

Tapping to Soothe Yourself

Think of how you feel when you eat something you wish you hadn't or that causes inflammation, or how you feel when you have a physical or emotional pain.

When you feel uncomfortable in your body, or judging yourself, or battling with yourself, the first thing is notice how you feel. Take a few breaths and ask "how do I feel right now?" Identify the feeling.

Meet and be curious about what's coming up. Ask "**how can I embrace what is and invite myself to open up to receive more love.**"

Notice the feeling and let's tap.

I'm going to use *disappointment* and you can change it to what you're feeling.

ON THE KARATE CHOP POINT

Even though I feel so *disappointed* with my body, I honor my feelings completely
Even though I am so *disappointed* with myself and I don't know how to make it better, I'm willing to feel this *disappointment* with love and kindness and open up to a whole new level of self-acceptance.

Even though I don't want to feel all this *disappointment*, that's okay I use my breath to feel what I feel and say yes to myself and this *disappointment*. DEEP BREATH

TAPPING THROUGH THE POINTS CHANGING POINTS AFTER EACH SENTENCE.

I feel so *disappointed*

I am tired of feeling like this

I say yes to my *disappointed*

I don't know how to fix it

Welcoming the *disappointment*

(DEEP BREATH)

I wish these feelings would just go away

All of this *disappointment*

I'm willing to say yes to these feelings

Honor and love myself with this *disappointment* It's safe to feel my feelings

I welcome my feelings of *disappointment*

(DEEP BREATH IN AND OUT)

KEEP TAPPING THROUGH THE POINTS

I've been resisting this feeling
I've been trying to make it go away
Because I don't want to feel this way
Now I'm saying yes to it

Softening on the inside and feeling myself deeply
I'm willing to say yes to my **disappointment**
Going deeper with my self-acceptance
Welcoming my **disappointment** with love

I'm willing to feel what I feel
Instead of resisting **disappointment**
I'm willing to go deeper
With my self-love
I don't like feeling disappointed
I've been fighting with this feeling
Hoping to feel better again
But now I know
The only way to move through it
Is to embrace exactly where I am
Honoring however I feel
That's the self-love that is needed
Unconditionally embracing where I am
Exactly as I am
Unconditionally embracing where I am
Exactly as I am
This is the self-acceptance that I needed
I am sacred and divine
I honor and cherish myself completely
DEEP BREATH