

Self-Compassion EFT Script

This EFT (Emotional Freedom Techniques) script moves you from self-criticism into self-compassion. Tap gently on each point while speaking the phrases aloud. Notice your breath slowing and your body softening with each round.

Setup Statement

Tap the side of your hand while repeating each statement three times

Begin by finding a quiet space where you can focus on your breath and body. This gentle practice will guide you toward a more compassionate relationship with yourself, replacing harsh inner criticism with nurturing support.

Setup Statement 1

"Even though I keep judging myself and feel like I'm never enough, I deeply and completely accept myself."

This first statement acknowledges the pattern of self-judgment while creating space for acceptance. As you tap the side of your hand, allow yourself to feel the weight of these words without trying to change anything immediately.

- Repeat this statement three times while gently tapping the karate chop point on the side of your hand. Notice any sensations or emotions that arise.



Self-acceptance doesn't mean giving up on growth—it means creating a foundation of safety from which real change can happen.

Setup Statement 2

The Statement

"Even though I think I should be further along, I choose to be kind to myself."

This phrase addresses the common struggle with timeline expectations and perfectionism.

The Practice

Continue tapping the side of your hand while repeating this statement three times. Feel the shift from "should" to "choose"—from pressure to possibility.

The Intention

This statement plants seeds of self-kindness, creating space for a gentler approach to personal growth and development.

Many of us carry unrealistic expectations about where we "should" be in life. This statement helps release that pressure while opening the door to self-compassion as a more sustainable path forward.

Setup Statement 3 & Tapping Sequence

"Even though I carry this heavy weight of self-criticism, I'm open to the possibility of compassion."

Complete the setup with this final statement, then move into the full tapping sequence to release self-criticism and embrace compassion.

Releasing Self-Criticism

- **Eyebrow:** All this pressure I put on myself
- **Side of Eye:** This voice that says I'll never measure up
- **Under Eye:** I feel the shame in my body
- **Under Nose:** This constant judgment weighing me down

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Opening to New Possibilities

- **Chin:** I've believed criticism equals progress
- **Collarbone:** What if that belief isn't true?
- **Under Arm:** What if compassion could fuel me instead?
- **Top of Head:** I don't have to whip myself into success



Positive Reframe Round

Move into affirmations that anchor compassion and strength, tapping through each point while breathing deeply.



Daily Practice

Use this script daily or whenever the inner critic gets loud. Breathe in compassion, exhale judgment.

- ✔ **Closing Affirmation:** "I am my own ally, not my enemy. I walk beside myself with compassion, encouragement, and courage. From this place, my growth is sustainable, my energy is renewed, and my future expands."