose: I choose to set boundaries and communicate my needs.

Chin: I release the belief that I must do everything on my own.

Collarbone: I am deserving of support from those around me.

Under the Arm: I choose to release unrealistic expectations.

Round 4: Prioritizing and Delegating

Tap and visualize:

Eyebrow: I am capable of prioritizing my tasks.

Side of the Eye: Visualize a list of priorities and tasks.

Under the Eye: I can delegate tasks to share the workload.

Under the Nose: See yourself confidently managing responsibilities.

Chin: Prioritizing allows me to focus on what truly matters.

Collarbone: I choose to ask for help and share responsibilities.

Under the Arm: I am in control and can manage my time effectively.

Round 5: Affirming Balance

Tap while repeating:

Eyebrow: I choose balance in my life.

Side of the Eye: My well-being is a priority.

Under the Eye: I am capable of managing my responsibilities.

Under the Nose: Balance brings peace and harmony.

Chin: I release the need to be perfect.

Collarbone: I choose to enjoy the process of managing my responsibilities.

Under the Arm: I am empowered to create balance in my life.

Take a deep breath and release any remaining tension. Repeat this tapping script regularly to reinforce a balanced approach to managing household responsibilities and to remind yourself of the importance of self-care and self-compassion.

2. Juggling Work and Family Responsibilities

Setup Statement:

Even though I feel overwhelmed juggling work and family responsibilities, and it often leaves me stressed, I deeply and completely love and accept myself.

Round 1: Acknowledging the Overwhelm

Tap 5-7 times on each of these points while repeating the following statements:

Eyebrow: Juggling work and family is overwhelming.

Side of the Eye: There's so much to do, and it's stressful.

Under the Eye: Balancing work and family is a constant challenge.

Under the Nose: I often feel like I'm juggling too much.

Chin: The pressure to excel in both areas is intense.

Collarbone: I acknowledge this overwhelm within me.

Under the Arm: Despite these challenges, I choose to love and accept myself.

Round 2: Embracing Self-Compassion

Tap on the same points while repeating these positive affirmations:

Eyebrow: I am doing my best with the resources I have.

Side of the Eye: It's okay to ask for help and prioritize self-care.

Under the Eye: I release the need to be perfect in managing everything.

Under the Nose: My well-being is important, and I choose to prioritize it.

Chin: I forgive myself for any perceived shortcomings.

Collarbone: I choose self-compassion over self-criticism.

Under the Arm: I am deserving of support and understanding.

Round 3: Releasing Guilt and Expectations

Tap and affirm:

Eyebrow: I release the guilt I feel about not doing enough.

Side of the Eye: It's okay to set realistic expectations.

Under the Eye: I release the pressure to meet everyone's expectations.

Under the Nose: I choose to set boundaries and communicate my needs.

Chin: I release the belief that I must excel in every area.

Collarbone: I am deserving of support from those around me.

Under the Arm: I choose to release unrealistic expectations.

Round 4: Prioritizing and Delegating

Tap and visualize:

Eyebrow: I am capable of prioritizing my tasks.

Side of the Eye: Visualize a list of priorities for work and family.

Under the Eye: I can delegate tasks and share the workload.

Under the Nose: See yourself confidently managing both responsibilities.

Chin: Prioritizing allows me to focus on what truly matters.

Collarbone: I choose to ask for help and share responsibilities.

Under the Arm: I am in control and can manage my time effectively.

Round 5: Affirming Balance

Tap while repeating:

Eyebrow: I choose balance in my life.

Side of the Eye: My well-being is a priority.

Under the Eye: I am capable of juggling work and family responsibilities.

Under the Nose: Balance brings peace and harmony.

Chin: I release the need to be perfect.

Collarbone: I choose to enjoy the process of juggling my responsibilities.

Under the Arm: I am empowered to create balance in my life.

Take a deep breath and release any remaining tension. Repeat this tapping script regularly to reinforce a balanced approach to juggling work and family responsibilities and to remind yourself of the importance of self-care and self-compassion.

3. Fear of Setting Financial Goals

Setup Statement:

Even though I feel fearful about setting financial goals, and it holds me back, I deeply and completely love and accept myself.

Round 1: Acknowledging the Fear

Tap 5-7 times on each of these points while repeating the following statements:

Eyebrow: I'm afraid to set financial goals.

Side of the Eye: It feels overwhelming and intimidating.

Under the Eye: What if I can't achieve my financial goals?

Under the Nose: I fear disappointment and failure.

Chin: I'm hesitant to define my financial future.

Collarbone: This fear is holding me back.

Under the Arm: I accept these fears and choose to release them.

Round 2: Embracing Possibility

Tap on the same points while repeating these positive affirmations:

Eyebrow: I am open to setting financial goals.

Side of the Eye: Setting goals empowers me.

Under the Eye: I choose to see possibilities, not limitations.

Under the Nose: I am capable of achieving my financial dreams.

Chin: I release the fear of disappointment.

Collarbone: I am worthy of financial success.

Under the Arm: I choose to believe in my ability to achieve my goals.

Round 3: Releasing Perfectionism

Tap and affirm:

Eyebrow: I release the need for perfect financial goals.

Side of the Eye: It's okay if they evolve over time.

Under the Eye: Progress is more important than perfection.

Under the Nose: I release the fear of not meeting my goals perfectly.

Chin: I am allowed to adjust my goals as needed.

Collarbone: I choose flexibility and adaptability.

Under the Arm: I am making progress, and that's a success.

Round 4: Visualizing Success

Tap and visualize:

Eyebrow: See yourself setting and achieving your financial goals.

Side of the Eye: Imagine the satisfaction of reaching them.

Under the Eye: Feel the excitement and fulfillment.

Under the Nose: Visualize yourself living your dream life.

Chin: Believe in your power to make it happen.

Collarbone: You are capable of greatness.

Under the Arm: Embrace the idea of outrageous success.

Round 5: Affirming Confidence

Tap while repeating:

Eyebrow: I release the fear of setting financial goals.

Side of the Eye: I trust in my ability to define my financial future.

Under the Eye: I am confident in my financial decision-making.

Under the Nose: I am capable of achieving my financial dreams.

Chin: I release fear and embrace financial empowerment.

Collarbone: I am in control of my financial destiny.

Under the Arm: I am ready and willing to set and achieve my financial goals.

Take a deep breath and release any remaining tension. Repeat this tapping script regularly to help alleviate the fear of setting financial goals and empower yourself to create a roadmap

for your financial success.

4. Fear of Speaking Up:

Setup Statement:

Even though I feel fearful about speaking up, and it holds me back, I deeply and completely love and accept myself.

Round 1: Acknowledging the Fear

Tap 5-7 times on each of these points while repeating the following statements:

Eyebrow: I'm afraid to speak up.

Side of the Eye: It feels intimidating and overwhelming.

Under the Eye: What if I say the wrong thing?

Under the Nose: I fear judgment and criticism.

Chin: Speaking up makes me anxious.

Collarbone: This fear is holding me back.

Under the Arm: I accept these fears and choose to release them.

Round 2: Embracing Confidence

Tap on the same points while repeating these positive affirmations:

Eyebrow: I am open to expressing myself.

Side of the Eye: My voice is valuable and deserves to be heard.

Under the Eye: I release the fear of saying the wrong thing.

Under the Nose: I choose confidence over anxiety.

Chin: I am worthy of being listened to and respected.

Collarbone: I release the fear of judgment and criticism.

Under the Arm: I am empowered to speak my truth.

Round 3: Releasing Perfectionism

Tap and affirm:

Eyebrow: I release the need for perfect words.

Side of the Eye: It's okay if I stumble or make mistakes.

Under the Eye: Progress is more important than perfection.

Under the Nose: I am allowed to express myself authentically.

Chin: I choose flexibility and adaptability in my communication.

Collarbone: I release the fear of not being perfect.

Under the Arm: I choose to speak up with courage and authenticity.

Round 4: Visualizing Success

Tap and visualize:

Eyebrow: See yourself speaking up confidently.

