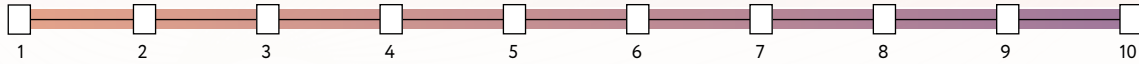


EFT Recipe for Self-Sabotage

Before we dive into the script, consider something you really want in your life, and then consider this statement in relation to it: **"I self sabotage."**



On a scale of 0-10, how true does that feel for you? 10 would be the strongest feeling.

Setup: Even though I self sabotage, I still deeply and completely love and accept myself.

The script for the EFT points (about one statement per point):

This pattern of self sabotage.

When I really want something or set a goal, I seem to find a way to sabotage my potential success.

When I really want something, I seem to find a way to not have it.

This is a pattern that I've had for a really long time.

I wonder why I have this pattern.

I'm curious why I self sabotage.

And as we tap on this point, I want you to tune into your own pattern of self sabotage. If it feels like a newer pattern, or if it feels very familiar, like you've had it for a long time, I want you to tune into how and when the self sabotage pattern kicks in for you. Beautiful. And let's keep tapping.

Perhaps this pattern is just trying to protect me.

Perhaps this self sabotaging behavior is just a part of me.

That's trying to protect me from something.

Maybe my inner saboteur is actually a protector.

And on this next point, as we tap here, I want you to tune into how your inner saboteur is trying to protect you and what your inner saboteur, which will now call the protector is trying to protect you from

I'm open to the possibility that now that I have this awareness, I can stop protecting myself with this awareness.

I can make sure that the protector has the reassurance that it needs to let its guard down.

I am ready to get what I want.

I am ready to achieve my goals.

I deeply and completely love and accept myself.

Take a few deep breaths.

Now that's you've tapped through self-sabotage, consider the setup statement again:

"I self sabotage." On a scale of 0-10, how true does that feel for you after tapping?



Did you come to any new awarenesses?

How can you embody those new awarenesses moving forward?

I hope this practice served you. You can repeat the practice if you feel there is more to explore too.