

Tapping script for feeling not good enough

Before you start tapping, take a few deep breaths. Allow your body to soften and feel supported in the chair.

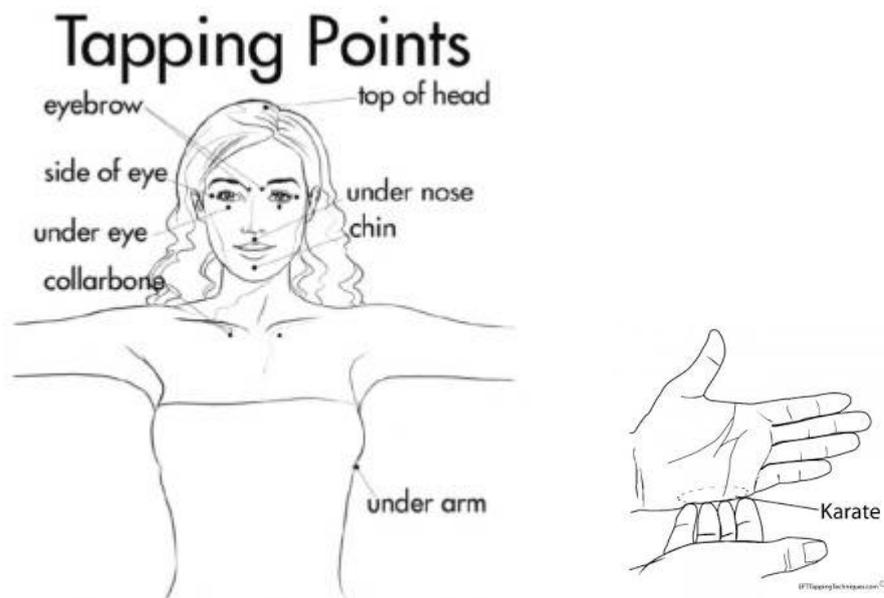
Now place your hand over your belly area. Allow yourself to tune in and feel these feelings of 'not good enough'. What does it feel like?

There might be a sensation, an emotion, a colour, a feeling in your body.

If you were to give this feeling an intensity on a scale of 1-10, 10 being the most intense, what would it be? This is called SUDS. It is helpful to keep a record of the SUDS so you can track them over time.

Now set your intention. What would you like to feel instead of 'not good enough'? Imagine if that was possible, how would that feel differently in your body?

Now take a few more deep breaths and start tapping on the karate chop point.



KC - karate chop point

TH - top of the head

BE - between the eyes (eyebrow on diagram)

SE - side of eyes

UE - under the eyes

UN - under the nose

CB - collar bone

UA - under the arm

F1-5 - squeeze fingertips on the side of the nail

For more information on how and where to tap [click here](#)

KC: Even though there are times that I feel that I'm not good enough, and that makes me feel anxious, sad and angry and want to hide away, I choose to be kind and gentle with myself

KC: Especially because there are times that I feel I'm not good enough because of what happened and my insecurities in this big wide world, I choose to find some way to be kind and gentle with myself

KC: Even though I feel really sad because there are times that I really feel not good enough, I choose to be kind and loving to myself in whatever way I can

TH: Feeling not good enough

BE: It hurts

SE: It makes me feel sad

UE: And angry

UN: And depressed

OC: And like I don't want to do things

CB: And it's an effort

UA: And I'm afraid because people will judge me

F1: I judge me

F2: I'm super critical and that's because I'm trying to protect myself from others criticising

F3: Its better if I criticise myself rather than others

F4: And I do that so well

F5: And it hurts

KC: Think of a specific incident when you last had this feeling: Even though I didn't feel good enough because..... (it didn't work, I got hurt, someone criticized me etc), I love and accept myself just as I am

KC: Even though She didn't feel good enough, I love and accept her just as she is

KC: Even though we didn't feel good enough, I love and accept ourselves just as we are

KC: Even though(your name) didn't feel good enough, I love and accept (your name) just as she is

KC: Even though they didn't feel good enough, I love and accept them just as they are

TH: What if I learnt this feeling from someone else?

BE: What if I learnt this when I was very little because of what someone else did, or didn't do or said or didn't say?

SE: What if this isn't even true and it's something that I live with every day because it is a habit

UE: It's easy to judge myself

UN: Sometimes I make mistakes

OC: Sometimes I do or say the wrong thing

TH: What if I can believe that I'm a good person even when that happens and can be kind and gentle and patient and forgiving of myself

BE: Sometimes life can be hard

SE: Sometimes it feels difficult and scary

UE: And wouldn't it make sense at those times to be especially kind and gentle and patient and loving with myself the best way I know how

UN: What if just for now I could be enough

OC: What if just for now I could hold myself and it was ok to be me

CB: What if I had something valuable to share with the world, my friends, my family, at work because of who I am

F1: Because of what I know and have experienced and been through

F2: There is no one in the world that is like me. Never before and never again will there be another me – with my thoughts, my experiences, my dreams and wishes and my understanding of my life

F3: There can't be

F4: There is just me

F5: And what if that was right now more than enough

Take a deep breath. Take a moment and check on how you are feeling about yourself. Maybe something more specific has come up and you can then choose to work on that directly. Maybe you are aware of a deeper sense of compassion and gentleness towards yourself for your journey as a human being, doing the best you can with what you have learnt and believed.

By using this script and adapting some of the words to suit your specific feelings and tapping every day, you will be able to track shifts and changes in how you feel about yourself.

With love and blessings

jeanne