Side of the Eye: Imagine the positive impact of your words.

Under the Eye: Feel the empowerment that comes with expressing yourself.

Under the Nose: Visualize others listening and respecting your voice.

Chin: Believe in your power to make a difference.

Collarbone: You are capable of assertive and impactful communication.

Under the Arm: Embrace the idea of speaking up with courage.

Round 5: Affirming Self-Expression

Tap while repeating:

Eyebrow: I release the fear of speaking up.

Side of the Eye: My voice is important and valuable.

Under the Eye: I am confident in expressing myself.

Under the Nose: I release fear and embrace self-expression.

Chin: I am free to speak my truth.

Collarbone: I trust in my ability to communicate effectively.

Under the Arm: I am ready and willing to speak up with confidence.

Take a deep breath and release any remaining tension. Repeat this tapping script regularly to help alleviate the fear of speaking up and empower yourself to express your thoughts and feelings with confidence.

5. Fear of Public Speaking:

Setup Statement:

Even though I feel fearful about public speaking, and it creates anxiety within me, I deeply and completely love and accept myself.

Round 1: Acknowledging the Fear

Tap 5-7 times on each of these points while repeating the following statements:

Eyebrow: I'm afraid of public speaking.

Side of the Eye: It feels overwhelming and nerve-wracking.

Under the Eye: What if I make a mistake or forget my words?

Under the Nose: I fear judgment and scrutiny from the audience.

Chin: Public speaking makes me anxious.

Collarbone: This fear is holding me back.

Under the Arm: I accept these fears and choose to release them.

Round 2: Embracing Confidence

Tap on the same points while repeating these positive affirmations:

Eyebrow: I am open to expressing myself publicly.

Side of the Eye: My voice is valuable and deserves to be heard.

Under the Eye: I release the fear of making mistakes.

Under the Nose: I choose confidence over anxiety.

Chin: I am worthy of being listened to and respected.

Collarbone: I release the fear of judgment and scrutiny.

Under the Arm: I am empowered to speak publicly with confidence.

Round 3: Releasing Perfectionism

Tap and affirm:

Eyebrow: I release the need for a perfect performance.

Side of the Eye: It's okay if I stumble or forget a line.

Under the Eye: Progress is more important than perfection.

Under the Nose: I am allowed to express myself authentically.

Chin: I choose flexibility and adaptability in my speech.

Collarbone: I release the fear of not being perfect.

Under the Arm: I choose to speak publicly with courage and authenticity.

Round 4: Visualizing Success

Tap and visualize:

Eyebrow: See yourself speaking publicly with confidence.

Side of the Eye: Imagine the positive impact of your words.

Under the Eye: Feel the empowerment that comes with expressing yourself.

Under the Nose: Visualize the audience engaged and supportive.

Chin: Believe in your power to captivate and inspire.

Collarbone: You are capable of delivering a compelling speech.

Under the Arm: Embrace the idea of public speaking with courage.

Round 5: Affirming Self-Expression

Tap while repeating:

Eyebrow: I release the fear of public speaking.

Side of the Eye: My voice is important and valuable.

Under the Eye: I am confident in expressing myself publicly.

Under the Nose: I release fear and embrace self-expression.

Chin: I am free to speak my truth in front of an audience.

Collarbone: I trust in my ability to communicate effectively.

Under the Arm: I am ready and willing to speak publicly with confidence.

Take a deep breath and release any remaining tension. Repeat this tapping script regularly to help alleviate the fear of public speaking and empower yourself to express your thoughts and ideas confidently in front of an audience.

6. Healing Past Money Mistakes

Setup Statement:

Even though I carry the weight of past money mistakes, and it creates stress within me, I deeply and completely love and accept myself.

Round 1: Acknowledging the Mistakes

Tap 5-7 times on each of these points while repeating the following statements:

Eyebrow: I carry the burden of past money mistakes.

Side of the Eye: It's hard to let go of the financial missteps.

Under the Eye: I feel the weight of the decisions I regret.

Under the Nose: Past money mistakes cause me stress.

Chin: I'm holding onto financial guilt and shame.

Collarbone: This burden affects my present and future.

Under the Arm: I accept these feelings and choose to release them.

Round 2: Embracing Self-Forgiveness

Tap on the same points while repeating these positive affirmations:

Eyebrow: I acknowledge my past money mistakes.

Side of the Eye: I choose to forgive myself for these errors.

Under the Eye: I am human, and humans make mistakes.

Under the Nose: I release the weight of financial guilt.

Chin: Forgiving myself is a powerful act of self-love.

Collarbone: I am deserving of financial healing.

Under the Arm: I am open to the process of self-forgiveness.

Round 3: Releasing Shame and Guilt

Tap and affirm:

Eyebrow: I release the shame associated with past mistakes.

Side of the Eye: Guilt does not define my financial worth.

Under the Eye: I choose to learn and grow from my experiences.

Under the Nose: I am not defined by my financial past.

Chin: Mistakes are opportunities for growth.

Collarbone: I release the grip of shame and guilt.

Under the Arm: I am worthy of financial peace and abundance.

Round 4: Cultivating Financial Wisdom

Tap and visualize:

Eyebrow: See yourself learning and growing from past mistakes.

Side of the Eye: Visualize making wise financial decisions.

Under the Eye: Feel the confidence that comes with financial wisdom.

Under the Nose: Imagine creating a stable and secure financial future.

Chin: Trust in your ability to make sound financial choices.

Collarbone: You are capable of financial success and abundance.

Under the Arm: Embrace the wisdom gained from past experiences.

Round 5: Affirming Financial Healing

Tap while repeating:

Eyebrow: I release the weight of past money mistakes.

Side of the Eye: I forgive myself and let go of financial guilt.

Under the Eye: I am on a journey of financial healing.

Under the Nose: I choose to create a positive financial future.

Chin: I trust in my ability to make wise financial decisions.

Collarbone: I am deserving of financial peace and abundance.

Under the Arm: I release the past and welcome financial healing.

Take a deep breath and release any remaining tension. Repeat this tapping script regularly to support the process of healing from past money mistakes and to cultivate a positive and empowered mindset toward your financial future.

7. Fear of Rejection:

Setup Statement:

Even though I fear rejection and it holds me back, I deeply and completely love and accept myself.

Round 1: Acknowledging the Fear

Tap 5-7 times on each of these points while repeating the following statements:

Eyebrow: I fear rejection.

Side of the Eye: The thought of being rejected is overwhelming.

Under the Eye: What if I'm not accepted for who I am?

Under the Nose: The fear of rejection causes me stress.

Chin: I carry the weight of fearing rejection.

Collarbone: This fear is holding me back.

Under the Arm: I accept these fears and choose to release them.

Round 2: Embracing Self-Acceptance

Tap on the same points while repeating these positive affirmations:

Eyebrow: I am worthy of acceptance.

Side of the Eye: My value is not determined by others' opinions.

Under the Eye: I choose to accept and love myself.

Under the Nose: Rejection does not define my worth.

Chin: I release the fear of not being enough.

Collarbone: I am deserving of love and belonging.

Under the Arm: I am enough just as I am.

Round 3: Releasing Fear of Judgment

Tap and affirm:

Eyebrow: I release the fear of judgment.

Side of the Eye: Other people's opinions do not control me.

Under the Eye: I am not defined by external validation.

Under the Nose: I choose authenticity over the fear of judgment.

Chin: I release the grip of external expectations.

Collarbone: I am free to express myself without fear.

Under the Arm: I choose self-acceptance over fear of judgment.

Round 4: Visualizing Self-Confidence

Tap and visualize:

Eyebrow: See yourself confident and secure.

Side of the Eye: Visualize embracing challenges without fear.

Under the Eye: Feel the strength that comes with self-confidence.

Under the Nose: Imagine accepting yourself completely.

Chin: Trust in your ability to handle any situation.

Collarbone: You are worthy of love and acceptance.

Under the Arm: Embrace the idea of facing situations with confidence.

Round 5: Affirming Self-Love

Tap while repeating:

Eyebrow: I release the fear of rejection.

