



SCRIPT WORK SHEET FROM HUMAN PERSPECTIVE

If are working on you or are trying to help someone move past someone with an animal challenge, these work sheets really help. There may be more discoveries through each round of tapping, so print out a few work sheets!

If you are working on your own situation with your animal companion, or a friend/client's situation, identifying all of the emotions are really important. Unlike animals, we can have several emotions attached and layered into a challenge.

At the end of the script, you want to have a vivid picture with delicious feelings attached! Let it be a dreamy outcome!!!!

The words on the page are as important as the emotions involved. You can step away from this script, it is simply a structure to begin with. The gold of tapping is discovering the emotion and tapping on that!

SCRIPT WORK SHEETS

When _____ happened, I felt _____.

I continued to feel _____ because _____.

People around me thought I was _____.

Which made me feel _____ because _____.

It didn't seem _____

It seems like everyone else is _____

And there I am _____

It makes me feel _____

I can't stand feeling _____

It reminds me of _____

And I felt really _____

It's so _____

I just can't do it anymore. What I really want is

