EFT Tapping Script
Find Clarity

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Finding Clarity

Sometimes in life we don't know left from right. The combination of so many choices, and the fear of making the wrong decision can often stop us in our tracks, leaving us very unclear.

Here are some signs that your client has possibly lost their clarity:

- They find it hard to make decisions
- They are overwhelmed with choices but don't know the correct one
- They want to try something new but are afraid of trying it
- They have way too many thoughts in your mind
- Others are putting pressure on you to meet their expectations
- They are in conflict with someone and don't know which truth to trust

This is a short and deep Tap to help your client create space for clarity in their life as they may often face difficult decisions, feel pressure from others, and aren't sure how to trust themselves - resulting in self-doubt and confusion. This powerful session creates trust and confidence within so that they can listen to their inner truth and approach life with the answers they need.

How to Use this Tapping Script

- As you go through this script with your client, move through the Tapping points and encourage them to breathe deeply throughout the session. You can move onto the next Tapping point every few sentences or as you intuitively feel.

- Follow the italicized script in a call and response style, i.e. when you're guiding someone through a session and you ask them to repeat what you say throughout the session.

- The regular text is a visualization suggestion for guiding clients into deeper integration with their physical bodies. You can feel free to use your own visualization verbiage here as well.

- The blank lines are the spaces where your client verbally expresses the appropriate feelings, thoughts, and beliefs, etc. to match their experience.

To learn more about Tapping basics, whether you're a beginner or a seasoned Tapper, **click here** to learn the basics or brush up on your skills. See the detailed chart below for the Tapping points to follow along with.

Dream Awake Tapping Points

Tapping Script

Even though I'm feeling really _____ right now, I love and accept myself.

Even though I really feel _____ about _____, I love and deeply accept myself.

I really feel _____ about _____ and I don't know how to find the right answer.

I don't know what to do.

I feel really lost. I forgive myself for not having clarity right now.

I forgive myself for not knowing.

I forgive myself for not knowing.

I'm still a good person.

I'm still worthy of love, even though I'm really _____ about _____, and I don't know how to find clarity.

I love and deeply accept myself exactly as I am.

Even though I wish I knew the answer, even though I wish I knew the answer to _____, and I don't know what it is, I'm open to accepting myself anyway.

I accept myself in this _____ place.

It doesn't make it right, but I accept that I'm _____ right now.

Tune into any confusion, any block that you're having, that you're feeling about this area of your life. Just tune to how that feels. What's the texture of it?

I forgive myself for feeling _____.

I forgive myself for struggling with _____.

Just feel into that struggle, lean on the edge of it, allow it to make you feel really uncomfortable - just for a moment, because the way we clear it, is through feeling it.

So just feel the uncomfortability right there, lean into it. Get on the edge of it.

Take a big deep breath, release a big sigh.

I forgive myself for being so confused.

Part of me thinks I may never know what to do.

I may never know what to do, and I love and accept myself anyway.

Even if I never figure this out, even if I remain blocked for the rest of my life, I'm open to loving and accepting myself anyway.

Even if this never changes, even if I stay stuck forever, I'm open to loving and accepting myself anyway.

It's possible that I'm still a good person. It's possible that I'm still worthy of love.

Even though I've been really struggling with _____, I'm forgiving myself for all this struggle.

Tune into how hard you've been on yourself, how much you've blamed yourself, how much you've put yourself down, how much you've compared yourself to others, how afraid you've been, how much you've been holding yourself back.

Feel into how you've been doing that to yourself and just hold yourself in so much compassion and forgiveness right now. Really hold yourself in that empathy that you deserve.

And as you feel the struggle, feel yourself just wrapping it up with so much empathy and forgiveness, so much love, so much softness. Take a big deep breath, release a big sigh.

I forgive myself for not knowing. Part of me doesn't want to know.

Now what could possibly be a reason for why you would not want to know how to move forward? Could it be that you may have to change? Could it be that you may have to do something that's uncomfortable? Could it be that you have to stand up in a new way? What would happen if you changed? What would happen if you took a leap of faith in this area? What would that mean for you that could possibly be even scarier than looking at it?

I'm afraid of _____, and that's why I don't have the clarity.

I'm afraid of _____, which is why I really don't want to know.

Because if I find out I may have to _____.

If I find out I may have to _____, and that's really scary.

I'm really scared that I may have to and just name what it is_____. Take a big deep breath, release a big sigh.

