Emotional Freedom Technique or Tapping

Please, tap on your crate chop point to establish how you feel right now and how do you want to feel ideally.

Then begin tapping on your first point between the eyes, then on your temples, then under your eyes, under your nose, on your chin, on your chest, on the top of your head.

Continue tapping and saying how you feel out loud until you feel better. You can tap for as little as 2 minutes and as long as for an hour. Typically I ask my clients to tap for self love at least 10 min per day, and if they are undergoing big emotional issues for 30 min 3 times per day.

This is an example of a tapping script you can use to learn tapping for self love.

I want by body to serve me well, keep healthy and fit, and full of energy.!
I need my mind to be here and focused on what I want to feel and how I will achieve it.! I need my heart to be positive, feel the feelings and enjoy being me any time.!

I need my body to do the work that I'm doing, helping people, helping myself!
I know how important it is to be healthy and loving myself and full of energy!
I want to do big things and therefore I want to generate a lot of energy!

I wander why I wasn't so good at loving myself before,!
I wander why I didn't keep up my good routine,!
it doesn't matter why actually!
the main thing is!
I forgive myself for taking a break!
and now I am back on track with looking after myself!

I know how important it is for me now!
I know I want to generate much bigger energy level!
and for that I get to look after my body!
giving my body a very special attention!
I know doing that will affect my career and my relationships!
And I deserve to have a huge breakthrough!
I know I will have it!
I am sure!

And sometimes when I feel insecure or tired!
I will forgive myself for that!
and just keep up the good routine I established!

I don't have to think about it!
I am just doing it!
and results are showing up!
for me!
for my highest good!
and for the highest good of everyone.!

Take a deep breath...and let it go...enjoy!