

# Change

## SCRIPT GUIDELINES

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

1. Make sure you give your problem a level, on the scale of 1-10 before you begin.
2. Each time we tap from the Karate Chop Point, through to the second Top of the Head, is called a 'Tapping Round'.
3. Remember, we always acknowledge the problem first, then start to make positive suggestions which are interspersed with the objections your ego mind will give you. Finally we make positive choices so we can move on.
4. Sometimes I refer to 'Loving Presence' in my scripts. This is my expression for the guiding force in life, you can replace it with 'God, Buddha, The Universe, The Field, Source,' whatever works for you.

Tapping Point	Start speaking	Thoughts/Feelings	Self Acceptance Statement
Karate Chop Point	Even though	I don't like change	I deeply and completely love and accept myself
Karate Chop Point	Even though	I don't deal well with change	I deeply and completely love and trust myself
Karate Chop Point	Even though	I don't like change	I deeply and completely love myself and all my feelings around this
Top of the Head		I don't like change	
Eyebrow Point		I get really anxious about change	
Side of the Eye		I just like things to stay the same	
Under the Eye		I don't like change	
Under the Nose		It makes me feel uncomfortable	
Under the Lip		What's wrong with that	
Collarbone Point		I just like the familiarity of things	
Under the Arm		I've always been like this	
Inside Wrist		I just don't like change	
Top of the Head		All of this fear of change	
<b>TAKE A BIG BREATH AND RELEASE</b>	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 another round, saying words about those feelings. e.g. Even though I have this ANGER now, and continue doing rounds until you feel calm, then proceed with this script.		

Tapping Point	Start speaking	Thoughts/Feelings	Self Acceptance Statement
Karate Chop Point	Even though	I don't like change at all, it makes me anxious	I deeply and completely love and accept myself anyway
Karate Chop Point	Even though	I don't like change at all, it makes me fearful	I deeply and completely love and trust myself anyway
Karate Chop Point	Even though	I don't like change at all, it makes me feel ashamed because I don't cope well with it	I deeply and completely love myself anyway
Top of the Head		All of my anxious feelings around change	
Eyebrow Point		All of my anxious feelings around change	
Side of the Eye		All of my fearful feelings around change	
Under the Eye		All of my fearful feelings around change	
Under the Nose		All of my shame around not coping	
Under the Lip		All of my shame around not coping	
Collarbone Point		All of these bad feelings around change	
Under the Arm		All of these bad feelings around change	
Inside Wrist		I just don't cope well with change	
Top of the Head		I don't think I will ever change:)	
<b>TAKE A BIG BREATH AND RELEASE</b>	The last rounds may have brought up a lot of emotion. Keep tapping until you feel calm, then you are ready to start to make positive suggestions. They are interspersed with the objections your ego mind will give you.		
Karate Chop Point	Even though	I don't like change, I'm choosing to understand this is just a belief that I've taken on as my truth	And I deeply and completely love and accept myself
Karate Chop Point	Even though	I don't like change, I'm choosing to understand this is just a belief that I've taken on as my truth	And I deeply and completely love and accept myself
Karate Chop Point	Even though	I don't like change, I'm choosing to understand this is just a belief that I've taken on as my truth	And I deeply and completely love and accept myself
Top of the Head		At some stage I've learned that I can't cope with change	
Eyebrow Point		I wonder who I learned this from	
Side of the Eye		I wonder who I learned this from	
Under the Eye		Maybe I learned it from such an early age that I don't remember	

