

tapping script

Even though I'm feeling really _____ right now,
and I can feel it in my _____,
I choose to completely accept myself.

Even though I'm feeling really _____ right now,
and I can feel it in my _____,
I know I'm a great mum anyway.

Even though I can feel this _____ in my body,
I choose to accept all parts of me.

(Feel the emotion while you tap).

This _____ that I'm feeling,
This _____ that I'm feeling,
where ever it has come from, it's OK.
This _____ that I'm feeling in my _____.

(Breathing).

All this _____, It's OK to feel this way.
Now I can breathe, and let it go.

I know I can let it go.
Letting it go. Letting it go.

(Breathing).

I choose peace.