I forgive myself for being afraid of this.

I forgive myself for not wanting to know.

And I can hide from knowing the truth as long as I want to.

But part of me just wants to have clarity.

I'm open to finding clarity now.

Even if it means I have to _____.

Even if it means I have to _____, I'm open to finding clarity because I just want to know what my truth is.

I'm ready to give it a try.

Even though I'm really afraid of what I might have to do, I just want to know my truth.

I'm done with hiding from the truth.

I'm done with not knowing the truth. I'm ready to really look at it now.

So I can move on in my life.

I'm ready to look at the truth now so that I can move forward in my life.

It's possible I'm in a safe place to know my truth now.

It's possible I'll feel better if I know my truth.

It's possible I'll know how to move forward if I honor my truth. I'm ready to have the clarity that I desire. And I'm open to dealing with whatever comes up as a result of it.

I love and deeply accept myself exactly as I am. And I can take my time with this. No matter what the answer is, I can take my time with this.

Tune into the question that you have there. Tune into the fear of knowing what the answer to the question is. Take a big deep breath, release a big sigh.

I love and deeply accept myself.

Tune into the question once more. And what is it there that's blocking it for you? What's the feeling there? What's the emotion there? What does it feel like that's blocking you right now?

It's like _____.

It feels like _____. I love and accept myself even though the block feels like _____.

What's the texture? Take a big deep breath, release a big sigh.

And I never have to find out the answer. I can take it to my grave if I want to. I don't have to find the answer in this life. I don't have to see the answer in this life.

I never even need to look for the answer. Just feel what that feels like. If you continue to avoid it, continue to feel overwhelmed by it for the rest of your life. Just feel what that feels like for the rest of your life. Take a big deep breath, release a big sigh.

I'm ready to find out now. I'm ready to know my own truth.

I don't want to wait forever. I'm ready to find out right here, right now what my truth is. I'm open to trusting what my truth is.

It's possible if I trust my truth, I'll know my way out.

It's possible if I trust my truth, I'll be more taken care of.

Does that sound right to you? Sometimes we're afraid of knowing, but actually if we know the truth and we continue to know the truth, do you think that we'll be more taken care of than if we don't know the truth? So actually knowing the truth brings more safety versus avoiding the truth. By knowing the truth we know what our next steps are. We know what's right for us. By not knowing the truth, we're always guessing and constantly afraid.

I'm open to knowing the truth and trusting my truth. I'm ready to trust myself now. I'm ready to trust who I am.

I'm ready to trust my own clarity.

I'm ready to trust what feels right to me.

I'm ready to trust what feels good to me.

I'm ready to follow my true impulse and what feels really exciting to my being.

It's possible that's where my clarity is.

I'm trusting my truth now. And that makes me feel really clear.

Tune into your life right now, tune into that challenge that you're having. Tune into the question you have and tune into what feels really good for you. What feels really exciting or what feels really authentic and organic to your growth.

I'm ready to trust my truth in _____. And my truth is _____.

My truth is _____, and I'm going to _____, and I'm trusting myself in the process.

It's possible I'll be all right each step of the way. I'm ready to give it a go and grow and learn. I can do this.

I'm ready to do this. I'm ready to trust myself. Big deep breath, big sigh.

I want you to tap all over your body right now and tell yourself what you are worthy of in this area of your life. So whatever the challenge was, wherever the confusion was, what are you worthy of? Are you worthy of love? Are you worthy of protection? Are you worthy of safety? Are you worthy of more care? Are you worthy of ease and grace? What are you worthy of in this situation? I'm worthy of and name what it is out loud. And I want to hear 10 of them.

I'm worthy of _____. *I'm worthy of* _____.

How does it feel to say that you're worthy of that? How does that change how you perceive the situation when you know you're worthy of those things?

It makes me feel _____.

After 10 affirmations claiming your worth: Just closing your eyes for a moment, resting your eyes, tuning into the spaciousness within your being, letting it all go just for a moment. Feeling into the breath as it rises and falls. The subtleness, the softness in your mind, the gentleness of the field around you.

Just bring that question once more into your mind and then just softly and gently feel what the answer is, knowing that all is well no matter what the answer is, knowing that as you listen to that inner truth, you are being directed to your highest expression and that you can trust the answer. Now, as you trust the answer, you were guided to more and more miracles, more and more greatness.

Take a deep breath into that answer. Now, expand it into your being. Exhale, big sigh.