

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

TappingQandA.com

1. Image 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