Side of the Eye: I am deserving of love and acceptance.

Under the Eye: I choose self-love over fear.

Under the Nose: Rejection does not define my value.

Chin: I am confident and secure in who I am.

Collarbone: I love and accept myself unconditionally.

Under the Arm: I release the fear of rejection and embrace self-love.

Take a deep breath and release any remaining tension. Repeat this tapping script regularly to help alleviate the fear of rejection and strengthen your sense of self-worth and self-love.

8. Releasing Guilt About Spending Money on Self

Setup Statement:

Even though I feel guilty about spending money on myself, and it creates inner turmoil, I deeply and completely love and accept myself.

Round 1: Acknowledging the Guilt

Tap 5-7 times on each of these points while repeating the following statements:

Eyebrow: I feel guilty about spending money on myself.

Side of the Eye: There's a sense of unease when I indulge in self-spending.

Under the Eye: What if I should be saving instead of treating myself?

Under the Nose: Guilt about spending money on me is stressful.

Chin: I carry the weight of financial guilt.

Collarbone: This guilt is holding me back.

Under the Arm: I accept these feelings and choose to release them.

Round 2: Embracing Self-Worth

Tap on the same points while repeating these positive affirmations:

Eyebrow: I am worthy of spending money on myself.

Side of the Eye: Treating myself is an expression of self-love.

Under the Eye: My worth is not determined by how much I spend.

Under the Nose: I release the guilt associated with self-indulgence.

Chin: I deserve to enjoy the fruits of my labor.

Collarbone: I am deserving of financial well-being.

Under the Arm: I am worthy of investing in my own happiness.

Round 3: Releasing Financial Guilt

Tap and affirm:

Eyebrow: I release the guilt about spending on myself.

Side of the Eye: Financial guilt does not serve my well-being.

Under the Eye: I choose to enjoy the money I've earned.

Under the Nose: Guilt has no place in my relationship with money.

Chin: I am free to spend on things that bring me joy.

Collarbone: I release the grip of financial guilt.

Under the Arm: I choose to release guilt and embrace financial freedom.

Round 4: Visualizing Joyful Spending

Tap and visualize:

Eyebrow: See yourself happily spending money on things you enjoy.

Side of the Eye: Visualize the joy and satisfaction it brings.

Under the Eye: Feel the positive energy associated with guilt-free spending.

Under the Nose: Imagine the freedom of enjoying your financial resources.

Chin: Trust in your ability to balance spending and saving.

Collarbone: You are worthy of experiencing financial joy.

Under the Arm: Embrace the idea of guilt-free and joyful spending.

Round 5: Affirming Financial Freedom

Tap while repeating:

Eyebrow: I release guilt about spending money on myself.

Side of the Eye: I am deserving of financial freedom.

Under the Eye: I choose to enjoy my financial resources.

Under the Nose: Guilt has no power over my spending choices.

Chin: I trust myself to make wise financial decisions.

Collarbone: I am free to spend and enjoy the abundance in my life.

Under the Arm: I release guilt and embrace financial freedom.

Take a deep breath and release any remaining tension. Repeat this tapping script regularly to help release guilt about spending money on yourself and foster a positive and empowered relationship with your finances.

9. Releasing Fear of Losing Job Security

Setup Statement:

Even though I fear losing job security, and it creates anxiety within me, I deeply and completely love and accept myself.

Round 1: Acknowledging the Fear

Tap 5-7 times on each of these points while repeating the following statements:

Eyebrow: I fear losing job security.

Side of the Eye: The uncertainty makes me anxious.

Under the Eye: What if I lose my job and face financial struggles?

Under the Nose: The fear of job insecurity is stressful.

Chin: I carry the weight of anxiety about my job.

Collarbone: This fear is holding me back.

Under the Arm: I accept these fears and choose to release them.

Round 2: Embracing Resilience

Tap on the same points while repeating these positive affirmations:

Eyebrow: I am resilient and capable of facing challenges.

Side of the Eye: Job security does not define my worth.

Under the Eye: I release the fear of financial struggles.

Under the Nose: I trust in my ability to adapt and overcome.

Chin: I am more than my job, and my skills are valuable.

Collarbone: I choose resilience over fear.

Under the Arm: I am open to new opportunities and possibilities.

Round 3: Releasing Control

Tap and affirm:

Eyebrow: I release the need to control everything.

Side of the Eye: Job security is beyond my complete control.

Under the Eye: I surrender to the flow of life and trust in the process.

Under the Nose: I release the fear of the unknown.

Chin: I choose to focus on what I can control in the present.

Collarbone: I release anxiety about the future.

Under the Arm: I am open to the possibilities that change can bring.

Round 4: Visualizing Adaptability

Tap and visualize:

Eyebrow: See yourself adapting to change with ease.

Side of the Eye: Visualize your skills and talents shining in new situations.

Under the Eye: Feel the strength that comes with adaptability.

Under the Nose: Imagine embracing change as an opportunity for growth.

Chin: Trust in your ability to navigate uncertain times.

Collarbone: You are capable of thriving in any professional landscape.

Under the Arm: Embrace the idea of being adaptable and resilient.

Round 5: Affirming Confidence

Tap while repeating:

Eyebrow: I release the fear of losing job security.

Side of the Eye: I am confident in my ability to navigate change.

Under the Eye: I trust in my skills and resilience.

Under the Nose: Job security does not define my worth.

Chin: I am open to new opportunities and growth.

Collarbone: I am confident in facing the unknown.

Under the Arm: I release fear and embrace confidence in my professional journey.

Take a deep breath and release any remaining tension. Repeat this tapping script regularly to help alleviate the fear of losing job security and to foster a mindset of resilience and adaptability in the face of uncertainty.

10. Overcoming Fear of Failure in Business

Setup Statement:

Even though I fear failure in my business endeavors, and it creates anxiety within me, I deeply and completely love and accept myself.

Round 1: Acknowledging the Fear

Tap 5-7 times on each of these points while repeating the following statements:

Eyebrow: I fear failure in my business.

Side of the Eye: The thought of failing makes me anxious.

Under the Eye: What if my business doesn't succeed?

Under the Nose: The fear of failure is stressful.

Chin: I carry the weight of anxiety about my business.

Collarbone: This fear is holding me back.

Under the Arm: I accept these fears and choose to release them.

Round 2: Embracing Resilience

Tap on the same points while repeating these positive affirmations:

Eyebrow: I am resilient and capable of learning from challenges.

Side of the Eye: Failure does not define my worth.

Under the Eye: I release the fear of my business not succeeding.

Under the Nose: I trust in my ability to adapt and grow.

Chin: I am more than my business, and my efforts are valuable.

Collarbone: I choose resilience over fear of failure.

Under the Arm: I am open to learning and evolving in my business journey.

Round 3: Releasing Perfectionism

Tap and affirm:

Eyebrow: I release the need for a perfect business journey.

Side of the Eye: Mistakes are opportunities for growth.

Under the Eye: I embrace imperfections and learn from them.

Under the Nose: I choose progress over perfection.

Chin: I release the fear of making mistakes in my business.

Collarbone: I am open to the lessons that failure can teach me.

Under the Arm: I choose to release the grip of perfectionism.

Round 4: Visualizing Success

Tap and visualize:

Eyebrow: See yourself navigating challenges and achieving success.

Side of the Eye: Visualize your business thriving and growing.

Under the Eye: Feel the satisfaction that comes with overcoming obstacles.

Under the Nose: Imagine the positive impact your business can make.

Chin: Trust in your ability to make your business vision a reality.

Collarbone: You are capable of creating a successful business.

Under the Arm: Embrace the idea of your business flourishing.

Round 5: Affirming Confidence

Tap while repeating:

Eyebrow: I release the fear of failure in my business.

Side of the Eye: I am confident in my abilities and business vision.

Under the Eye: Failure does not define my entrepreneurial journey.

Under the Nose: I trust in my capacity to overcome challenges.

Chin: I am open to new opportunities and growth in my business.

Collarbone: I am confident in facing the uncertainties of entrepreneurship.

