

## **EFT SCRIPT FOR RELUCTANCE TO USE EFT**

### **From Janet Hilts**

Start out by giving voice to the subconscious part of you that resists letting go of this issue. Let the resistance (AKA reversals) have its say, and you'll release your issue much more quickly. It may sound negative, but believe me! It really speeds things up.

**Resistance** (tapping on karate chop point):

Even though I don't want to do this tapping because it might work, and then I'm not sure what I'd do. What if works and I don't keep it up? Then I'll really know that I'm a loser. I'll be so fed up with myself, and I'm already fed up with myself, so I don't want to take a chance. So even though I'm not going to tap on this issue, I still want to love and accept myself.

Even though I don't want to tap on this because maybe it won't work, and I don't know what I'll do if it doesn't work. I've tried a lot of other things. And maybe this won't work. And then I'll feel really upset. If this doesn't work and it has worked for other people, then it means there's something wrong with me. I don't want to give up hope. If I don't try, I don't have to give up the hope that it works. I'd rather just have that hope. At least that still leaves me an option. I'd rather do that than to try tapping and find out that it doesn't work. So even though I don't want to tap on this, I want to love and accept myself anyway.

Even though I don't want to tap on this stuff because I don't want to give up what I've been doing, even though I know it's not serving me well. I just want another chance to do that. So even though I don't want to tap on it, I do want to love and accept myself.

Even though I don't want to tap on this stuff because I should have done it before. Maybe I don't deserve to have this work. I should have done this when I first thought of it and I've been putting it off. And I don't know what I'll do instead if I let go of this stuff. I'm afraid of my feelings, so I don't want to tap because I don't know what I'll do. I'm afraid I might just fall apart from my feelings being too intense. I just don't trust that tapping will work. But I do want to love and accept myself anyway.

Even though for maybe a lot of reasons, or for whatever reason, I don't want to tap, I want to accept and love myself anyway, and that's pretty tough to do right now, because I'm feeling kind of dumb.

**Set up** (rubbing your sore spot on the chest):

Even though I have this tapping resistance, I want to love myself.

Even though I really don't want to tap, here I am doing it anyway, and I'm doing the best I can, the same way I always am, and I appreciate myself for that.

Even though I have this big resistance to tapping, and I know it's good for me and I know it could help me, I remember now that logic has nothing to do with it. So I want to give myself a break and I want to love myself anyway.

### **Tapping:**

Eyebrow:	This resistance to tapping
Side of eye:	My resistance to tapping
Under eye:	My resistance to tapping
Under nose:	Tapping resistance
Chin:	This tapping resistance
Collarbone:	Tapping resistance
Under arm:	This tapping resistance
Liver:	EFT resistance
Wrist:	Resistance
Top of head:	This tapping resistance

Eyebrow:	I don't want to tap.
Side of eye:	I'm not sure what will happen.
Under eye:	Maybe I'll destroy my only hope.
Under nose:	I don't know what I'll do if that happens.
Chin:	I don't want to tap.
Collarbone:	I don't want to take a chance.
Under arm:	What if it does work?
Liver:	What if it works for now, but it doesn't hold?
Wrist:	Then I'll feel like even more of a failure.
Top of head:	I don't want to feel like a failure.

Eyebrow:	I do already.
Side of eye:	But I'm afraid I'll feel like even MORE of a failure.
Under eye:	I don't want to take a chance.
Under nose:	That will feel awful.
Chin:	I already feel ashamed.
Collarbone:	I already feel scared.
Under arm:	I already feel mad at myself.
Liver:	I just don't want it to get any worse
Wrist:	So I don't want to tap.
Top of head:	But I do want to love myself.

### **Set up** (rubbing your sore spot):

Even though a part of me is still holding on to some of this tapping resistance, another part of me is starting to let go, and I want that part to continue. I love and accept both parts of me – the hanging on part and the letting go part.

Even though I'm starting to let go of this resistance, some of it is still hanging around, and I want to respect both parts of me.

Even though a part of me is still resisting tapping, another part is letting it go. I'm doing it! So maybe I want to let go of resisting the other tapping I want to do. I'm not 100% positive about that, but I want to appreciate both parts of me.

