

# VERTICALIGN

— POSTURE COACHING —

## EFT for PAIN Tapping Script

[Watch the video here](#) to view exactly where on your body to tap

### Notes:

1. *You don't have to talk out loud (though it's encouraged).*
2. *Use multiple fingers to tap to make sure you hit the meridian point.*
3. *Do this script multiple times a day if needed to help get your pain down!*
4. *You can replace "low back pain" with any kind of pain you might have and also replace the wording on the location of the pain.*
5. *Rate your pain on a scale of 1 to 10 (10 being the highest).*

### **Karate chop point:**

"Even though I have this low back pain, and it's on my right side, it's throbbing, I deeply and completely love and accept myself."

"Even though I have this low back pain, on my right side, I'm so tired of dealing with it, and it's throbbing, I deeply and completely accept myself anyways."

"Even though, I have this low back pain, on my right side, and it's throbbing, I deeply and completely love and accept myself anyways."

### **Eyebrow:**

"This low back pain"

### **Side of the eye:**

"It's throbbing"

### **Under the eye:**

"On my right side"

### **Under the nose:**

"I'm so tired of it!"

**Chin:**

"This low back pain"

**Collarbone:**

"I'd like to get rid of it"

**Underarm:**

"It's throbbing"

**Top of the head:**

"It's on my right side"

**Eyebrow:**

"Low back pain"

**Side of the eye:**

"It's sitting there"

**Under the eye:**

"Just throbbing"

**Under nose:**

"I think it's safe for me to release it"

**Chin:**

"Low back pain"

**Collar bone:**

"It's okay for me to let it go"

**Under arm:**

"I no longer need to hold onto it"

**Top of head:**

"Choosing to release it and let it go"

Take a deep breathe, and let it out. Rate your pain again on the scale from 1 - 10 has it gone down? If it's completely gone, great. If some of it is remaining do another round of tapping and see if it releases more.

For more information, contact Kim Cook at [www.TheBodysEnergy.com](http://www.TheBodysEnergy.com)