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SELF WORTH TAPPING SCRIPTS

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Tapping and EFT are new protocols and there is still much to be learned. This book is intended as information only. It is not capable of diagnosis and should not replace emotional, psychological, and/or medical care. Before you add anything new to your life including diet, exercise, or tapping, please consult your primary care physician.

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This participant felt abandoned by their mother and that translated into current feelings of unworthiness around being loved and accepted. This tapping will help for any time you don't feel accepted by others.

I recognize there's a part of me that does not feel I should belong in the family...I'm not worthy to be there...Because I experienced what it was like to be set aside by my mother...A mother is supposed to love her child...A mother is supposed to take care of her child...And because my mother didn't take care of me in the way that I needed...I must have been unworthy of her love...It must have been something that I did...Or who I am...Because if I actually were worthy of love, then I would have received love from my mother...Because that's what a mother is supposed to do...And because I did not receive that love, I believe I am not worthy of it...But I recognize that I am making this judgment, based on my understanding of what the archetype of what a mother should be...On how she was supposed to act...I know that my mother wasn't perfect...She made decisions for lots of reasons...Her turning her back on me wasn't actually about me...Or who I am...Or what I did...It was hard on me...It hurt me...It hurt my development...It was really unfair... I am still impacted by that choice today...I'm having to deal with the consequences of that choice...But that choice was about her...It wasn't about me...That choice does not say who I am... It does not say what I'm worthy of in my daily life...I am worthy of being accepted...I'm worthy of being seen...I'm worthy of being part of a family...Even if my family is far from perfect...I am worthy of a place in my family...I am worth of being here...And I deserve to thrive.

This participant felt rejected by their family. Tap with this if you don't feel connected or accepted by your family.

I recognize that there's a part of me that still doesn't feel like I belong...Which makes sense when I consider my history and the way others behave towards me...It might be that I never fully connect with my family...Maybe I won't ever feel like I completely belong...Because I didn't choose my family...They are just my family...I am an adult...And I get to decide how I connect and how I engage with them...It would be great if I had a really good relationship with my family...I also recognize that it's possible for me to be happy...And it is possible for me to thrive...Even though they don't fully accept me.

This tapping was with a participant who didn't feel like they knew enough to offer their expertise. If you are worried you don't know enough yet, this is a great script for you.

There's a part of me that does not feel I am worthy of these opportunities...Because I don't know enough yet...There's always something more to learn...How can I present myself as an expert if I don't know everything...Part of me really believes that I can't be an expert until I know until I know everything...I know that isn't the way it works in reality...I can learn lots of things from people who don't know everything...I regularly learn lots of valuable things from people who don't know everything...I can feel confident in sharing what I know without having to know everything...I see how easy it is for me to underestimate my own expertise...Because my own expertise is effortless...If it feels obvious to me, it must be obvious... But just because it is obvious to me does not mean it is obvious to everyone...I have so

much to share, even before I know everything...And there is another part of me that's afraid to know everything...Because if I know everything, I'll stop working hard...I will stop trying...I will stop pushing myself forward...I choose to know that it is possible for me to stay motivated...Without having to learn everything...It is possible for me to keep moving forward without constantly being a learner...When I was very young I was partly defined by the fact that I was such a good learner...It's the reason I got attention..It's the reason I had lots of opportunities...So on some level I'm afraid that if I stopped constantly learning, I might lose my standing and my value...It is possible for me to keep moving forward...To be valuable and to enjoy my life...Sharing what I have already learned...Knowing that I can keep learning if I want...But that doesn't define me...It is not what I am all about.

This tapping script was for a participant who felt out of place in her family because she was unmarried while both of her sisters were. This difference meant she didn't feel as connected to her mother and sisters. If you feel like you are on the outside looking in, then tap on this.

I recognize that my life looks different to that of the women in my life...For the women in my family, the women I'm closest to, being married is something they get to share...They have this shared connection and that makes me feel like an outsider...They're not trying to exclude me...But in some subconscious way I am excluded because I don't have that common experience...I don't have the shared vocabulary...And I feel different because of that...It's really difficult to have these women who I am so close to and to feel different to them...I'm close to them in a way that I'm not close to anyone else...And I am excluded from their shared experience...That hurts because it's such

a big part of their experience...It's such a big part of how they exist in the world...There's a part of me that feels desperate because I'd like to have that experience too...I'd like to be connected in that way...I am missing something I would really like to have...I'm constantly reminded of that fact by the women who are closest to me...I also recognize that it isn't the only thing we share...It's not the only way that we are connected...I give myself permission to recognize that I do belong with them...I am truly connected to them...In big and small ways...Because there are connections that I share with all three of them that are unique to each of the relationships...I give myself permission to recognize my worth as a human and a member of this family...Knowing that my value in the family is not defined by my marital status.

The same participant was struggling with not being married, wanting to be married, and feeling bad for wanting to be married. If you feel conflicted about wanting something, tap along with this script.

I know that being married is still a really normative thing in my culture...And because that's the case, people often have trouble seeing past the lens of what they perceive as normative...When they ask me questions about my life, it's easy to feel like they are judging me...Implied that there must be something wrong with me because I'm not married like they are...Suggesting that there must be something wrong with me...Because if there weren't something wrong with me, then I would be normal too...I'd be doing the things that everybody is doing...I also recognize that we are redefining what adulthood looks like in cultural terms...How relationships look...While at the same time cultural values from the time of arranged marriages persist in communities...And our world view is in flux..Living our truth feels difficult

when we bump up against old norms...Creating friction with old standards and the expectations of some in our communities...Part of me knows that I'm making the right choices for myself...And I recognize that I am also negotiating with the part that says I don't belong...I give myself permission to know that I can be truly myself and still be connected to the people I love.

We all want to belong and feel worthy. This is a simple script you can tap on daily to feel better about who you are.

I realize that part of me just wants to belong...Part of me wants to be judged as good...Part of me that wants me to be seen as valuable...And because of this, I am aware that I am constantly evaluating how well I fit in...A part of me wants to know I am like everyone else...It's not a failing on my part...It's a very natural human desire...Humans beings want to be connected...And they want to be loved...And to want to participate with others...I give myself permission to know that I have been made for these desires...I'm worthy to exist...I am worthy to be seen...I'm worthy of being heard...I am worthy of good opportunities...I deserve to be happy and to thrive...And at the same time it is OK for me to struggle a little with that sense...To try to find my place in the world...It is a process and that's OK...Because I have the tools to continue to heal and grow as part of this process.



ABOUT THE AUTHOR



Gene Monterastelli was born in Casper, WY and graduated from the Catholic University of America in Washington, DC. Currently he is a Brooklyn, NY based practitioner who works with clients one-on-one and in groups from all over the world. He regularly leads training on the art of delivery of tapping through TappingArtOfDelivery.com.

He specializes in helping people to use tapping to eliminate self-sabotaging behavior so that they can consistently take the action they want. He has a special place in his practice (and his heart) for families with children who have been diagnosed on the autism spectrum.

Gene is the editor of TappingQandA.com, a site offering more than 1000 free resources on tapping. Since 2009 he has hosted the Tapping Q and A podcast with over 500 episodes in its archive. He is the author of *Surefire Stress Busters*, *How to Save the World and Retire*, and *Comprehensive Anger Management*. He loves to answer the most common (and uncommon) questions about tapping and EFT and can be contacted through his website TappingQandA.com.

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