### **Tapping:**

Eyebrow:	Remaining resistance
Side of eye:	This leftover reluctance
Under eye:	The rest of the resistance
Under nose:	Remaining resistance
Chin:	Remaining resistance
Collarbone:	Leftover resistance
Under arm:	Remaining resistance
Liver:	Rest of the resistance
Wrist:	Leftover resistance
Top of head:	The remaining resistance

Eyebrow:	I want to release it now.
Side of eye:	I want to let go of this resistance.
Under eye:	No I don't. Are you kidding?
Under nose:	It's not safe to let go of it.
Chin:	I'm afraid I'll lose something.
Collarbone:	It doesn't feel safe.
Under arm:	Oh, maybe I WILL give it a try.
Liver:	Maybe there's a chance it will work out.
Wrist:	That's how I got into this.
Top of head:	I thought there was hope.

Eyebrow:	I might give myself permission to release the rest of this resistance.
Side of eye:	I want to allow myself to let it go.
Under eye:	I am willing to let go of my resistance to tapping.
Under nose:	I want to let this go now.
Chin:	I really do.
Collarbone:	I want to give myself a chance.
Under arm:	I ask my body and my mind and spirit to release this resistance right now.
Liver:	I want to let go of the self-blame.
Wrist:	I want to relax and let go of the resistance.
Top of head:	That's what I want to do.

### **Set up** (rubbing your sore spot):

Even though a tiny part of me is still hanging onto some tapping resistance, a huge part of me has let it go and I respect both parts of me: the little hanging on part and the powerful letting go part.

Even though I still have a little bit of resistance to tapping on this, I am choosing to release the resistance. I am choosing freedom from resistance. I'm choosing to go ahead and tap on that issue. And I appreciate myself for that. I'm doing a great job. And I still respect the tentative part of me.

Even though a little part still has some resistance, the majority of me is ready to move forward and is choosing to release this tapping resistance. And I'm choosing to go with that. I am choosing total freedom from resistance to tapping. And I love and accept all parts of me.

Eyebrow:	This little bit of resistance
Side of eye:	These tiny crumbs of reluctance
Under eye:	This last little bit of hesitation
Under nose:	This tiny bit of resistance
Chin:	This last little push-back
Collarbone:	This final bit of resistance
Under arm:	This little bit of fear
Liver:	This tiny bit of hesitation
Wrist:	This final bit of reluctance
Top of head:	This last little bit of resistance

Eyebrow:	I'm choosing to let it go now.
Side of eye:	I'm choosing to do something really good for myself.
Under eye:	I'm choosing to take a chance.
Under nose:	I'm choosing to take a chance on success with this.
Chin:	I'm choosing to give myself some options here.
Collarbone:	I'm choosing freedom.
Under arm:	I'm choosing to completely release the resistance to tapping.
Liver:	I'm a decisive woman and this is my decision.
Wrist:	To let go of this last little bit.
Top of head:	And I'm feeling really good about it.

Eyebrow:	Any remaining resistance -
Side of eye:	I'm choosing to let it go now.
Under eye:	Any last bit of hesitation about tapping -
Under nose:	You're history.
Chin:	Any final bits of reluctance -
Collarbone:	I'm erasing you now.
Under arm:	Any remnants of fear -
Liver:	You're evaporating.
Wrist:	Any last bit of self-blame -
Top of head:	You are out of here.

Eyebrow:	I'm choosing to tap for myself.
Side of eye:	I'm choosing to use this tool to help myself.
Under eye:	I'm choosing to take a risk.

Under nose: I'm choosing to feel confident.  
Chin: I'm choosing to look forward to things changing.  
Collarbone: I'm choosing to acknowledge my courage.

Under arm: I'm choosing freedom.  
Liver: I'm feeling confident and I love it.  
Wrist: I'm feeling adventurous.  
Top of head: I choose freedom!

GREAT! Now go tap on that thing that's really bugging you. I know you can do it! And I'm pulling for you. If you need some help with it, give me a call or send an email to janet [at] janethilts [dot] com.

Keep tapping!