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## **EFT Tapping Mini Series - Create Supreme Self-Confidence**

Hi, this is Kate Hartley from [www.flourishtherapy.co.uk](http://www.flourishtherapy.co.uk). In this tapping meditation, we're going to explore how confidence affects every aspect of our lives. The main problem that holds people back from achieving their goals in life is a lack of confidence.

If you're just learning about tapping and how it can benefit your life, take a look at my Tapping Introduction article first before starting on this meditation. You can find the Tapping Introduction article by going to [flourishtherapy.co.uk](http://flourishtherapy.co.uk) and clicking on the self-development articles link at the top of the page.

### **How a lack of self-confidence holds us back in life**

A lack of confidence keeps us stuck in our comfort zones, whereas healthy confidence helps us take on challenges, helps us be our best in life and fosters a growth mindset.

You'll find that even the most outwardly confident of people sometimes have a nagging self-doubt that nips away at their enthusiasm to take on new challenges. Personally, I love taking on opportunities, but when I'm tired or feeling overwhelmed, that self-doubt critic can start chiming in.

### **Stop comparing yourself to others**

This is one reason why I stress to my clients that comparing ourselves to others is one of the worst things we can do. While we're bombarded on a daily basis on social media of everything sparkly that people want to announce to the world, this isn't a true reflection of real life. You have no idea of the amount of outwardly confident people I list among my clients who have serious self-doubt and relentless inner critics. So, rest assured, you're not alone.



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## **No-one is born an expert**

Remember that no-one was born an expert – except for in survival and following our natural instincts. Everyone who you admire in your life has learned how to do what they have become expert at. You need to believe in yourself, that although you may make mistakes at first, gradually with faith and work, your mistakes will get less and less. The same applies for taking on new challenges – perhaps deciding to change career, change your relationship, change your lifestyle. All these changes require a certain level of inner confidence ... a faith in yourself that you'll manage it somehow.

## **Perfectionist tendencies hide a lack of self-confidence**

I find that a lot of perfectionist tendencies are rooted in a lack of confidence. Even though this type of personality trait, from the outside, seems to always be attacking new challenges, heading along with gusto into new experiences and working their socks off to get there, often a perfectionist is driven due to a lack of self-confidence.

## **You just keep on striving ....**

They doubt their abilities in achieving the goals they strive for. When they reach one goal, they immediately move on to the next challenge without so much as a well-earned pat on the back. The reason for this constant striving for the next goal is because they have a deep-seated belief that they're still not quite good enough. So even though they've just climbed Mount Everest, they think that they could have climbed it quicker. Even though they've just made the position of CEO, they have a nagging voice inside their head saying they were just lucky and maybe they were the best of a bad lot. Even though they just got straight As in their exams, they wonder if the examiner may have marked them wrong.



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A lack of self-confidence can be deeply hidden within your psyche so deeply that you don't know it's there.

### **Tapping to boost your self-confidence**

That lack of self-confidence is what we'll be tapping on today. Many people don't realise they have this problem, they just exhibit a certain behaviour, but they do have a lack of self-confidence – is this you? So, give this tapping a go and be surprised at how effective it is in changing how your inner talk becomes kinder, how you value yourself amongst those you admire the most, how you simply feel happier in your skin.

### **Be flexible in your approach**

Remember, if some of the words I use don't sit with you well, just change them for words and phrases that suit you better. While you're tapping, be aware of any emotions, memories, thoughts or sensations that may arise so that you can bring them into this tapping meditation or so that you can tap on them in your own time afterwards.

Remember, tapping is a fluid and flexible approach. There are no set rules about what to say and how to say it. First of all, you will focus on the negative experience and accept and honour yourself for being the natural human being you are in totality. Next, you'll focus on the positives of no longer having the negative energy as you work on welcoming in a positive mindset that will give you supreme self-confidence.

### **Be specific**

Be as specific as you can be for each round of tapping you do. That means, use the language which suits you best and really focus on the emotions surrounding the memory you are tapping on. It might be that you need to tap



several rounds if a memory has several facets to it. The more honed in you can be, the better. If, like many people, you have a mix of negative memories and emotions, take each one in turn and tap on them individually.

### **The negative memory**

So, you'll start by focusing on the negative memory first. Recall a time in the past where you told yourself you could have tried harder or you just think you were lucky to have achieved what you did. Give it a number between 0 and 10 where 10 is the worst it can possibly feel.

Once you're feeling well connected to the memory, take a deep breath in through your nose, hold it a few seconds, then release it slowly through your mouth. Repeat the deep breathing another two times. As you're doing your deep breathing, focus on feeling grounded within your body. I'll leave some time at the end of each of my comments in case you want to either repeat the same or add your own words which might resonate with you better.

### **Set-up phrase**

And start by tapping the karate chop point on the side of your hand.