Tapping Point	Start speaking	Thoughts/Feelings	Self Acceptance Statement
Under the Nose		Maybe I know who I learned it from	
Under the Lip		I'm not assigning blame here	
Collarbone Point		I'm just trying to understand where I got that belief from: 'that I can't cope with change'	
Under the Arm		It's just a belief, that I've taken on board as my truth	
Inside Wrist		I've learned this behaviour, and I can unlearn it	
Top of the Head		I'm willing to change my thoughts around change	
<b>TAKE A BIG BREATH AND RELEASE</b>	Emotions have probably been triggered at this stage, e.g. Tears, feelings in your body, surge of emotions like anger etc. Keep tapping rounds, talking about your specific situation until you feel calm. Then proceed with the next section, where we will start to make some positive suggestions. They are interspersed with the objections your ego mind will give you.		
Karate Chop Point	Even though	I'm willing to change my thoughts around change, I'm feeling a certain amount of doubt	And I deeply and completely love and accept myself anyway
Karate Chop Point	Even though	I'm willing to change my thoughts around change, I'm feeling a certain amount of resistance	And I deeply and completely love and accept myself anyway
Karate Chop Point	Even though	I'm willing to change my thoughts around change, I'm feeling a certain amount of doubt that I'll be able to do this	And I deeply and completely love and accept myself anyway
Top of the Head		I'm willing to choose new thoughts around change, because it's so limiting on my life	
Eyebrow Point		It would be easier to stay the same though	
Side of the Eye		It sort of keeps me stuck though	
Under the Eye		Maybe it will be easier than I think	
Under the Nose		Maybe it would be freeing to not worry about change	
Under the Lip		Maybe it could be exciting to open myself to change, small steps at a time	
Collarbone Point		I'm choosing to ditch this old limiting self belief	
Under the Arm		But I feel so comfortable with the familiar	
Inside Wrist		There must be some 'pay offs' for keeping my life the same	

Tapping Point	Start speaking	Thoughts/Feelings	Self Acceptance Statement
Top of the Head		Maybe it's all about feeling safe	
Eyebrow Point		It will be alright!	
Side of the Eye		It makes me feel vulnerable	
Under the Eye		It might be exciting	
Under the Nose		I want to stay in my safe little world	
Under the Lip		Change makes me feel vulnerable	
Collarbone Point		I've worked hard to create a safe and familiar life for myself	
Under the Arm		I don't know what would happen if I suddenly opened myself to change	
Inside Wrist		Maybe it doesn't have to be sudden	
Top of the Head		Maybe I could just do it in baby steps and see what happened	
<b>TAKE A BIG BREATH AND RELEASE</b>	Check back in with what's happening for you. If something else has come up, just tap it out with a few rounds.		
Karate Chop Point	Even though	The thought of making 'change' into a reality in my life makes me want to run in the other direction, I'm choosing to know that anything is possible!	And I deeply and completely love and accept myself for trying
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Top of the Head		This is scary	
Eyebrow Point		I'm not used to change	
Side of the Eye		Maybe it will be wonderful to make new choices for myself without feeling anxious	
Under the Eye		Maybe it will be wonderful to make new choices for myself without feeling fearful	
Under the Nose		I'm choosing to ditch my old thoughts about change, they're just thoughts!	
Under the Lip		I'm choosing to embrace this healthy new attitude to change	
Collarbone Point		I'm choosing to make this an adventure	

Tapping Point	Start speaking	Thoughts/Feelings	Self Acceptance Statement
Under the Arm		I'm rewriting my program to one of loving change ever now and again	
Inside Wrist		I'm embracing change in my future	
Top of the Head		I'm releasing all of my fears around change, from my body, mind and soul	
Eyebrow Point		I'm releasing all of my fears around change, from my body, mind and soul	
Side of the Eye		I'm releasing them from every part of me, here and now, today	
Under the Eye		I relax in the knowledge that change is safe	
Under the Nose		I always have me, no matter what changes in my exterior world	
Under the Lip		I am always being guided by the Loving Presence in my life	
Collarbone Point		I trust that my world is safe	
Under the Arm		I trust in the big picture of my life	
Inside Wrist		All is well in my world	
Top of the Head		I embrace change with excitement, and take this picture into my body, mind and soul	

**TAKE A BIG BREATH AND RELEASE**

I hope this has helped you. If you have any questions or need a helping hand, please don't be shy! Write to me on my [Facebook Page](#)

HAPPY TAPPING!

