

Tapping Script for Releasing Resistance to Tapping

Read through the statements on this script, and give each one a number between 0 and 10 which gauges the emotional charge the statement has for you. I encourage you to tap out any statement that has an emotional charge.

You may notice that when you start tapping on these statements, thoughts and feelings will arise that you can use as new tapping statements, which will then give rise to still more thoughts and feelings, which you can use to create additional tapping statements, and so on. I call this following the thread, and it's a very efficient way to heal and release a lot of painful feelings in a short amount of time.

Tap each statement down to 0 before moving on to another one. There is a lot of material here. Just do a few statements per tapping session, or no more than an hour of tapping per session. You can return to this script at any time to tap out the remaining statements that feel charged for you, or, you can keep this script handy for any time you feel the need to tap, but you're having a hard time getting started.

Here are the tapping statements:

I'm really hurting/stressed today, and I know tapping would help, but I just can't get myself to do it.

I don't want to go into what's causing me to suffer—it's just too painful.

It's easier to deny the pain I'm in than it is to do the work to heal it.

The pain I'm in is too intense for tapping to do any good.

The situation that's upsetting me could never be helped by tapping, so why bother even trying?

I've had this issue for so long that it's part of my identity, and I'm afraid to find out who I would be without it.

TAPPING SCRIPT FOR RELEASING RESISTANCE TO TAPPING

A part of me wants to heal from the loss I've experienced, but another part of me feels that my grief is the only thing that keeps me connected to my loved one who passed away, and I don't want to lose that.

I don't have time to tap about what's upsetting me.

The trauma I've experienced is part of who I am, and I don't know who I'd be without it.

I've had incredible results with tapping, but this issue is too big and too painful for even tapping to heal.

What I'm going through hurts so much that even if I did tap on it, I wouldn't know where to begin.

This issue makes me so angry that I don't want to deal with it at all, let alone do a tapping session on it.

I know that EFT can be effective, but some things are just too traumatic to be healed by something as simple as tapping.

If I heal this issue, I won't be able to get sympathy for it anymore.

If I recover from losing my _____, people will think I don't care about him/her anymore.

If I recover from the trauma I've experienced, people will assume what I went through wasn't that bad.

If I heal my issues from childhood, I'm afraid I'll outgrow the people I'm close to.

I don't know what tapping statements to use to heal this issue, so I'm not even going to try.

Going into my issues on my own to heal them with tapping makes me feel really lonely.

Facing my pain in order to heal it is really scary.

I'm not skilled enough with tapping to effectively use it to heal my issues.

I'm afraid focusing on my pain in order to tap it out will only make it worse.

I'll never be able to heal all of my pain—there's too much—so why bother even trying?

When I think about how much healing I have to do, I get overwhelmed and give up before I even start.

I want to be free from my issues, but I'm afraid I'll lose what makes me unique.

I hate to admit it, but what I've been through is sort of like a badge of honor, and I'm afraid that if I healed those traumas, I would lose that.

They say you have to feel it to heal it, and I do not want to feel it.

Even though I've experienced deep healing with tapping in the past, that was just beginner's luck.

I've been in pain for as long as I can remember—I don't actually think it's possible to be free from it.

If I lose the identity that my suffering has given me, I'm worried that I won't know who I am anymore.