Under the Arm: I release fear and embrace confidence in my business endeavors.

Take a deep breath and release any remaining tension. Repeat this tapping script regularly to help alleviate the fear of failure in your business and to foster a mindset of resilience, learning, and confidence in your entrepreneurial journey.

11. Breaking Free from Scarcity Mindset

Setup Statement:

Even though I feel trapped in a scarcity mindset, and it limits my abundance, I deeply and completely love and accept myself.

Round 1: Acknowledging the Scarcity Mindset

Tap 5-7 times on each of these points while repeating the following statements:

Eyebrow: I feel trapped in a scarcity mindset.

Side of the Eye: There's not enough to go around, and it worries me.

Under the Eye: I fear not having what I need in the future.

Under the Nose: The scarcity mindset is stressful.

Chin: I carry the weight of scarcity in my thoughts.

Collarbone: This mindset is holding me back.

Under the Arm: I accept these feelings and choose to release them.

Round 2: Embracing Abundance

Tap on the same points while repeating these positive affirmations:

Eyebrow: I am open to embracing an abundance mindset.

Side of the Eye: Abundance is my natural state.

Under the Eye: I release the fear of scarcity.

Under the Nose: I trust in the abundance of the universe.

Chin: I am more than enough, and there is plenty for everyone.

Collarbone: I choose abundance over scarcity.

Under the Arm: I am open to the flow of abundance in my life.

Round 3: Releasing Fear of Lack

Tap and affirm:

Eyebrow: I release the fear of lack and limitation.

Side of the Eye: I am free from the grip of scarcity.

Under the Eye: The universe is abundant, and so am I.

Under the Nose: I choose to focus on what I have, not what I lack.

Chin: I release the belief that there's not enough for me.

Collarbone: I am deserving of abundance in all areas of my life.

Under the Arm: I release the fear of scarcity from my mindset.

Round 4: Visualizing Abundance

Tap and visualize:

Eyebrow: See yourself surrounded by abundance.

Side of the Eye: Visualize prosperity flowing into your life.

Under the Eye: Feel the joy and gratitude that come with abundance.

Under the Nose: Imagine living a life of fulfillment and plenty.

Chin: Trust in your ability to attract and manifest abundance.

Collarbone: You are a magnet for prosperity and success.

Under the Arm: Embrace the idea of living in an abundant universe.

Round 5: Affirming Abundance

Tap while repeating:

Eyebrow: I release the scarcity mindset.

Side of the Eye: Abundance is my birthright.

Under the Eye: I am open to receiving unlimited prosperity.

Under the Nose: I trust in the abundance of the universe.

Chin: I am a magnet for wealth, success, and fulfillment.

Collarbone: I choose to live in abundance and gratitude.

Under the Arm: I release scarcity and embrace the flow of abundance.

Take a deep breath and release any remaining tension. Repeat this tapping script regularly to help break free from the scarcity mindset and welcome a mindset of abundance, prosperity, and fulfillment into your life.

12. Fear of Rejection in Sales

Setup Statement:

Even though I fear rejection in sales, and it creates anxiety within me, I deeply and completely love and accept myself.

Round 1: Acknowledging the Fear

Tap 5-7 times on each of these points while repeating the following statements:

Eyebrow: I fear rejection in sales.

Side of the Eye: The thought of being rejected is overwhelming.

Under the Eye: What if my pitch is not convincing enough?

Under the Nose: The fear of rejection is stressful.

Chin: I carry the weight of anxiety about sales.

Collarbone: This fear is holding me back.

Under the Arm: I accept these fears and choose to release them.

Round 2: Embracing Resilience

Tap on the same points while repeating these positive affirmations:

Eyebrow: I am resilient and capable of learning from challenges.

Side of the Eye: Rejection does not define my worth.

Under the Eye: I release the fear of not being convincing enough.

Under the Nose: I trust in my ability to adapt and improve.

Chin: I am more than my sales performance, and my efforts are valuable.

Collarbone: I choose resilience over fear of rejection.

Under the Arm: I am open to learning and evolving in my sales journey.

Round 3: Releasing Fear of Judgment

Tap and affirm:

Eyebrow: I release the fear of judgment from potential clients.

Side of the Eye: Their opinions do not determine my value.

Under the Eye: I choose to focus on providing value in my pitch.

Under the Nose: I am not defined by external validation.

Chin: I release the grip of external expectations.

Collarbone: I am free to express myself without fear.

Under the Arm: I choose confidence over fear of judgment.

Round 4: Visualizing Success in Sales

Tap and visualize:

Eyebrow: See yourself confidently and successfully making sales.

Side of the Eye: Visualize the positive impact of your product or service.

Under the Eye: Feel the satisfaction that comes with a successful sale.

Under the Nose: Imagine clients appreciating the value you provide.

Chin: Trust in your ability to connect with and convince potential clients.

Collarbone: You are capable of thriving in your sales endeavors.

Under the Arm: Embrace the idea of success and accomplishment in sales.

Round 5: Affirming Confidence in Sales

Tap while repeating:

Eyebrow: I release the fear of rejection in sales.

Side of the Eye: I am confident in my abilities to sell effectively.

Under the Eye: Rejection does not define my success.

Under the Nose: I trust in my capacity to connect with clients.

Chin: I am open to new opportunities and growth in my sales career.

Collarbone: I am confident in facing the uncertainties of sales.

Under the Arm: I release fear and embrace confidence in my sales endeavors.

Take a deep breath and release any remaining tension. Repeat this tapping script regularly to help alleviate the fear of rejection in sales and to foster a mindset of resilience, learning, and confidence in your sales journey.

13. Healing Money-Related Family Dynamics

Setup Statement:

Even though I carry the weight of money-related family dynamics, and it affects my relationship with wealth, I deeply and completely love and accept myself.

Round 1: Acknowledging the Family Dynamics

Tap 5-7 times on each of these points while repeating the following statements:

Eyebrow: I carry the weight of money-related family dynamics.

Side of the Eye: It affects the way I perceive and handle wealth.

Under the Eye: Family beliefs about money linger within me.

Under the Nose: Money dynamics in my family create stress.

Chin: I carry the weight of financial expectations.

Collarbone: These dynamics are holding me back.

Under the Arm: I accept these feelings and choose to release them.

Round 2: Embracing Healing

Tap on the same points while repeating these positive affirmations:

Eyebrow: I am open to healing money-related family dynamics.

Side of the Eye: I release the influence of past financial beliefs.

Under the Eye: My relationship with money is mine to shape.

Under the Nose: I am not bound by the financial patterns of my family.

Chin: I choose to create a healthy relationship with wealth.

Collarbone: I release the weight of family expectations.

Under the Arm: I am open to healing and transforming my money mindset.

Round 3: Releasing Inherited Beliefs

Tap and affirm:

Eyebrow: I release inherited beliefs about money.

Side of the Eye: I am not limited by my family's financial experiences.

Under the Eye: I choose beliefs that align with my financial goals.

Under the Nose: I am free from the grip of past financial patterns.

Chin: I release the fear of repeating family financial mistakes.

Collarbone: I am capable of creating my own financial path.

Under the Arm: I choose beliefs that support my financial well-being.

Round 4: Visualizing Financial Freedom

Tap and visualize:

Eyebrow: See yourself breaking free from past financial limitations.

Side of the Eye: Visualize a future of financial abundance and freedom.

Under the Eye: Feel the empowerment that comes with financial independence.

Under the Nose: Imagine creating a new financial legacy for yourself.

Chin: Trust in your ability to shape a positive financial future.

Collarbone: You are capable of breaking free from inherited financial patterns.

Under the Arm: Embrace the idea of financial freedom and independence.

Round 5: Affirming Financial Empowerment

Tap while repeating:

Eyebrow: I release the weight of money-related family dynamics.

Side of the Eye: I am empowered to create my own financial path.

Under the Eye: I choose beliefs that align with my financial goals.

Under the Nose: My relationship with money is healthy and empowering.

Chin: I trust myself to make wise financial decisions.

