

Tapping Script for Finding Your Tribe

Tapping on the side of the hand:

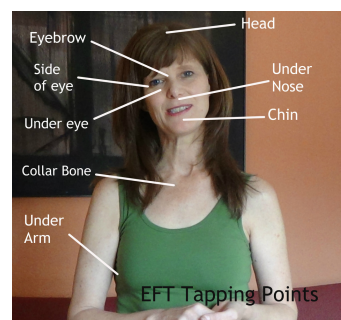
Even though I don't feel I belong, I love and accept myself.

Even though I don't belong, I love and honour myself.

Even though I don't belong, I don't fit in. I haven't found my tribe and sometimes think I never will,

*And even though I don't belong, I deeply and completely love, honour and accept myself,
And maybe even the other people involved.*

Tapping round the points:



*I don't belong *** I don't own this tribe *** I don't have the people round me *** who love and support me *** who I can rely on in the difficult times *** and enjoy in the good times.*

*And a part of me tells me it's not safe to try *** that there have been so many times in the past *** when I've tried to belong *** that I wanted to be part of the group *** and I was rejected *** maybe told outright: 'You don't belong here *** We don't want you! *** You just don't fit in!*

*And I learnt to think of myself as not good enough *** I learnt to mistrust others *** And I carry a lot of wounds *** from the things that people said and did.*

*All this sadness *** from all the times I didn't fit in *** all the times I felt not good enough *** and the times I felt I couldn't or shouldn't be who I am *** that who I am was not lovable *** not acceptable.*

*All this sadness *** all this hurt and pain *** and all this self-doubt *** I'm allowing myself to process this *** honouring the sadness *** honouring the memories *** and honouring myself.*



Moving into the positive, continue tapping round the points:

*And at the same time, I'm allowing myself to know that right now, right here, I am safe ***
That was then *** this is now *** And I have learnt so much since then *** I'm allowing
myself to clear these stories *** and letting myself to know that it really is OK *** to
surround myself with people who love and support me *** who encourage me ***
and lift me up.*

*Because those people are out there *** and I'm choosing to know that it's true *** and I'm
choosing to allow them in *** I'm breaking down the walls that I've put up *** those walls
have protected me in the past *** but I can take them down now *** Healing myself ***
so that I can be open to attracting my tribe.*

Take a deep breath in.

Now, put your hands on your heart, close your eyes and see yourself sitting
across from yourself. Look into your own eyes and say:

*I see you sweetheart.
I see the disappointments, the regrets.
I see the failures.
The rejections and the hurts.
I see the things that are challenging you right now.
With total compassion and love.
I see you, I hear you and I feel you.*

*And I also see the wins,
And the successes.
And the accomplishments.
I see you loved and accepted and valued.
I see what a good job you are doing.*

And finally, say something to yourself that you've been longing for someone to
say to you. Words that you really need to hear in this moment.

Take a deep breath, gently open your eyes, become aware of the space you
are in, put your hands on your heart and smile.

* * *

*To your best life,
Jenny*

