



Tapping Script

Burn-out happens when you don't have a break from emotional exhaustion from personal (work, relationships) or what's happening in the world.

Start with a deep breath

Setup - Tapping on karate chop point:

- ET (Even though) I am emotionally exhausted, I accept myself and all of these feelings.
- ET I'm feeling the stress, overwhelm, anxiety- all these emotions, and my brain seem burned out, I love and accept myself anyway. This is my body and mind trying to adjust to all that I'm taking on.
- ET I feel the tension in my body (fill in the specifics) ...I accept how I feel and I give my body permission to relax.
- ET I'm experiencing this burnout, I acknowledge how hard these things in my life have felt and I allow more ease.

Tapping Points:

- EB (eyebrow) I'm mentally exhausted.
 - SE (side of eye) I'm physically exhausted.
 - UE (under eye) I'm experiencing burnout.
 - UN (under nose) I recognize how hard this has been.
 - UM (under mouth) All this pressure I feel from others.
 - CB (collar-bone) All this pressure I put on myself.
 - UA (under arm) It's safe to acknowledge how I feel.
 - Top of Head. Feeling stuck in these feelings.
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- EB is Feeling safe and grounded. reflect on how you have been giving to others and ignoring your own feelings.
 - SE What are these feelings really about/what is it related to (no right or wrong answer. Allow your body to relax) .
 - UE Have you been putting pressure on yourself and being extra critical. Notice how hard you have been or doubt yourself and notice a new sense of compassion.
 - UN You are looking at things in a new way: Doing the best you can under difficult circumstances. You can be proud, knowing how far you have come.
 - UM- Welcome this new sense of understanding, acknowledgment, and compassion
 - CB Right here and right now you are enough.....it is safe to be You.
 - UA Reflect: is there a decision you can make now to make things easier for yourself. You don't need all the answers now. Just open to any inspiration that brings more ease to your life.
 - Top of Head: Even before making any changes or getting anything done you can feel at ease. Even before doing anything else, you can relax. Allow your body to relax now, more and more.

DEEP BREATH What is your intensity rating now? (Continue if necessary)

- EB Life has been difficult.
- SE But I can do difficult things.
- UE I can find more ease.
- UN I don't need all the answers now.
- UM I am open to inspiration.
- CB Relaxing more and more.
- UA I can't stress myself to a solution.
- Top of head So instead I stay open to inspiration.
- EB It's safe to feel hopeful.
- SE Experiencing more ease.
- UE And it begins by being easier on myself.
- * Adapted from the Tapping Solution.



If you're stuck, don't be hard on yourself, and feel free to reach out for an online EFT session.