Collarbone: I am free from the limitations of family financial patterns.

Under the Arm: I release the past and embrace financial empowerment.

Take a deep breath and release any remaining tension. Repeat this tapping script regularly to help heal and transform money-related family dynamics, allowing you to create a positive and empowering relationship with wealth.

14. Fear of Starting a Business

Setup Statement:

Even though I fear starting a business and the uncertainties it brings, I deeply and completely love and accept myself.

Round 1: Acknowledging the Fear

Tap 5-7 times on each of these points while repeating the following statements:

Eyebrow: I fear starting a business.

Side of the Eye: The uncertainties make me anxious.

Under the Eye: What if my business doesn't succeed?

Under the Nose: The fear of failure is stressful.

Chin: I carry the weight of anxiety about starting a business.

Collarbone: This fear is holding me back.

Under the Arm: I accept these fears and choose to release them.

Round 2: Embracing Courage

Tap on the same points while repeating these positive affirmations:

Eyebrow: I am courageous and capable of starting a business.

Side of the Eye: The unknown is an opportunity for growth.

Under the Eye: I release the fear of my business not succeeding.

Under the Nose: I trust in my ability to adapt and learn.

Chin: I am more than my business, and my efforts are valuable.

Collarbone: I choose courage over fear of starting a business.

Under the Arm: I am open to learning and evolving in my entrepreneurial journey.

Round 3: Releasing Perfectionism

Tap and affirm:

Eyebrow: I release the need for a perfect business start.

Side of the Eye: Mistakes are opportunities for growth.

Under the Eye: I embrace imperfections and learn from them.

Under the Nose: I choose progress over perfection.

Chin: I release the fear of making mistakes in my business.

Collarbone: I am open to the lessons that challenges can teach me.

Under the Arm: I choose to release the grip of perfectionism.

Round 4: Visualizing Success

Tap and visualize:

Eyebrow: See yourself confidently starting and growing your business.

Side of the Eye: Visualize the positive impact your business can make.

Under the Eye: Feel the satisfaction that comes with a successful venture.

Under the Nose: Imagine clients appreciating the value you provide.

Chin: Trust in your ability to connect with customers.

Collarbone: You are capable of thriving in your business.

Under the Arm: Embrace the idea of success and accomplishment in your entrepreneurial journey.

Round 5: Affirming Confidence

Tap while repeating:

Eyebrow: I release the fear of starting a business.

Side of the Eye: I am confident in my abilities as an entrepreneur.

Under the Eye: The fear of failure does not define my journey.

Under the Nose: I trust in my capacity to learn and adapt.

Chin: I am open to new opportunities and growth in my business.

Collarbone: I am confident in facing the uncertainties of entrepreneurship.

Under the Arm: I release fear and embrace confidence in starting my business.

Take a deep breath and release any remaining tension. Repeat this tapping script regularly to help alleviate the fear of starting a business and to foster a mindset of courage, learning, and confidence in your entrepreneurial journey.

15. Relationship Challenges:

Setup Statement:

Even though I'm facing challenges in my relationship, and it causes stress, I deeply and completely love and accept myself.

Round 1: Acknowledging Relationship Challenges

Tap 5-7 times on each of these points while repeating the following statements:

Eyebrow: I'm facing challenges in my relationship.

Side of the Eye: The difficulties cause stress and worry.

Under the Eye: I feel the weight of these relationship challenges.

Under the Nose: It's affecting my well-being.

Chin: I carry the tension of relationship struggles.

Collarbone: This stress is holding me back.

Under the Arm: I accept these challenges and choose to release the stress.

Round 2: Embracing Compassion

Tap on the same points while repeating these positive affirmations:

Eyebrow: I am compassionate towards myself and my partner.

Side of the Eye: We are both human, capable of growth.

Under the Eye: I release the need for perfection in our relationship.

Under the Nose: Compassion is the key to understanding.

Chin: I am open to seeing things from my partner's perspective.

Collarbone: I choose compassion over frustration.

Under the Arm: I am open to growth and healing in my relationship.

Round 3: Releasing Resentment

Tap and affirm:

Eyebrow: I release any resentment in my heart.

Side of the Eye: Holding onto grudges doesn't serve my relationship.

Under the Eye: I choose to forgive and let go.

Under the Nose: Resentment only hinders our connection.

Chin: I release the grip of negative emotions.

Collarbone: I am open to healing and rebuilding.

Under the Arm: I choose love over resentment.

Round 4: Visualizing Understanding

Tap and visualize:

Eyebrow: See yourself and your partner understanding each other.

Side of the Eye: Visualize open communication and empathy.

Under the Eye: Feel the warmth of a supportive and understanding relationship.

Under the Nose: Imagine resolving conflicts with love and respect.

Chin: Trust in the potential for growth and understanding.

Collarbone: Your relationship is a journey of mutual growth.

Under the Arm: Embrace the idea of a loving and understanding partnership.

Round 5: Affirming Relationship Growth

Tap while repeating:

Eyebrow: I release stress and embrace growth in my relationship.

Side of the Eye: Our challenges are opportunities for understanding.

Under the Eye: I choose love, compassion, and open communication.

Under the Nose: My relationship is a journey of mutual growth.

Chin: I trust in the healing power of love and understanding.

Collarbone: We navigate challenges with grace and resilience.

Under the Arm: I release stress and welcome love into my relationship.

Take a deep breath and release any remaining tension. Repeat this tapping script regularly to help navigate and address relationship challenges with a mindset of compassion, understanding, and growth.

16. Parenting Struggles:

Setup Statement:

Even though I'm facing challenges in parenting and it brings stress, I deeply and completely love and accept myself.

Round 1: Acknowledging Parenting Struggles

Tap 5-7 times on each of these points while repeating the following statements:

Eyebrow: I'm facing challenges in parenting.

Side of the Eye: The difficulties cause stress and worry.

Under the Eye: I feel the weight of parenting struggles.

Under the Nose: It's affecting my well-being.

Chin: I carry the tension of parenting challenges.

Collarbone: This stress is holding me back.

Under the Arm: I accept these challenges and choose to release the stress.

Round 2: Embracing Self-Compassion

Tap on the same points while repeating these positive affirmations:

Eyebrow: I am a loving and caring parent.

Side of the Eye: Parenting is a journey of growth and learning.

Under the Eye: I release the need for perfection in parenting.

Under the Nose: Compassion is the key to understanding.

Chin: I am doing my best, and that is enough.

Collarbone: I choose self-compassion over self-criticism.

Under the Arm: I am open to learning and growing as a parent.

Round 3: Releasing Guilt and Judgment

Tap and affirm:

Eyebrow: I release any guilt about my parenting.

Side of the Eye: Judging myself only hinders my growth.

Under the Eye: I choose to forgive myself for any perceived shortcomings.

Under the Nose: Guilt and judgment have no place in my parenting journey.

Chin: I release the grip of negative emotions.

Collarbone: I am open to learning and evolving as a parent.

Under the Arm: I choose love and acceptance in my parenting.

Round 4: Visualizing Connection

Tap and visualize:

Eyebrow: See yourself and your child connecting with love.

Side of the Eye: Visualize open communication and understanding.

Under the Eye: Feel the warmth of a supportive parent-child relationship.

Under the Nose: Imagine overcoming challenges together.

Chin: Trust in the potential for growth and understanding.

Collarbone: Your parenting journey is a path of mutual learning.

Under the Arm: Embrace the idea of a loving and connected family.

Round 5: Affirming Growth in Parenting

Tap while repeating:

Eyebrow: I release stress and embrace growth in my parenting.

Side of the Eye: Parenting challenges are opportunities for understanding.

Under the Eye: I choose love, compassion, and open communication.

Under the Nose: My parenting journey is a path of growth and learning.

Chin: I trust in my ability to learn and evolve as a parent.

Collarbone: Our family navigates challenges with grace and resilience.

Under the Arm: I release stress and welcome love into my parenting.

Take a deep breath and release any remaining tension. Repeat this tapping script regularly to help address parenting struggles with self-compassion, understanding, and a growth mindset.

