Tapping For Hot Messes

You manage everything else.
Why not your *own brain*?

Congratulations on taking an important first step in your **Hot Mess De-Stress** journey! Below you will find a video tutorial on how to use these scripts.

Even if you are brand-new to the concept of the **Emotional Freedom Technique** or what we commonly refer to as "tapping," you can **start feeling better *today***.

Just watch the video below and you'll be able to take this tool with you and use it anywhere you go, any time you need.

If you're familiar with EFT and just wanted some **souped-up scripts** to turbo-charge your relief, then scroll on down and have at 'em, babe!



More Tips for Beginners

- Yes, you have to do it out loud.
- The framework is vital: “Even though … I love and accept myself.”
- The more you practice, the more effective tapping is due to strengthening the neural pathways in your brain and muscle memory. It works fast—but for it to work, you gotta work it ;-P
- I give you seven scripts for each “type.” The way I use them is to work my way through the eight tapping points, and when I get to the eighth, I scan up the list and see which script I could stand to tap on again. This is how I use the tool. You might use it differently and that’s great.

Scripts for Gifted Burnouts

For high-performing adults who were the ‘smart kid’ and now feel **constantly behind, drained,** or like they’re **never enough**.

1. Even though I feel like I should have done more by now...I love and accept myself.

2. Even though I can't rest until everything is perfect... I love and accept myself.

3. Even though I feel ashamed that I'm not living up to my potential... I love and accept myself.

4. Even though I've confused being productive with being worthy...I love and accept myself.

5. Even though I was praised for being exceptional, and now I feel like a failure... I love and accept myself.

6. Even though I overthink everything, I love and accept myself.

7. Even though I'm tired of performing, I love and accept myself.

Scripts for Invisible Moms

For mothers and caregivers who feel **unappreciated, depleted,** and **guilty** for wanting more.

1. Even though I feel like no one sees how hard I'm working... I love and accept myself.

2. Even though I feel guilty for needing space...I love and accept myself.

3. Even though I give everything and still feel like it's not enough...I love and accept myself.

4. Even though I feel like I've lost myself in motherhood... I love and accept myself.

5. Even though asking for help feels impossible... I love and accept myself.

6. Even though I need rest but feel bad for taking it... I love and accept myself.

7. Even though I miss who I used to be... I love and accept myself.

Scripts for Radical Self-Permission

For folks who **silence** themselves, make themselves **small**, or **deny** their desires.

1. Even though I'm afraid to take up space... I love and accept myself.

2. Even though I was taught not to need anything...I love and accept myself.

3. Even though I feel like too much... I love and accept myself.

4. Even though I feel guilty when I put myself first... I love and accept myself.

5. Even though I've kept quiet to avoid rejection... I love and accept myself.

6. Even though I second-guess myself constantly... I love and accept myself.

7. Even though I don't know how to want things out loud... I love and accept myself.

Scripts for Anxious Overthinkers

For people whose **brains won't shut off**, who **fear** making mistakes, or feel **paralyzed** by what-ifs.

1. Even though I can't stop overanalyzing... I love and accept myself.
2. Even though I worry I'll get it wrong... I love and accept myself.
3. Even though I replay conversations in my head... I love and accept myself.
4. Even though I'm trying to think my way to safety... I love and accept myself.
5. Even though I feel like I'm spiraling... I love and accept myself.
6. Even though my mind is racing... I love and accept myself.
7. Even though I feel like I should have it all figured out... I love and accept myself.

Scripts for the Overfunctioner

For people who **manage everything**, **never ask for help**, or constantly feel **overwhelmed**.

1. Even though I feel like it all depends on me... I love and accept myself.

2. Even though I'm doing everything for everyone else, I love and accept myself.

3. Even though I feel like I'll fall apart if I stop... I love and accept myself.

4. Even though I've been carrying too much for too long... I love and accept myself.

5. Even though I hate asking for help... I love and accept myself.

6. Even though I measure my worth by how much I do... I love and accept myself.

7. Even though I don't know how to stop overthinking.