

'I am not good enough'

Repeat 'I am not good enough' and feel the intensity, give it a number 0 being no intensity and 10 being highest. Then tap the following really tuning into the feeling.

KC - Even though I know I don't feel like other people, I love and accept myself

KC - Even though I can't say no, I am okay

KC - Even though I never stand up for myself, I love and accept and forgive myself.

TH - I know I don't feel like other people

EB - I can't say no

SE - I never stand up for myself

UE - I just don't feel good enough

UN - I am not good enough

CH - I feel worthless

CB - I don't know why I feel like this

UA - but I am willing to let these beliefs go I am learning to believe in myself

Check in to see how you feel. Is the intensity still high? If it is above 3, repeat the negative tapping. When it is below 3, then move onto the next positive round.

TH - I am letting go of all these feelings

EB - and learning to love and accept myself

SE - I choose to love myself exactly as I am now

UE - and as I love myself more

UN - the excess weight just falls off

CH - It is safe to let go of my excess weight

CB - I deserve love and happiness

UA - I am safe and ready for change

Deep Breath

Now repeat the statement 'I am not good enough' and notice if the intensity has gone down. Just see what number comes to mind and then tap again until it gets down to 1 or 0. Remember you can come back to this another day.