17. Guilt About Self-Care:

Setup Statement:

Even though I feel guilty about taking time for self-care, and it creates inner turmoil, I deeply and completely love and accept myself.

Round 1: Acknowledging Guilt About Self-Care

Tap 5-7 times on each of these points while repeating the following statements:

Eyebrow: I feel guilty about self-care.

Side of the Eye: Taking time for myself makes me feel selfish.

Under the Eye: What if others judge me for prioritizing my needs?

Under the Nose: The guilt about self-care is stressful.

Chin: I carry the weight of guilt when I prioritize myself.

Collarbone: This guilt is holding me back.

Under the Arm: I accept these feelings and choose to release them.

Round 2: Embracing the Importance of Self-Care

Tap on the same points while repeating these positive affirmations:

Eyebrow: Self-care is crucial for my well-being.

Side of the Eye: Taking time for myself is an act of self-love.

Under the Eye: My needs are important and deserve attention.

Under the Nose: I release the guilt associated with self-care.

Chin: I am deserving of time for rejuvenation and relaxation.

Collarbone: I choose to prioritize my well-being without guilt.

Under the Arm: I am open to embracing the importance of self-care.

Round 3: Releasing Fear of Judgment

Tap and affirm:

Eyebrow: I release the fear of judgment for practicing self-care.

Side of the Eye: Others' opinions do not define my worth.

Under the Eye: I choose to let go of the fear of being seen as selfish.

Under the Nose: The judgment of others has no power over my self-care choices.

Chin: I release the grip of external expectations.

Collarbone: I am free to prioritize self-care without guilt.

Under the Arm: I choose self-love over the fear of judgment.

Round 4: Visualizing Self-Care Empowerment

Tap and visualize:

Eyebrow: See yourself confidently engaging in self-care.

Side of the Eye: Visualize the joy and relaxation that come with it.

Under the Eye: Feel the empowerment of prioritizing your needs.

Under the Nose: Imagine the positive impact on your overall well-being.

Chin: Trust in your ability to balance self-care and other responsibilities.

Collarbone: You are deserving of the benefits that self-care brings.

Under the Arm: Embrace the idea of guilt-free and empowering self-care.

Round 5: Affirming Self-Care without Guilt

Tap while repeating:

Eyebrow: I release guilt about self-care.

Side of the Eye: Self-care is an essential part of my routine.

Under the Eye: I am deserving of time for rejuvenation and relaxation.

Under the Nose: Guilt has no place in my relationship with self-care.

Chin: I choose to prioritize my well-being without guilt.

Collarbone: I am free to practice self-care without fear.

Under the Arm: I release guilt and embrace the importance of self-care.

Take a deep breath and release any remaining tension. Repeat this tapping script regularly to help release guilt about self-care and foster a positive and empowered relationship with taking care of yourself.

18. Fear of Judgment:

Setup Statement:

Even though I fear judgment from others, and it creates anxiety within me, I deeply and completely love and accept myself.

Round 1: Acknowledging the Fear of Judgment

Tap 5-7 times on each of these points while repeating the following statements:

Eyebrow: I fear judgment from others.

Side of the Eye: The thought of being judged is overwhelming.

Under the Eye: What if others criticize or disapprove of me?

Under the Nose: The fear of judgment is stressful.

Chin: I carry the weight of anxiety about being judged.

Collarbone: This fear is holding me back.

Under the Arm: I accept these fears and choose to release them.

Round 2: Embracing Self-Acceptance

Tap on the same points while repeating these positive affirmations:

Eyebrow: I am worthy of love and acceptance.

Side of the Eye: My value is not determined by others' opinions.

Under the Eye: I release the fear of judgment.

Under the Nose: I trust in my worth and uniqueness.

Chin: I am more than the judgments of others.

Collarbone: I choose self-acceptance over fear of judgment.

Under the Arm: I am open to embracing my authentic self.

Round 3: Releasing the Need for Approval

Tap and affirm:

Eyebrow: I release the need for constant approval.

Side of the Eye: My worth is not dependent on others' validation.

Under the Eye: I choose to validate myself.

Under the Nose: The need for approval is no longer serving me.

Chin: I release the grip of seeking external validation.

Collarbone: I am confident in who I am.

Under the Arm: I choose self-validation over the need for approval.

Round 4: Visualizing Self-Confidence

Tap and visualize:

Eyebrow: See yourself standing confidently in your authenticity.

Side of the Eye: Visualize a shield of self-confidence protecting you from judgment.

Under the Eye: Feel the strength that comes with self-acceptance.

Under the Nose: Imagine letting go of the fear of others' opinions.

Chin: Trust in your ability to be true to yourself.

Collarbone: You are resilient and capable of facing judgment.

Under the Arm: Embrace the idea of standing tall in your authenticity.

Round 5: Affirming Self-Confidence

Tap while repeating:

Eyebrow: I release the fear of judgment from others.

Side of the Eye: I am confident in my worth and uniqueness.

Under the Eye: The judgments of others do not define me.

Under the Nose: I trust in my ability to be authentic and true.

Chin: I am open to embracing my true self without fear.

Collarbone: I choose self-confidence over the fear of judgment.

Under the Arm: I release fear and embrace confidence in who I am.

Take a deep breath and release any remaining tension. Repeat this tapping script regularly to help alleviate the fear of judgment and cultivate a mindset of self-acceptance and confidence in your authentic self.

19. Societal Pressure on Marriage:

Setup Statement:

Even though I feel societal pressure on marriage and it causes stress, I deeply and completely love and accept myself.

Round 1: Acknowledging Societal Pressure on Marriage

Tap 5-7 times on each of these points while repeating the following statements:

Eyebrow: I feel societal pressure on marriage.

Side of the Eye: The expectations and judgments are overwhelming.

Under the Eye: I carry the weight of societal expectations.

Under the Nose: The pressure on marriage is stressful.

Chin: I feel the burden of meeting societal norms.

Collarbone: This pressure is holding me back.

Under the Arm: I accept these feelings and choose to release them.

Round 2: Embracing Individuality

Tap on the same points while repeating these positive affirmations:

Eyebrow: I am an individual with my own path.

Side of the Eye: My worth is not defined by societal expectations.

Under the Eye: I release the pressure to conform to societal norms.

Under the Nose: I trust in my unique journey.

Chin: I am more than societal expectations on marriage.

Collarbone: I choose individuality over societal pressure.

Under the Arm: I am open to embracing my authentic path.

Round 3: Releasing Fear of Judgment

Tap and affirm:

Eyebrow: I release the fear of judgment from society.

Side of the Eye: Others' opinions do not define my worth.

Under the Eye: I choose to let go of the fear of societal disapproval.

Under the Nose: The judgment of society has no power over me.

Chin: I release the grip of external expectations.

Collarbone: I am free to follow my own timeline.

Under the Arm: I choose authenticity over the fear of judgment.

Round 4: Visualizing Freedom

Tap and visualize:

Eyebrow: See yourself breaking free from societal expectations.

Side of the Eye: Visualize embracing your unique journey.

Under the Eye: Feel the freedom that comes with being true to yourself.

Under the Nose: Imagine living life on your terms, free from societal pressure.

Chin: Trust in your ability to navigate your own path.

Collarbone: You are resilient and capable of following your heart.

Under the Arm: Embrace the idea of living authentically and free.

Round 5: Affirming Authenticity

Tap while repeating:

Eyebrow: I release the pressure on marriage from society.

Side of the Eye: My worth is not determined by societal expectations.

Under the Eye: I am free to embrace my unique journey.

Under the Nose: The opinions of society do not define my choices.

Chin: I choose authenticity over societal pressure.

Collarbone: I trust in my ability to navigate my own path.

Under the Arm: I release societal pressure and embrace authenticity.

Take a deep breath and release any remaining tension. Repeat this tapping script regularly to help alleviate the pressure on marriage from societal expectations and to cultivate a mindset of authenticity and freedom in your life choices.

20. Dealing with In-Laws:

Setup Statement:

Even though I face challenges in dealing with in-laws, and it causes stress, I deeply and completely love and accept myself.

