

# EFT

## Tapping

### Script for SAT's



#### Karate chop point

**(BONUS ADDITION- STAND IN MOUNTAIN POSE FOR THE ENTIRE SEQUENCE)**

- Even though I'm feeling worried about the SATs I accept how I feel and choose to feel safe now.
- Even though I'm feeling like I don't want to do the SATs, I accept how I feel and choose to relax my mind and my body.
- Even though I'm feeling like I don't know what I am doing right now, I accept how I feel and am reminding myself that I am awesome.

**Karate chop point:** Even though I am feeling overwhelmed

**Top of the head:** I am taking this moment to tap

**Side of the eye:** Even though the thought of doing the SATs is scaring me

**Under the eye:** I am taking a moment to relax my body now

**Under the nose:** Even though the SATs are coming up soon, I know I have people to help me and I can handle this

**Chin:** I don't want to let anyone down

**Chest:** I don't like the way it feels when everyone else seems to get it and I don't know what I am doing

**Under the armpit:** I just feel... like everyone else can do it... and I can't

**Thumb:** I don't want to feel that again.

**Finger 1:** I wonder if I could just let all of this feeling go?

**Finger 2:** I am choosing to release all of these doubts and worries now

**Finger 3:** I choose to feel safe, I choose to feel calm

**Little finger:** I choose to believe in myself

**Chest:** I deserve to believe in myself because I am awesome and I deserve to feel good and choose to do my best

**Yes, yes, yes, yes, yes, yes, yes!**

*Invested*