

Shattered Glass Week 4 - Tapping

Tapping: "I don't have the energy to take care of myself"

Set-Up Statement:

"Even though I have the believe that I don't have the energy to take care of myself, and I feel drained, I deeply and completely accept myself."

Acknowledging the Belief:

EB: "I just don't have the energy to take care of myself."

SE: "It feels like I'm always too tired to focus on my health."

UE: "I feel drained all the time."

UN: "I don't have the energy for exercise or healthy meals."

CH: "I'm too tired to care for myself the way I want."

CB: "I don't even know where to begin"

UA: "I feel overwhelmed just thinking about taking care of myself."

TH: "I wonder if I can release this belief about my energy."

Exploring and Softening:

EB: "What if I had more energy for myself?"

SE: "What if I could find simple ways to nourish my body?"

UE: "Maybe I can find small actions that increase my enerife."

TH: "I choose to release the belief that I'm always too tired."

Releasing and Reclaiming:

EB: "I'm willing to shift this belief that I don't have the energy to take care of myself."

SE: "I am open to having more energy and vitality."

UE: "I trust my body to give me the energy I need."

UN: "I deserve to have the energy to care for myself."

CH: "I am worthy of feeling energized and healthy."

CB: "I trust that I can create habits that nourish my body."

UA: "I'm ready to embrace self-care as a priority."

TH: "I give myself permission to feel more energetic every day!."

Tapping: "I Don't Trust My Body"

Set-Up Statement

"Even though I don't trust my body, I choose to begin rebuilding trust now."

Acknowledging the Belief

EB: I don't trust my body.

SE: I feel like it's working against me.

UE: I've had experiences that made me doubt my body.

UN: Sometimes I feel frustrated and betrayed by it.

CH: It feels safer to be disconnected from my body.

CB: I don't always listen to what my body needs.

UA: I'm not sure I can trust my body to heal or support me.

TH: What if my body and I could work together?

Releasing Doubt and Fear

EB: What if my body is doing its best for me?

SD: Maybe my body has been trying to protect me.

UE: I am open to understanding my body's signals.

UN: I can learn to listen to my body with compassion.

CH: What if my body is wiser than I've believed?

CB: I release the fear that my body is against me.

UA: I open up to trusting my body a little more each day.

TH: I choose to reconnect with my body's wisdom.

Rebuilding Trust and Connection

EB: My body is doing its best to support me.

SE: I choose to listen to my body with kindness.

UE: I am learning to trust my body's signals.

UN: My body is wise, and I respect its messages.

CH: I am safe in my body.

CB: My body and I are on the same team.

UA: Every day, I trust my body a little more.

TH: I am rebuilding a loving, trusting relationship with my body.

Tapping: "I'm not worth putting effort into my health"

Set-Up Statement:

"Even though I believe, up until now, that I'm not worth putting effort into my health, and I feel undeserving, I deeply and completely accept myself."

Acknowledging the Belief:

EB: "I believe I'm not worth putting effort into my health."

SE: "For what ever reason..."

UE: "I feel like I don't deserve to take care of myself."

UN: "I feel like other things are more important than my health."

CH: "I've been putting myself last for too long."

CB: "I have felt undeserving of making my health a priority."

UA: "I feel guilty when I think about caring for myself."

TH: "I wonder if I can change this belief."

Exploring and Softening:

EB: "What if I am worthy of putting effort into my health?"

SE: "What if I can put myself first and still care for others?"

UE: "Maybe I deserve to feel good and take care of myself."

UN: "After all I am worthy of self-care."

CH: "I am open to treating myself with kindness and care."

CB: "I deserve to have the energy and health I desire."

UA: "What if I am worthy of feeling healthy and strong?"

TH: "I choose to prioritize my health and well-being."

Releasing and Reclaiming:

EB: "I release the belief that I'm not worth putting effort into my health."

SE: "Truth is I am worthy of investing time and energy into my well-being."

UE: "I give myself permission to make health a priority."

UN: "I choose to care for my body and mind."

CH: "I am deserving of a healthy life."

CB: "I embrace self-care as an act of love for myself."

UA: "I am worth the effort to live a healthy life."

TH: "I am worthy of all the health and energy I desire."