

Tapping script to release resistance to connecting to and using your intuition

Let's do this on doubting our Intuition and intuitive self. we know it's OK to have a little bit of fear and doubt in our mind so we feel uncomfortable but do it anyway. Just close your eyes and think about a time when you think you had an intuitive hit and doubted it or discredited it and then wished you had listened to it. Notice the regret that comes up when you think about it. You know you can trust these nudges, they are showing up to help you. Think about continuing to discredit yourself and your inner gifts and give it a number from 0 to 10 and we'll start tapping.

Side of Hand: even though I know I can trust my intuitive self even though I know I can trust my intuitive self and I'm really doubtful and I'm really doubtful I accept myself and all of these feelings I accept myself and all of these feelings even though I've been doubting my intuition even though I've been doubting my intuition because I can't feel sure because I can't feel sure I accept myself and these feelings I accept myself and these feelings and I'm open to doing it anyway and I'm open to doing it anyway even though I've been doubting even though I've been doubting and I've been discrediting it and I've been discrediting it I know how hard this has been and honor how hard this has been and I'm open to doing it anyway and I'm open to doing it anyway

Eyebrow: all of this doubting all of this over doubting

Side of the eye: all of this discrediting all of this discrediting

Under the eye: part of me knows I have these gifts part of me knows I have these gifts

Under the nose: part of me is ready part of me is ready

Under the mouth: a part of me is doubtful and part of me is doubtful

Collarbone: and I make room for all these parts with me and I make a room for all these parts of me

Under the arm: I can be really distrustful I can be really distrustful

Top of the head: and really really doubtful and really really doubtful

Eyebrow: there's room for all of these feelings there's room for all of these feelings

Side of the eye: and maybe once I get started and maybe once I get started

Under the eye: it's easier than I thought it's easier than I thought

Under the nose: maybe it's not maybe it's not

Under the mouth: but I am doing it but I'm doing it

Collarbone: and I'm proud of myself for doing it and I'm proud of myself for doing it

Under the arm: regardless of the outcome regardless of the outcome

Top of the head: I'm so proud of myself for trusting myself I'm so proud of myself for trusting myself

Notice how that feels. What score would you give it now?

