

## EFT Tapping Script for appreciating your body

1. Even though I feel . . . about my body sometimes, I choose to recognize all that it has held for me
2. Even though it is difficult to appreciate my body because . . . I acknowledge my body and all it does for me
3. Even though sometimes I feel . . . with my body, I really do love my body

TH I really appreciate my body

EB And all it does

SE My body is amazing

UE It is such a friend to me

UN It has taken on all the things that I couldn't

UC Because it loves me so much

CB I feel so grateful to my body for doing that

UA I love and appreciate You body

TH Sometimes I feel frustrated or disappointed with my body

EB And betrayed

SE It doesn't always do what I want it to do

UE It doesn't always look the way I want it to look

UN What if I expressed how I felt?

UC Instead of stuffing it into my body

CB My poor body is stuffed with unfelt, undigested emotions and experiences

UA No wonder it feels . . . No wonder it breaks down.

TH Whatever I can't digest or haven't fully experienced

EB Goes into my body

SE But my body finds it hard to digest and assimilate that stuff too

UE And it's nearly impossible to eliminate what hasn't been digested

UN Because it's stuck

UC And that makes me feel . . .

CB How can we help each other?

UA To let go?

TH When I think of all my body does for me and has done for me

EB Tears come to my eyes

SE Tears of appreciation

UE My heart swells

UN With appreciation

UC For my beautiful body

CB I can honestly say, with my hand on my heart

UA I love my body

It's okay for me to like myself. It's okay for me to love myself.

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