



LIGHTHOUSE
Counselling & EFT

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Tapping Script: Paperwork Procrastination

Karate Chop: Even though I have this tight anxiety in my chest (or name an alternative body part if you feel it elsewhere) about doing paperwork, I accept that this is how I feel right now.

Karate Chop: Even though I really don't want to do this paperwork and I have this anxiety in my chest, I acknowledge my feelings. I'm still an okay person.

Karate Chop: Even though this anxiety about my paperwork is so strong in my chest, I accept myself and how I feel and I'm open to seeing things in a new way.

Round 1

Top of head: This anxiety

Eyebrow: This tight anxiety in my chest (or name wherever in your body you're feeling it; if you don't know, just say 'this anxiety')

Side of eye: I think about my paperwork and I feel so anxious

Under eye: Even the word 'paperwork' is triggering

Under nose: This anxiety in my chest

Chin: All that paperwork is daunting

Collarbone: I don't know where to even begin

Under arm: The very thought of it makes my anxiety grow

Round 2

Top of head: I can't do it

Eyebrow: I've got too much anxiety about the paperwork

Side of eye: Where do I even begin?

Under eye: This paperwork anxiety in my chest

Under nose: I have a belief that I can't do the paperwork

Chin: Maybe there's another way of looking at it?

Collarbone: I'm open to letting this tight anxiety go

Under arm: Letting it go

Round 3

Top of head: This remaining anxiety in my chest

Eyebrow: It gets triggered every time I think about the paperwork

Side of eye: I've learned to fear it

Under eye: Maybe I can let this fear go?

Under nose: There's so much I have to do

Chin: But I don't have to do it all at once

Collarbone: I'm choosing to safely let this anxiety pass through me

Under arm: I'm choosing to safely let it go.