

Losing My Balance

SCRIPT GUIDELINES

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

Make sure you give your problem a level, on the scale of 1-10 before you begin. Remember, we always acknowledge the problem first, then we start to make positive suggestions, and they are interspersed with the objections your ego mind will give you. Finally we make positive choices so we can move on. Each time we tap from the Karate Chop Point, through to the second Top of the Head, is called a 'Tapping Round'.

| Tapping Point | Start speaking | Thoughts/Feelings | Self Acceptance Statement |
|--------------------------------------|---|---|---|
| Karate Chop Point | Even though | I'm having trouble with my balance at the moment | I deeply and completely love and accept myself |
| Karate Chop Point | Even though | I'm having trouble with my balance at the moment, sometimes I feel like I'm losing my footing | I deeply and completely love and trust myself |
| Karate Chop Point | Even though | I'm having trouble with my balance at the moment | I deeply and completely love myself and all my feelings around this |
| Top of the Head | | I'm having trouble with my balance at the moment | |
| Eyebrow Point | | It's really makes me feel uncomfortable | |
| Side of the Eye | | It makes me feel unsafe | |
| Under the Eye | | It makes me feel wary of the way I move | |
| Under the Nose | | All this lack of balance | |
| Under the Lip | | This feeling that I'm going to lose my footing | |
| Collarbone Point | | This feeling that I can't turn without being really careful | |
| Under the Arm | | All these feelings that make me doubt myself | |
| Inside Wrist | | That make me doubt the sureness of my movement | |
| Top of the Head | | All of this lack of balance | |
| 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 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 have this lack of balance, and I'm wondering when it started, the body's very clever, maybe my life was out of balance when it started, I'm choosing to remember when that was | And I deeply and completely love and accept myself |
| Karate Chop Point | Even though | I have this balance issue, I'm choosing to know it's my body telling me something, and I'm allowing myself to remember when it started | And I deeply and completely love and accept myself |
| Karate Chop Point | Even though | I have this balance issue, I'm willing to revisit that time when it may have started | And I deeply and completely love and accept myself, even this part of me that is wanting attention |
| Top of the Head | | I wonder what set this balance thing off | |
| Eyebrow Point | | I've been checked out medically so I know it's not that | |
| Side of the Eye | | Something inside of me is trying to tell me something | |
| Under the Eye | | I wonder what happened last time I 'lost my footing' | |
| Under the Nose | | When was that time | |
| Under the Lip | | It made me wary | |
| Collarbone Point | | I'm going to think about that last time and tap on that | |
| Under the Arm | | That last time I lost my footing made me feel terrible | |
| Inside Wrist | | When was that time? | |
| Top of the Head | | I'm choosing to revisit that time in my mind | |
| TAKE A BIG BREATH AND RELEASE | We are now going to start to put in some positive choices. Make sure your level is down to 2 or less, before you proceed with this next step. Still feeling strong emotions? Simply tap on whatever is still troubling you around this issue, use your own words, and then you're ready to continue with my script, and suggest some positive actions. | | |
| Karate Chop Point | Even though | That last time I lost my footing made me feel terrible, it made me feel sad, it made me feel lost, it made me feel alone, I'm choosing to honor me when I lost my footing | And I deeply and completely love and accept myself |
| Karate Chop Point | Even though | I lost my footing then, I'm still standing, and I'm choosing to release my need to keep worrying about losing my footing again | And I deeply and completely love and accept myself |

| Tapping Point | Start speaking | Thoughts/Feelings | Self Acceptance Statement |
|--------------------------------------|---|--|--|
| Karate Chop Point | Even though | I've lost my footing before, I'm still standing, and I'm choosing to release my need to worry about losing my footing again | And I deeply and completely love and trust myself |
| Top of the Head | | I'm releasing my need to worry about losing my footing again | |
| Eyebrow Point | | I'm releasing this need in me to worry about falling over again | |
| Side of the Eye | | I'm releasing my need to make myself suffer for something that may happen | |
| Under the Eye | | I'm releasing this need in me to keep myself on guard | |
| Under the Nose | | I'm releasing this need in me to hang onto old stuff that reminds me of last time I fell down | |
| Under the Lip | | That reminds me of last time I didn't know which way to turn | |
| Collarbone Point | | That reminds me of last time I lost my footing | |
| Under the Arm | | I'm releasing this need in me to hang onto those things | |
| Inside Wrist | | It's time to let these fears go | |
| Top of the Head | | I'm choosing to find a way to release these fears from my body mind and soul | |
| TAKE A BIG BREATH AND RELEASE | We are now going to start to put in some positive choices. Make sure your level is down to 2 or less, before you proceed with this next step. S 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. imply tap on whatever is still troubling you around this issue, use your own words, and then you're ready to put in the positives! | | |
| Karate Chop Point | Even though | My ego mind has been trying to make me cautious, I'm choosing to give it a new job | And I deeply and completely love and accept myself |
| Karate Chop Point | Even though | My ego mind has been trying to keep me safe by making me wary, I'm choosing to let this part of me know that I don't need that sort of protection any more | And I deeply and completely love and accept myself |
| Karate Chop Point | Even though | My ego mind has been making me feel guarded about my movement, I'm choosing to rewrite that program and tell it I'm fine with my balance | And I deeply and completely love and accept myself |
| Top of the Head | | My ego's been saying, 'watch out, you might fall down again 'and I'm saying, I'M FINE! | |

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|----------------------|-----------------------|--|----------------------------------|
| Eyebrow Point | | My ego's been saying 'watch out, you might lose your footing again 'and I'm saying, I'M FINE! | |
| Side of the Eye | | My ego's been saying, 'you don't want to go to that place again where you didn't know which way to turn', I'm saying, 'I'M FABULOUS AND COMPLETELY BALANCED!' | |
| Under the Eye | | I'm releasing all this fear out of my life | |
| Under the Nose | | I'm releasing my need to hold onto these things | |
| Under the Lip | | I'm choosing to have perfect balance | |
| Collarbone Point | | I'm acknowledging my ego mind and instructing it to know that I'm in perfect balance, right here, right now, today | |
| Under the Arm | | I'm releasing all of my fears around my balance and embracing my life with confidence and poise | |
| Inside Wrist | | I'm releasing all of my old fears around my balance from my body, mind and soul | |
| Top of the Head | | I am choosing to put love and trust of myself back into my heart and surround myself with the knowledge that I'm been backed by all the love and wisdom of the Universe. | |

TAKE A BIG BREATH AND RELEASE

I hope this tapping script has helped shift some things for you. Please write to me on my [Facebook Page](#) if I can help in any other way.

HAPPY TAPPING!

