

Emotional Freedom Technique (EFT) Scripts

Examples:

1. *“I can’t stop judging this person”*

- Say out loud what you are tapping on
- Rate the emotional charge that you have regarding this judgement and rank on scale of 0-10 where 10 is the most intense

Karate Chop: Even though I can’t stop judging this person, I deeply and completely love and accept myself

KC: Even though I can't stop judging this person, I deeply and completely love and accept myself

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Eyebrow: I can't stop judging.

Side of the eye: It feels so good to judge them.

under the eye: judging makes me feel better about myself.

under the nose: and this person really deserves my judgment

chin: they've done so much to make me want to judge

collarbone: they deserve it. After all

under the arm: I feel justified in my judgment

top of the head: they deserve it.

Eyebrow:

If I give up judgment, I will be giving in

side of the eye. I don't want to stop judging

under the eye: Judging makes me feel better about myself

under the nose: I believe I deserve to judge them for this

chin: they've made me really upset

collarbone: they've really gotten under my skin

under the arm: They deserve it.

top of the head: they deserve it

eyebrow: They've upset me so much
side of the eye: I deserve to judge them for what they've done.
under the eye: I just can't let it go.
under the nose: How could someone be that way?
chin: I'm so triggered by them
collarbone: I'm so annoyed.
under the arm: I'm so aggravated by them.
top of the head: They deserve it

eyebrow: all this judgment
side of the eye: I feel it's justified, after all, they have done
under the eye: I have so many reasons to judge this person
under the nose: It feels good to judge them
chin: I feel safe when I judge them
collarbone: I judge to protect myself
under the arm: I need to do that because deep down I feel shame
top of the head: I want to heal my shame

eyebrow: all this shame
side of the eye: I don't even want to acknowledge it.
under the eye: I have to judge to avoid this shame.
under the nose: It feels safe to judge
chin: I'm afraid of my shame so I judge
collarbone: I'm afraid of my shame
under the arm: but I want to release it
top of the head: I want to heal my shame so I can stop judging.

Eyebrow: But judgment doesn't really make me feel better
side of the eye: love actually makes me feel better
under the eye: but judging seems easier,
under the nose: If I released judgment, who would I be
chin: I guess I'd be left with me
collarbone: being me may be better
under the arm: I have to release them to love myself again.
top of the head: if I release them, I will be free.

Eyebrow: all the energy I spend judging could be spent on feeling good,

side of the eye: I could use the energy more wisely,
under the eye: and I could increase my energy by choosing to love rather than judge.

under the nose: I can also see that I'm judging a person who is in pain

under the chin: I can see them with compassion

collarbone: I can see that they're in pain

under the arm: I want to send them love and prayers

top of the head: They just want to be happy, just like me,

eyebrow: I want to be happy.

side of the eye: releasing judgment sets me free to be happy.

under the eye: I'd much rather feel free

under the nose: I choose to send love to this person

chin: That love will clear my blocks,

collarbone: and I will feel that freedom.

under the arm: I choose love.

top of the head: I choose to be free from judgment.

Eyebrow: I want to be happy and free.

side of the eye: I want to forgive so I can feel good.

under the eye: I don't want to feel judgment anymore.

under the nose: I pray for this person to feel good too.

Chin: that love will clear my blocks,

Collarbone: All I want is happiness.

under the arm: I choose happiness.

top of the head: I choose to be free from judgment.

Take a deep breath in and slowly release

REPEAT your phrase "I can't stop judging this person"

Now, rate it from zero to 10 and compare it to when you first began. If you tap through each round with commitment, you're sure to have experienced relief.

FUTURE PACING

Tap on judgement every day for 30 day.

If you want to create your own script using your words, use your intuition to guide you with what phrases present itself as you tap on each meridian point.

2. “I feel judged”

- Say out loud what you are tapping on
- Rate the emotional charge that you have regarding this judgement and rank on scale of 0-10 where 10 is the most intense

KC: even though I feel judged, I deeply and completely love and accept myself.

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Eyebrow: I feel so judged.

Side of the eye: This judgment makes me so mad.

Under the eye: How dare they judge me

under the nose: They're the one who's really wrong, not me.

Chin: they think they're better than me.

Collarbone: What's wrong with them?

Under arm: Why do they think they're better than me

Top of head: who do they think they are?

Eyebrow: how dare they judge me like that

side of the eye: They're the one with the problem

under the eye: I'm innocent in this

under the nose: I don't deserve to be judged

chin: How dare they judge me.

Collarbone: What's wrong with them?

Under the arm: they're not better than me.

Top of the head: but their judgment makes me feel small.