Round 1: Acknowledging Challenges with In-Laws

Tap 5-7 times on each of these points while repeating the following statements:

Eyebrow: I face challenges in dealing with my in-laws.

Side of the Eye: The dynamics can be overwhelming.

Under the Eye: I feel the stress of managing relationships.

Under the Nose: It's affecting my well-being.

Chin: I carry the tension of in-law challenges.

Collarbone: This stress is holding me back.

Under the Arm: I accept these challenges and choose to release the stress.

Round 2: Embracing Compassion

Tap on the same points while repeating these positive affirmations:

Eyebrow: I am compassionate towards myself and my in-laws.

Side of the Eye: Relationships require understanding and patience.

Under the Eye: I release the need for perfection in these dynamics.

Under the Nose: Compassion is the key to navigating challenges.

Chin: I am open to seeing things from their perspective.

Collarbone: I choose compassion over frustration.

Under the Arm: I am open to growth and healing in my relationships.

Round 3: Releasing Resentment

Tap and affirm:

Eyebrow: I release any resentment in my heart.

Side of the Eye: Holding onto grudges doesn't serve my relationships.

Under the Eye: I choose to forgive and let go.

Under the Nose: Resentment only hinders our connection.

Chin: I release the grip of negative emotions.

Collarbone: I am open to learning and rebuilding.

Under the Arm: I choose love over resentment.

Round 4: Visualizing Understanding

Tap and visualize:

Eyebrow: See yourself and your in-laws understanding each other.

Side of the Eye: Visualize open communication and empathy.

Under the Eye: Feel the warmth of a supportive family dynamic.

Under the Nose: Imagine resolving conflicts with love and respect.

Chin: Trust in your ability to connect with your in-laws.

Collarbone: You are capable of thriving in family relationships.

Under the Arm: Embrace the idea of understanding and unity.

Round 5: Affirming Relationship Growth

Tap while repeating:

Eyebrow: I release stress and embrace growth in my relationships.

Side of the Eye: Challenges are opportunities for understanding.

Under the Eye: I choose love, compassion, and open communication.

Under the Nose: My relationships are a journey of mutual growth.

Chin: I trust in the healing power of understanding.

Collarbone: We navigate challenges with grace and resilience.

Under the Arm: I release stress and welcome love into my relationships.

Take a deep breath and release any remaining tension. Repeat this tapping script regularly to help navigate and address challenges in dealing with in-laws with a mindset of compassion, understanding, and growth.

21. Low Self-Confidence:

Setup Statement:

Even though I struggle with low self-confidence, and it affects various aspects of my life, I deeply and completely love and accept myself.

Round 1: Acknowledging Low Self-Confidence

Tap 5-7 times on each of these points while repeating the following statements:

Eyebrow: I struggle with low self-confidence.

Side of the Eye: Doubt and insecurity can be overwhelming.

Under the Eye: I feel the weight of low self-esteem.

Under the Nose: It's affecting my well-being.

Chin: I carry the tension of self-doubt.

Collarbone: This low confidence is holding me back.

Under the Arm: I accept these feelings and choose to release them.

Round 2: Embracing Self-Love

Tap on the same points while repeating these positive affirmations:

Eyebrow: I am worthy of love and acceptance.

Side of the Eye: My value is not determined by external opinions.

Under the Eye: I release the need for perfection.

Under the Nose: Self-love is the key to building confidence.

Chin: I am more than my doubts and insecurities.

Collarbone: I choose to love and accept myself as I am.

Under the Arm: I am open to embracing my true worth.

Round 3: Releasing Negative Self-Talk

Tap and affirm:

Eyebrow: I release negative thoughts about myself.

Side of the Eye: Self-criticism has no place in my life.

Under the Eye: I choose to speak to myself with kindness.

Under the Nose: Negative self-talk only hinders my confidence.

Chin: I release the grip of self-doubt.

Collarbone: I am open to building a positive self-narrative.

Under the Arm: I choose self-encouragement over self-criticism.

Round 4: Visualizing Confidence

Tap and visualize:

Eyebrow: See yourself standing confidently in various situations.

Side of the Eye: Visualize a confident and empowered version of yourself.

Under the Eye: Feel the strength and assurance that confidence brings.

Under the Nose: Imagine navigating challenges with self-assurance.

Chin: Trust in your ability to face life with confidence.

Collarbone: You are resilient and capable of building confidence.

Under the Arm: Embrace the idea of living confidently and authentically.

Round 5: Affirming Self-Confidence

Tap while repeating:

Eyebrow: I release low self-confidence.

Side of the Eye: I am confident in my abilities and worth.

Under the Eye: Doubts and insecurities no longer define me.

Under the Nose: I trust in my unique strengths and qualities.

Chin: I am open to building and nurturing my confidence.

Collarbone: I choose self-confidence over self-doubt.

Under the Arm: I release the past and embrace a confident future.

Take a deep breath and release any remaining tension. Repeat this tapping script regularly to help build and nurture self-confidence, fostering a mindset of self-love, acceptance, and empowerment.

22. Navigating Marriage Expectations:

Setup Statement:

Even though I navigate the expectations in my marriage, and it creates stress, I deeply and completely love and accept myself.

Round 1: Acknowledging Marriage Expectations

Tap 5-7 times on each of these points while repeating the following statements:

Eyebrow: I navigate the expectations in my marriage.

Side of the Eye: The pressure can be overwhelming.

Under the Eye: I feel the stress of meeting societal and personal expectations.

Under the Nose: It's affecting my well-being.

Chin: I carry the tension of marriage expectations.

Collarbone: This stress is holding me back.

Under the Arm: I accept these feelings and choose to release them.

Round 2: Embracing Open Communication

Tap on the same points while repeating these positive affirmations:

Eyebrow: I am open to communicating with my partner.

Side of the Eye: Honest communication is essential in my marriage.

Under the Eye: I release the need for perfection in our relationship.

Under the Nose: Openness is the key to navigating expectations.

Chin: I am more than societal and personal expectations.

Collarbone: I choose open communication over stress.

Under the Arm: I am open to embracing our unique journey.

Round 3: Releasing Fear of Disapproval

Tap and affirm:

Eyebrow: I release the fear of disapproval from others.

Side of the Eye: The opinions of others do not define my marriage.

Under the Eye: I choose to let go of the fear of societal judgment.

Under the Nose: The disapproval of others has no power over my relationship.

Chin: I release the grip of external expectations.

Collarbone: I am free to shape my marriage on our terms.

Under the Arm: I choose authenticity over the fear of disapproval.

Round 4: Visualizing Understanding

Tap and visualize:

Eyebrow: See yourself and your partner understanding each other.

Side of the Eye: Visualize open communication and empathy.

Under the Eye: Feel the warmth of a supportive marriage dynamic.

Under the Nose: Imagine resolving challenges together with love and respect.

Chin: Trust in your ability to connect with your partner.

Collarbone: You are capable of thriving in your unique marriage.

Under the Arm: Embrace the idea of understanding and unity.

Round 5: Affirming Marriage Growth

Tap while repeating:

Eyebrow: I release stress and embrace growth in my marriage.

Side of the Eye: Challenges are opportunities for understanding.

Under the Eye: I choose love, communication, and open dialogue.

Under the Nose: My marriage is a journey of mutual growth.

Chin: I trust in the healing power of understanding.

Collarbone: We navigate challenges with grace and resilience.

Under the Arm: I release stress and welcome love into my marriage.

Take a deep breath and release any remaining tension. Repeat this tapping script regularly to help navigate and address marriage expectations with a mindset of open communication, understanding, and growth.

23. Fear of Not Meeting Expectations and Balancing Social Expectations:

Setup Statement:

Even though I fear not meeting expectations and struggle to balance social pressures, I deeply and completely love and accept myself.

Round 1: Acknowledging Fear of Not Meeting Expectations

Tap 5-7 times on each of these points while repeating the following statements:

Eyebrow: I fear not meeting expectations.

Side of the Eye: The pressure can be overwhelming.

