

Script #5 Fear that I Can't Change

SCRIPT GUIDELINES

By tapping along, you have read and agreed to the [Disclaimer](#)

Tapping Point	Start speaking	Thoughts/Feelings	Self Acceptance Statement
Karate Chop Point	Even though	I do things that make me unhappy	I deeply and completely love and accept myself
Karate Chop Point	Even though	I often do things that make me unhappy	I deeply and completely love and trust myself
Karate Chop Point	Even though	I feel so disappointed when I do things that make me unhappy	I deeply and completely love and honour myself for my humanness
Top of the Head		These things that I do that make me unhappy	
Eyebrow Point		Sometimes you have to do things that you don't like	
Side of the Eye		But that's not what I'm talking about here	
Under the Eye		I'm talking about doing things that I don't have to do, and I still do them, and it makes me unhappy	
Under the Nose		It makes me unhappy because they sabotage my happiness	
Under the Lip		They sabotage my well-being	
Collarbone Point		But I still do those things anyway, and it makes me feel really frustrated and sad	
Inside wrist		I just feel lousy when I go right ahead doing these things, even though they don't make me happy	
Top of the Head		All of these things that I do, that make me unhappy, and I can't seem to change	
TAKE A BIG BREATH AND RELEASE	Now, if something comes up for you, either physically, (like congestion in your throat), or emotionally, (like, you started off as 'sad', and now you feel angry,) what you would do next is tap on those feelings. e.g. Even though I have this ANGER now, and continue on until you feel calm, then proceed with the script.		
Karate Chop Point	Even though	I have this part of me that wants me to stay the same	I deeply and completely love and accept myself

Tapping Point	Start speaking	Thoughts/Feelings	Self Acceptance Statement
Karate Chop Point	Even though	I have this part of me that resists change, it would rather stick to the familiar than change	I deeply and completely love and trust myself
Karate Chop Point	Even though	I have this part of me that just wants me to stay the same, as painful as that may be	I deeply and completely love and honour myself , even this part of me that is operating off old information
Top of the Head		This part of me that doesn't want to change	
Eyebrow Point		This part of me that resists changing	
Side of the Eye		This part of me that is hanging onto habits I don't want	
Under the Eye		This part of me that somehow thinks it's protecting me	
Under the Nose		This part of me that makes me do things that make me unhappy	
Under the Lip		This part of me that's holding onto old stuff	
Collarbone Point		I'm choosing to talk to that part of me now	
Inside wrist		I'm choosing to talk to that part of me now	
Top of the Head		I'm letting go of the need to be run by this part of me anymore.	
TAKE A BIG BREATH AND RELEASE	Check back in with what's happening for you. Has your level come down? Is there something going on in your body, or thoughts? If so, tap on that before you proceed.		
Karate Chop Point	Even though I have this	Part of me that wants me to stay the same	I deeply and completely love and accept myself
Karate Chop Point	Even though I have this	Part of me that resists change, it would rather stick to the familiar than change	I deeply and completely love and trust myself
Karate Chop Point	Even though I have this	Part of me that just wants me to stay the same, as painful as that may be	I deeply and completely love and honour myself , even this part of me
Eyebrow Point		I am talking to this part of me now	
Side of the Eye		You decided long ago when X happens, I'll do Y	
Under the Eye		But things have changed	
Under the Nose		I choose happiness for myself	
Under the Lip		I don't need that 'Y' anymore	
Collarbone Point		I can make other choices now	