

## Short Script for Not Knowing What to Say

### **Begin Tapping on the Karate Chop Point:**

Even though I find it hard to know what to say, I love accept and forgive myself

Even though I don't always know what to say when I tap, and I might not be saying the right words, I deeply and completely love and accept myself.

Even though I find it hard to find the right words, I sometimes feel that I don't know enough, I might not be good at EFT, I worry that the words I choose will not be enough, I don't know how to put my thoughts into words, I deeply and completely love accept and forgive myself.

Eye Brow Point	I find it hard to tap
Side of the Eye	Sometimes the words don't come out
Under Eye	Maybe they might not be right
Under Nose	I don't know what words to use
Chin	What if I mess up
Collar Bone	Maybe I need to get help
Under Arm	The words get so mixed up
Top of Head	I find it hard to know what to say

Eye Brow Point	Sometimes its just so hard
Side of the Eye	So hard to know what to say
Under Eye	The words don't come out
Under Nose	I am not sure where to start
Chin	How do I start tapping
Collar Bone	What makes it a good script
Under Arm	How do I know it will work
Top of Head	Maybe I will mess it up

Eye Brow Point      What if I do it wrong  
Side of the Eye      What if I say the wrong words  
Under Eye            It might do more harm  
Under Nose          I had better not be good at creating scripts  
Chin                  I cannot suddenly start knowing what to say  
Collar Bone          What if I mess it all up and do harm to myself  
Under Arm            I will be even more messed up  
Top of Head          I don't want to make mistakes

Eye Brow Point      But maybe it will be ok  
Side of the Eye      After all you cannot implant a negative with EFT  
Under Eye            EFT is all about releasing  
Under Nose          Maybe if I just start playing with it I will become good at it  
Chin                  I don't always have to know everything  
Collar Bone          But I choose to allow myself to find the words  
Under Arm            Whatever words I come up with will be the right words for me  
  
Top of Head          I choose to start believing in myself, Everyone started  
                                 somewhere, I choose to start today, with whatever words  
                                 come up.

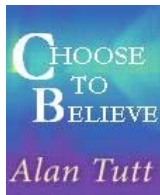


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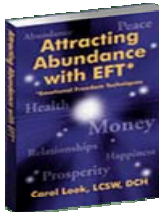
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