

## Camera anxiety script - EFT Tapping

On a scale of 1-10, what number is it at for you right now?

Tapping creates the apex affect which basically makes you forget you were anxious at all.

example: 6 to start, 7 after the first round, 5 after second round, 4 end

Go through 3 rounds.

Karate chop 3x

"Even though I am anxious about being on camera, I deeply and completely love and accept myself."

"Even though I am anxious and nervous about being on camera, I deeply and completely love and honor myself."

"Even though I am worried, freaking out, and super nervous about being on camera, I choose to love and respect myself."

Top of eyebrow by third eye

1-"I am so anxious and nervous"

2-"This stress, nerves, worry and anxiety is so uncomfortable"

3-"I am happy to now step into that version of me that I believe in, that is empowered and confident and ready for this visibility"

Side of the eye

1-"I am so nervous and I'm anxious, I want this to go well"

2- "But I've gotten through this before"

3-"I choose to know that I have been successful before and I am proud of myself"

Under the eye

1-"What if the worst happens, what if I embarrass myself or someone else"

2- "And I know being on camera is just a few minutes of my life, it doesn't last forever"

3- "I choose to see this moment as safe"

Under the nose

1-"What will I do and how will I handle it, what if they hate me"

2-"Maybe I can make it through this, I offer so much value"

3-"I choose to be calm, confident and relaxed now"

Your chin

1-"It's all up to me and I'm feeling really overwhelmed right now and I just don't think I can do this"

2-"Maybe no matter what happens I will be okay, I've even been embarrassed before in the past and lived through it, I was okay"

3-"There is so much value in me sharing this video, there are people that need to hear this and I am proud of myself for showing up for them and for me"

Collar bone

1-"I wish I could calm down but I'm freaking out"

2-"I honor myself, my value, my training and can now choose to accept myself and being on camera fully and completely"

3-"It feels good to take a break and feel calm and confident"

Underarm

1-"I'm so nervous and I'm anxious, what if they hate me, what if I make people angry and I embarrass myself"

2-"I know I can calm down and I welcome that shift"

3-"I embrace this feeling of calm and confidence fully. It feels good to love and accept myself, to know that no matter what, I am ok"

Top of head

1-"I wish I could push this away but I just can't, I'm too nervous"

2-"There is a version of me that knows I have what it takes"

3-"I choose to accept myself and being on camera completely. This new feeling is amazing, it feels exciting and I choose to stay in this strong and loving feeling"

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Deep breath, another.

Now measure on a scale of 1-10 how are your nerves about this filming?

If it is above a level 5, do this tapping again until you are down to a 2 or lower.

Good work.

Remember this quote from Eleanor Roosevelt -

"In the long run we shape our lives and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our own responsibility." -Eleanor Roosevelt

Be proud of yourself for making the choice of doing the hard thing!