

EFT

Tapping

Script for Assessments/ Exams/ Performances



Karate chop point

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

- Even though I'm feeling worried about the [Name of Event] I accept how I feel and choose to feel safe now.
- Even though I'm feeling like I don't want to do the [Name of Event], 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 [Name of Event] is scaring me

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

Under the nose: Even though the [Name of Event] 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