



# Tapping Script

FOR RESENTMENT, RAGE, & DISAPPOINTMENT ABOUT PARTNER'S BEHAVIOR

## SETUP

### Karate Chop:

**Even though** I still resent Pat for not doing what I expected or hoped for, I love and accept my true self and the truth that I am stuck in a pattern of allowing this kind of person in my life. I embrace my insight that Pat was doing the best he/she knew how and I was also doing the best I knew how at the time.

**Even though** I may not be completely done raging about what Pat should have done, in my opinion, and how Pat broke a promise to me, I'm choosing to find a way to give myself and find elsewhere what Pat is no longer willing to give me: support, kindness and commitment.

**Even though** I may still resent Pat, I am choosing now to release this remaining resentment, wherever I am holding it and wherever it is distracting and harming me in my mind-body. In place of the resentment, I welcome gratitude and relief that this experience has led me to find a way to give kindness and support to myself now.

## MOVE ON TO TAPPING POINTS

**Eyebrow:** Releasing any remaining resentment wherever it may be stuck. Honoring that this emotion brought to my attention my truth about deserving the best. I get this and now release "the messenger" (this feeling of resentment)

**Side of the Eye:** I choose to move toward what I need and deserve, finally.

**Under the Eye:** Excited about the possibility of feeling better for a long time.

**Under the Nose:** Embodying the qualities I want to attract; honoring myself, being kind to myself and committed to my wellbeing

**Chin:** Looking forward to attracting a person in my life with the qualities I desire, as I learn to radiate support, kindness and commitment, to myself first, and then others

**Collarbone;** Releasing the misinformed beliefs that block me from this nurturing path, including "I'm not deserving of it", "I will do it wrong" , "I will never find it because \_\$#!&@\_\_\_\_\_".



# Tapping Script

**Under the Arm:** Releasing all these untruths which I heard my parents or other 'authorities' say and still believe. It's time to return to the truth that I am already deserving and can most definitely have the quality relationship that I desire. I don't owe anything to this person who betrayed me.

**Top of the Head :** Feeling peace now with this path I am choosing.

**Take deep breath. Recall what he/she did or said or failed to say or do CHECK INTENSITY OF EMOTIONS (resentment, anger) If not zero, continue with.....**

**2<sup>nd</sup> Round (change the name of the emotion if it has changed. ie may be sadness**

## SETUP

### Karate Chop:

**Even though I still have some anger at Pat** re: \_\_\_\_\_ incident or other example --for not doing what I expected or hoped for, I love and accept my true self and the truth that I have been stuck in a pattern of allowing this kind of person in my life. I embrace my insight that Pat was doing the best he knew how and me the best I knew how at the time; he/she was unaware of my need and I was not confident to assert my need in a loving way.

**Even though** I still have some anger at Pat (or sadness) re: \_\_\_\_\_ incident or other example & I don't need this anger, I choose to release it wherever I am holding it and wherever it is harming me in my mind-body.---and instead I am choosing gratitude for showing me clearly why I'm being \_\_\_\_\_ (i.e. outcast, rejected, abused, ignored, betrayed...) I'm not to blame; However, I may have unknowingly allowed or attracted it in some way.

**Even though** I may not be completely done raging (or crying) about what Pat should have done, in my opinion, I'm choosing to find a way to get what Pat is not ready to give: kindness, consideration and commitment---including giving it to myself.

## TAPPING POINTS:

**Eyebrow:** Not making room for me. I'm angry (or sad)

**Side of the Eye:** No room for me. I am grateful to realize it, so I can move toward what I need and deserve, finally—to where the most support is.



# Tapping Script

**Under the Eye:** No room for me and no appreciation for what I've done for this person.

**Under the Nose:** No room for me. Grateful for letting me see that my need for appreciation, loving kindness and support that I absolutely deserve, is not being met here. Excited about the possibility of getting this finally and feeling better for a long time.

**Chin:** No room for me. Remaining anger at Pat (or sadness) about \$%@\*\*#\_\_\_\_\_

**Collarbone;** No room for me in this person's life. Giving space within me for the qualities I want to attract and to radiate: support, kindness and commitment—to myself first; honoring myself, being kind to myself and committed to my wellbeing. Selfish in a good way.

**Under the Arm:** No room for me. Releasing the remaining anger (or sadness) that blocks me from getting what I deserve. Releasing the misinformed beliefs that blocks me from this nurturing path, including "I'm not deserving of it", "I will do it wrong", "I will never find it because \_\_\_\_\_234\*1!@^\$%\*". Releasing all these untruths which I heard my parents or other authorities say and still believe at some level. It's time to return to the truth (100%) that I am already deserving and can most definitely choose to have the quality relationship that I desire.

**Top of the Head :** Feeling peace now with this path I am choosing.

**Deep breath. Check intensity of emotions as you replay what happened. If any remaining, do more tapping to clear to zero. Then celebrate what you did for yourself!**



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