Eyebrow: their judgment makes me feel less than

side of the eye: I feel like I'm not good enough

under the eye: I feel terrible about myself

under the nose: and because I feel so bad about myself, I want to judge them back

chin: It makes me feel better to judge them back
collarbone: I feel justified in my judgment.
Under the arm: they deserve it
top of the head: because they judge me first

eyebrow: I am so angry with them.
Side of the eye: they make me feel terrible.
Under the eye: they make me feel shame.
Under the nose: They make me feel wrong, and I know I'm not wrong.
Chin: I judge them to protect myself.
Collarbone: I feel justified in my judgment.
Under the arm: they deserve it.
Top of the head: because they judge me first,

Eyebrow: I no longer want to feel judged
side of the eye: It really sucks
under the eye: I want to feel better.
Under the nose: the more I focus on their judgment, the worse I feel.
Chin: the more I obsess about their judgment, the more I want to judge
collarbone: I don't want to judge
under the arm: If I stop judging them, then I can feel better.
Top of the head: The only reason they judge me is because they feel shame.
Eyebrow: happy people don't judge others.
Side of the eye: if they're not happy, I actually feel bad for them.
Under the eye: I know they just want to feel good.
Under the nose: they're just like me.
Chin: they want to feel good.
Collarbone: all we want is to feel good.
Under the arm: I want to pray for them to feel good too.
Top of the head: they're sad, and all they want is to feel good.

Eyebrow: they're just like me.
Side of the eye: they just want to be happy.
Under the eye: we are the same.
Under the nose: I can see them as me.
Chin: They're just protecting themselves too.
Collarbone: they just want to feel better.

Under the arm: I want to feel better.

Top of the head: we all deserve to feel better now.

Eyebrow: they just want to feel good.

Side of the eye: just like me.

Under the eye: we are the same.

Under the nose: I can forgive them for judging, because they just feel terrible.

Chin: Why else would they judge

Collarbone: I want them to feel better.

Under the arm: I want to feel better.

Top of the head: I deserve to feel better now.

Take a deep breath in and slowly release

REPEAT your phrase “I feel judged”

Now, rate it from zero to 10 and compare it to when you first began. If you tap through each round with commitment, you're sure to have experienced relief.

FUTURE PACING

Tap on judgement every day for 30 day.

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3. “I feel shame”

- Say out loud what you are tapping on
- Rate the emotional charge that you have regarding this judgement and rank on scale of 0-10 where 10 is the most intense

KC: even though I feel shame, I deeply and completely love and accept myself.

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Eyebrow: I feel shame,
side of the eye: and I'm terrified of it
under the eye: I really do not want to feel this shame
under the nose: I'll do anything to avoid this feeling
chin: I hate this process.
Collarbone: I do not want to acknowledge this shame
under the arm: I'm ashamed to even look at this
top of the head: I'd rather judge than feel shame.

Eyebrow: It's so uncomfortable
side of the eye: all this shame
under the eye: I just want to run from it.
Under the nose: I want to avoid it.
Chin: It's terrifying to admit my shame.
Collarbone: Shame feels heavy
under the arm: Shame makes me sad.
Top of the head: I'd rather judge than feel shame.

Eyebrow: I want to keep running from my shame
side of the eye: but I know I can't
under the eye: It always shows up again.
Under the nose: I can't avoid it.
Chin: Shame has been running the show.
Collarbone: Shame has made me run
under the arm: I'm ready to stop running
top of the head: I'm ready to face my shame.

Eyebrow: even though I feel this shame, I love myself
side of the eye: I honor the shame
under the eye: I've been through so much, and it's scary
under the nose: I understand how I could feel shame.
Chin: I feel compassion for myself.
Collarbone: I honor my shame
under the arm: and I'm ready to stop running from it.
Top of the head: it actually feels good to bring my shame to the surface.

Eyebrow: feeling my shame brings me relief.

Side of the eye: I no longer feel like I need to run from it.

Under the eye: I feel relief

under the nose: I want this relief more than anything.

Chin: I can change my relationship to shame.

Collarbone: when I honor my shame, I no longer need to run from it.

Under the arm: I no longer need to run

top of the head: That feels awesome.

Eyebrow: it's safe to feel my shame.

Side of the eye: I can have a new relationship to my shame.

Under the eye: I can feel it and heal it.

Under the nose: I can stop running

Chin: I can stop judging

collar bone: I can honor my shame.

Under the arm: I can feel shame and love myself anyway.

Top of the head: I can truly love myself no matter what.

Take a deep breath in and slowly release

REPEAT your phrase "I feel shame"

Now, rate it from zero to 10 and compare it to when you first began. If you tap through each round with commitment, you're sure to have experienced relief.

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