

Exploring Overreacting Tapping Script

Use this script when conversations or comments cause emotion without logical reason. This Tapping script is for Basic EFT. It's quick, easy and works great to get you started in self-regulation.

Remember, when Tapping your words are more effective than any script available, so use this as a guide and deviate from the script when your words arise. Begin at any Tapping point and move through by affirming the words below aloud.

What is bothering me about this?

For some reason when _____ said _____ I got all riled up

I totally felt my response getting more reactive and intense

It feels like I'm overreacting

But I really was triggered by _____ comments

I wonder why?

I know a part of me thinks it's not a big deal

But a part of me really gets charged up about it.

It really bothers me when ____ says that

I feel so --- (name feeling/emotion: angry, bullied, controlled)

I don't know why but when ____ said ____

I feel so _____(again name feeling/emotion with energy)

(Continue Tapping and finish this sentence) I feel so ____ because _____

Repeat the exercise if your core reason for overreacting doesn't become clear. If that doesn't work, try the Tapping Made Simple (Basic EFT) worksheet on cosoconsulting.com under Resources (downloads), or email Tijana at info@cosocoaching.com.

So Tijana, I have clarity. What Now?

If you have clarity on why you react and don't want to anymore, then you have more Tapping to do! Check out the Tapping Made Simple (Basic EFT) worksheet or the Tapping Made Simple (Clinical EFT) worksheet.

**Basic EFT does not include the Set-up Statement; isn't confusing like Clinical EFT; It's quick, easy and works great to get you started in self-regulation.*

Remember: Some Tapping is better than NO Tapping.