

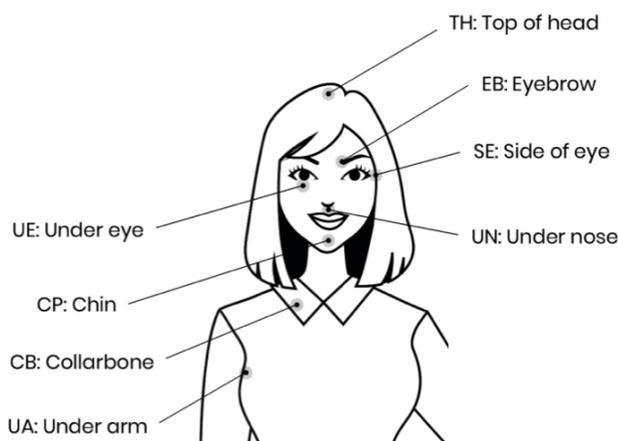
Judgement Tapping Script

Simple Tapping Method

Use this script when that little voice in your head wants to cast judgement a little further than it needs to, aimed at yourself or others.

Remember to use this script as a guide and use your own words when they come to you. Begin at any Tapping point and move through by affirming the words below allowed.

STM Tapping Points



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|--|---|
| <ul style="list-style-type: none"> • Sometimes I can be so judgmental. • I really don't like this trait. • I don't think judging is kind. • I regularly judge myself and don't realize I'm doing it. • As soon as I do something that I feel is wrong, like judging, I start my critical voice judging me! • I don't ever give myself a break. • How sad is that? | <ul style="list-style-type: none"> • Some friend I am to myself. • I would never say those things to someone else. • Why am I so self-judgmental? • Maybe it's an over learned reflex. • Maybe its a safety mechanism from my childhood. • Maybe I had to stay alert to keep things safe. • Maybe I learned to treat myself the way I was treated. • (Who judged you as a child? Express here in your own words if thoughts arise.) |
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Take a deep breath and write down any triggering thoughts or emotions before moving forward.

Time to Dump It!

Try to get back into your body and feel the emotions. Take a deep breath and start tapping again moving through the STM points.

Either way, it makes sense that I judge myself.

Of course I would judge myself.

It's where I came from.

I am wired to judge myself from long ago.

What if I can let myself off the hook?

What if I can catch myself and interrupt the judging reflex and say instead

*****Take a deep breath and keep Tapping**

Thank you for judging, reflex

But I am safe,

I am okay.

and I don't need your help.

I know that I am a good person.

And I am in the process of loving and accepting all of me.

Even the judging reflex.

I am learning to show up as the best version of myself

and truly serving as a gift to the world.

Want more Tapping practice?

For more Tapping tips and opportunities, follow @TijanaCosoConsulting on Facebook, and email info@CosoCoaching.com to invite Tijana to your agency or organization!



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Tijana is a Stress Relief Expert, Speaker & Workshop Leader. She is passionate about helping others create a life with less stress, higher productivity, and greater resiliency. Using evidence-based Emotional Freedom Technique (EFT)/Tapping, Tijana offers live experiential professional development programs, corporate retreats, and also uniquely provides Continuing Education Credits across the nation, which very few EFT Trainers offer.