

AMAN SUNNER

Mentoring

EFT Script for Body Confidence

Karate Chop (KC): Even though I don't feel confident in my body, I truly and deeply love myself

Karate Chop (KC): Even though I'm not comfortable in my clothes, I know I am beautiful inside & out.

Karate Chop (KC): Even though I don't feel confident, I truly and deeply love myself.

Inner Eyebrow (IE): I have gained so much weight.

Outer Eye (OE): Nothing fits me anymore.

Under Eye (UE): I've not been making an effort

Under Nose (UN): What's the point?

Chin (CH): Nobody sees me anyway

Collar Bone (CB): We don't go anywhere

Under Arm (UA): People on socials look so much better

Top Head (TH): How am I going to go out when lockdown eases?

(IE): I'm not ready for the world

(OE): I don't like my body

(UE): My stomach is turning

(UN): I can feel the anxiety

(CH): The thought of meeting people again

(CB): I don't like the way I look in my clothes

(UA): Maybe I need new ones?

(TH): Should I speak to someone about it?

(IE): Maybe other people feel like this too?

(OE): What if my body is normal?

(UE): Maybe its ok?

(UN): What if size doesn't matter

(CH): Maybe I just don't understand my shape.

(CB): Surely, I can use clothes to compliment my body

(UA): I just need to learn what suits me

(TH): I am comfortable in myself

(IE): I shall not compare

(OE): Size is not a concern

(UE): I see myself as Unique

(UN): I can step into the world

(CH): I choose to feel good

(CB): My body is a temple

(UA): I fully embrace myself

(TH): I am beautiful inside and out.