

SELF-ACCEPTANCE, SELF-LOVE, OR COMFORTABLE IN MY SKIN?

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1. Imagine a setting you feel uncomfortable
2. Tune into the sensation of being uncomfortable
3. Ask the sensation questions
 - a. What will go wrong if I do this?
 - b. Who is going to judge me if I do this?
 - c. What is the biggest mistake I can make while doing this?
 - d. Who is going to judge me if I make a mistake?
 - e. What proof do I have that this is going to go wrong?
 - f. Who has said I can't be successful at this?
 - g. Who will be disappointed in me if I do this and am successful?
 - h. Who will be disappointed in me if I do this and fail?
 - i. What is the worst possible outcome?
4. Tap for
 - a. I give myself permission to know my worth isn't defined by others
 - b. I give myself permission to know my worth isn't defined by my action
 - c. I give myself permission to know my worth isn't defined by the outcome
 - d. I give myself permission to know my worth isn't defined by others reaction to the outcome
 - e. I give myself permission to know it is okay not to be perfect that this
 - f. I give myself permission to learn from each experience
 - g. I give myself permission to know it is okay that I am learning
 - h. I give myself permission to know it is safe for me to try things I am not good (or good enough) at
 - i. I give myself permission to be gentle with myself
 - j. I give myself permission to grow in to being more capable
 - k. I give myself permission to hold myself to a standard based on what I am capable of
 - l. I give myself permission to learn while taking imperfect action
 - m. I give myself permission to be gentle with myself for not being gentle with myself