SH: Even though I doubt my abilities, I love and accept myself.

SH: Even though I have so many doubts about whether I can achieve new goals, I deeply love and honour myself.

SH: Even though I compare myself to others, I accept myself fully.

### **First round of EFT tapping**

Eyebrow: This doubt.

Side of eye: I feel unsure of my abilities.

Under eye: I believe I lack focus.



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Under nose: I know I could have done better.

Under mouth: I could have tried harder.

Collarbone: I was just lucky.

Under arm: I'm not intelligent enough.

Top of head: I find it hard to achieve things unlike everyone else.

### **Second round of EFT tapping**

EB: My lack of ability frustrates me.

SE: I'm afraid of failing.

UE: My limitation mindset.

UN: I'm afraid of looking like a failure.

UM: I focus on what might go wrong.

CB: My lack of self-belief is keeping me trapped.

UA: I disappoint myself.

TH: My lack of self-belief is limiting my success.

### **Third round of EFT tapping**

EB: I'm afraid I won't ever have true success.

SE: I worry that I'll make myself look stupid.

UE: I'm afraid people will think I'm a pathetic phoney.

UN: I feel stuck inside my limited thinking.

UM: I always mess up when I try new things.

CB: I just don't know where to start.



UA: I should learn more about things before I try and do them myself.

TH: I'm afraid of failure, I'm a failure.

### **Uncovering the lack of self-confidence**

You might find that when we started the first tapping round, you were unemotional about it, but as we progressed how did you feel? A lack of self-confidence is generally founded within a deep pit of negative self-talk. What holds you back? It's not the lack of self-confidence as such, it's more likely to be a fear of failure, a fear of what people will think if you don't achieve your goal. Better to stay safe and stuck in your comfort zone than branch out and try something new. Is that how you speak to yourself, honestly?

### **Checking in**

So, take a deep breath in through the nose and out of the mouth and let it go. Check in with the original negative emotion and see how it's feeling now.

If the value went up, brought up new memories or stayed the same, continue tapping on the negative emotions associated with the memory and remember to use as many of your senses as possible that relate to the negative memory. Experience the memory in as much detail as you can while you go through your rounds of negative tapping.

Has the value gone down? Have you managed to get it below a value of 5? If you have, you're ready to do three positive rounds of tapping.

### **Tapping sequence – positive statements**

#### **Set-up phrase**

Tapping the side of the hand:



SH: Even though I realise I've been speaking cruelly to myself, I love and accept myself now.

Two more times, still tapping on the side of the hand:

SH: Even though I was punishing myself, I know I am worth more than that.

SH: Even though I didn't know how deep this ran, I'm a normal human and I love myself.

### **First round of EFT tapping**

Now we start tapping through the points.

EB: I am more resourceful than I think.

SE: I have achieved so many amazing things in my life!

UE: I choose to look at my challenges with optimism.

UN: I am discovering my adventurous spirit.

UM: I open my life to new opportunities.

CB: I choose to break free of my limiting beliefs now.

UA: I know I can achieve my goals.

TH: I accept I have been punishing myself with my negative self-talk.

### **Second round of EFT tapping**

EB: I am rarely kind to myself.

SE: I am starting to treat myself with compassion.

UE: I am forgiving myself for talking cruelly.

UN: If they can do it, so can I.



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UM: I am feeling calmer now.

CB: I am feeling more secure now.

UA: I focus on what I have already achieved.

TH: I am open to new opportunities and challenges.

### **Third round of EFT tapping**

EB: I'm part of humanity and I'm so proud of my contribution.

SE: I'm living my life brightly from now onwards.

UE: Who cares if I mess up occasionally? It's normal.

UN: I'm excited about exploring new opportunities.

UM: I love being the unique me that I am.

CB: It's about time I allowed myself to shine, for me.

UA: Sometimes I screw up, sometimes I get it right. I'm human and it's normal.

TH: I'm unique, I'm special and I'm ready for new challenges.

### **Checking in**

Take a deep breath in through your nose, hold it for a few seconds and out through your mouth. How are you feeling now? It may take a little while to notice the differences, but you will feel the change occurring as you start now to have a growing awareness about the availability of your resourcefulness.

When you start to do tapping, it can lead to much greater clarity so that you get an even deeper understanding of your issues around your lack of self-confidence.





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You're making room for new possibilities which will help you feel the way into allowing the flow of self-confidence to come into your life, to give you the opportunity to take on new challenges with vigour and optimism.

So, I'm going to let the music play on for another 5 minutes or so. If you want to do some more tapping, stay relaxed and go with what feels right for you. Don't worry about using the right words and if you miss a tapping point, just keep going. Enjoy this time now, it's your time. You may just want to sit quietly and focus on your mind and body. Remember this is your time, so make the most of it.

Until next time, this is Kate Hartley from <http://www.flourishtherapy.co.uk>