Under the Eye: I feel the stress of not measuring up.

Under the Nose: It's affecting my well-being.

Chin: I carry the weight of fear of disappointment.

Collarbone: This fear is holding me back.

Under the Arm: I accept these feelings and choose to release them.

Round 2: Embracing Self-Compassion

Tap on the same points while repeating these positive affirmations:

Eyebrow: I am worthy of love and acceptance.

Side of the Eye: My value is not determined by meeting every expectation.

Under the Eye: I release the need for perfection in my life.

Under the Nose: Self-compassion is the key to navigating expectations.

Chin: I am more than my achievements or failures.

Collarbone: I choose self-compassion over fear of not meeting expectations.

Under the Arm: I am open to embracing my unique journey.

Round 3: Releasing Fear of Disapproval

Tap and affirm:

Eyebrow: I release the fear of disapproval from others.

Side of the Eye: The opinions of others do not define my worth.

Under the Eye: I choose to let go of the fear of societal judgment.

Under the Nose: The disapproval of others has no power over me.

Chin: I release the grip of external expectations.

Collarbone: I am free to shape my life on my terms.

Under the Arm: I choose authenticity over the fear of disapproval.

Round 4: Balancing Social Expectations

Tap and visualize:

Eyebrow: See yourself confidently navigating social expectations.

Side of the Eye: Visualize a balanced and authentic life.

Under the Eye: Feel the freedom that comes with being true to yourself.

Under the Nose: Imagine gracefully handling societal pressures.

Chin: Trust in your ability to balance expectations.

Collarbone: You are resilient and capable of shaping your own path.

Under the Arm: Embrace the idea of living authentically and free.

Round 5: Affirming Personal Growth

Tap while repeating:

Eyebrow: I release fear of not meeting expectations.

Side of the Eye: I am confident in my abilities and worth.

Under the Eye: I trust in my unique strengths and qualities.

Under the Nose: I am open to learning and growing at my own pace.

Chin: I choose self-compassion and authenticity over fear.

Collarbone: I am free to shape my life on my terms.

Under the Arm: I release fear and embrace personal growth.

Take a deep breath and release any remaining tension. Repeat this tapping script regularly to help alleviate the fear of not meeting expectations and to foster a mindset of self-compassion, authenticity, and personal growth.

24. Negotiating Salary and asking for a Raise

Setup Statement:

Even though negotiating salary and asking for a raise makes me anxious, I deeply and completely love and accept myself.

Round 1: Acknowledging Anxiety about Salary Negotiation

Tap 5-7 times on each of these points while repeating the following statements:

Eyebrow: I feel anxious about negotiating my salary.

Side of the Eye: The thought of asking for a raise is overwhelming.

Under the Eye: I fear rejection or being undervalued.

Under the Nose: It's affecting my confidence.

Chin: I carry the tension of salary negotiation anxiety.

Collarbone: This stress is holding me back.

Under the Arm: I accept these feelings and choose to release the anxiety.

Round 2: Embracing Self-Value

Tap on the same points while repeating these positive affirmations:

Eyebrow: I am deserving of fair compensation.

Side of the Eye: My skills and contributions have value.

Under the Eye: I release the fear of being undervalued.

Under the Nose: Self-worth is the foundation of negotiation.

Chin: I am more than my fears about salary discussions.

Collarbone: I choose to recognize and appreciate my own value.

Under the Arm: I am open to negotiating from a place of self-worth.

Round 3: Releasing Fear of Rejection

Tap and affirm:

Eyebrow: I release the fear of rejection in salary negotiation.

Side of the Eye: My value is not diminished by a potential "no."

Under the Eye: I choose to view rejection as redirection.

Under the Nose: Fear of rejection has no power over my worth.

Chin: I release the grip of rejection anxiety.

Collarbone: I am open to the possibility of a positive outcome.

Under the Arm: I choose courage over fear of rejection.

Round 4: Visualizing Successful Negotiation

Tap and visualize:

Eyebrow: See yourself confidently discussing your worth.

Side of the Eye: Visualize a positive and successful negotiation.

Under the Eye: Feel the satisfaction of reaching a fair agreement.

Under the Nose: Imagine expressing your value with confidence.

Chin: Trust in your ability to navigate the negotiation process.

Collarbone: You are capable of securing fair compensation.

Under the Arm: Embrace the idea of a successful salary discussion.

Round 5: Affirming Confidence in Negotiation

Tap while repeating:

Eyebrow: I release anxiety about salary negotiation.

Side of the Eye: I am confident in discussing my worth.

Under the Eye: My skills and contributions deserve fair compensation.

Under the Nose: I trust in my ability to negotiate effectively.

Chin: I am open to receiving the compensation I deserve.

Collarbone: I choose confidence and assertiveness in negotiation.

Under the Arm: I release anxiety and embrace a successful negotiation.

Take a deep breath and release any remaining tension. Repeat this tapping script regularly to build confidence and ease anxiety when negotiating salary or asking for a raise.

25. Overcoming Fear of Money Conversations

Setup Statement:

Even though I have a fear of money conversations, and it creates anxiety within me, I deeply and completely love and accept myself.

Round 1: Acknowledging Fear of Money Conversations

Tap 5-7 times on each of these points while repeating the following statements:

Eyebrow: I fear money conversations.

Side of the Eye: The thought of discussing finances is overwhelming.

Under the Eye: I worry about judgment or misunderstanding.

Under the Nose: It's affecting my peace of mind.

Chin: I carry the tension of money conversation anxiety.

Collarbone: This fear is holding me back.

Under the Arm: I accept these feelings and choose to release the fear.

Round 2: Embracing Open Communication

Tap on the same points while repeating these positive affirmations:

Eyebrow: I am open to discussing money matters.

Side of the Eye: Honest communication is key to financial well-being.

Under the Eye: I release the need for perfection in money conversations.

Under the Nose: Openness is the foundation of financial understanding.

Chin: I am more than my fears about money talks.

Collarbone: I choose open communication over anxiety.

Under the Arm: I am open to embracing financial discussions.

Round 3: Releasing Fear of Judgment

Tap and affirm:

Eyebrow: I release the fear of judgment in money conversations.

Side of the Eye: Others' opinions do not define my financial worth.

Under the Eye: I choose to let go of the fear of misunderstanding.

Under the Nose: The judgment of others has no power over my financial choices.

Chin: I release the grip of external expectations.

Collarbone: I am free to shape my financial narrative.

Under the Arm: I choose authenticity over the fear of judgment.

Round 4: Visualizing Successful Money Talks

Tap and visualize:

Eyebrow: See yourself confidently discussing finances.

Side of the Eye: Visualize a positive and successful money conversation.

Under the Eye: Feel the satisfaction of reaching financial clarity.

Under the Nose: Imagine expressing your financial concerns with confidence.

Chin: Trust in your ability to navigate money discussions.

Collarbone: You are capable of securing financial understanding.

Under the Arm: Embrace the idea of successful money talks.

Round 5: Affirming Confidence in Money Conversations

Tap while repeating:

Eyebrow: I release anxiety about money conversations.

Side of the Eye: I am confident in discussing financial matters.

Under the Eye: My financial concerns and questions deserve attention.

Under the Nose: I trust in my ability to communicate effectively about money.

Chin: I am open to receiving the financial clarity I seek.

Collarbone: I choose confidence and assertiveness in money conversations.

Under the Arm: I release anxiety and embrace successful money discussions.

Take a deep breath and release any remaining tension. Repeat this tapping script regularly to build confidence and ease anxiety when engaging in money conversations.

Have fun tapping!

I would love to know how the above Tapping Scripts worked Magic for you!

Sonal 

My Book One Hundred Percent (Physical Copy) is available on Amazon-

https://www.amazon.in/One-Hundred-Percent-Sonal-Wadhwa/dp/9356269823/ref=sr_1_1?crid=3TFI2XAE1DLVV&keywords=one+hundred+percent+book+sonal&qid=1694920408&sprefix=one+hundred+percent+book+sonal%2Caps%2C206&sr=8-1

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