

## Trich Script

### Tapping Script

#### *Tapping for Hair Pulling Anxiety*

Get that visual in your mind that is causing the anxiety and stress. Really feel it so you are confronting the feeling while tapping.

*Ready?*

### Tapping on the Negative

#### **Karate Chop Point:**

- Even though I am frustrated and feel upset, I deeply love and accept myself.
- Even though I want to pull my hair because I am feeling anxious, I deeply and completely love and accept who I am.
- Even though I need some relief right now and I want to pull, I deeply and completely love and accept myself.

**Eyebrow:** These thoughts and anxiety that distract me

**Side of Eye:** I get tired of feeling like I am distracted by my thoughts and pulling my hair

**Under Eye:** I want to get relief from the stress that I am feeling

**Under nose:** It makes me sad that I take out the anxiety on my body

**Chin:** But I don't know how else to deal with this

**Collarbone:** I feel like this is the only way I can cope with how I am feeling

**Under arm:** I'm so mad at myself that I continue to pull my hair

**Top of head:** My head tells me to stop, but another part of me says it will make me feel better

**Eyebrow:** The feeling of my hands being busy distracting me

**Side of eye:** Helping me to avoid the other thoughts that are upsetting me

**Under eye:** The distraction helps me to focus and calm down

**Under nose:** I like the feeling of being distracted and keeping my hands busy

**Chin:** What if I could direct this attention to a habit that doesn't damage my body

**Collarbone:** What if I replaced my old habits with new thoughts and actions

**Under arm:** What if I decided to face what is giving me stress?

**Top of head:** I would love to be set free from this pattern of pulling!

*Take a deep breath.*

## **Tapping for the Positive**

**Karate Chop Point:**

– Even though I am not sure if EFT will work for me, I deeply and completely love and except myself.

– Even though I feel stuck and afraid to let go of this habit, I deeply and completely love and accept myself.

– Even though I am not sure how I will function if I don't pull my hair anymore, I deeply love and accept who I am right now.

**Eyebrow:** I am scared to change my old habit, what if I slip back into old habits

**Side of Eye:** What if this actually worked?

**Under Eye:** I want to let go of this anxiety

**Under nose:** I want to let go of this fear and stress

**Chin:** What a gift it would be to let go of the stress

**Collarbone:** Why am I holding onto these feelings so tightly

**Under arm:** This stress, worry and anxiety aren't helping me

**Top of head:** Worrying isn't helping the situation

**Eyebrow:** I am not my past mistakes, I don't need to punish myself anymore

**Side of Eye:** I am looking forward to having a new focus and feel good

**Under Eye:** I am excited to forgive the past and let it stay there

**Under nose:** I don't want to have regrets, or live in the past

**Chin:** I want to live in the moment and look forward to the future

**Collarbone:** God has big plans for me and I think I am holding myself back

**Under arm:** Please set me free Lord

**Top of head:** I am ready to be set free

*Take a deep breath.*

After **completing both** the negative and positive rounds, take a moment to **go back to the emotional scale**. Are your emotions stronger, did they remain the same, or lessened?

*It's ok if you don't feel any changes.*

It may take a few rounds. Over time, you may either not feel the urge to pull as often, or you find you aren't pulling at all when memories, anxiety or stress comes to mind.