

# Tapping Guide for Releasing the Need to Please Others

Tapping on the side of your hand:

Even though I don't deserve to make changes for myself  
and am worried about what others think of me,  
I deeply and completely accept myself.

Even though I'll do just about anything to make people like me,  
even hold myself back from making the changes that I want,  
I deeply and completely accept myself

Even though I've been pleasing others for so long  
that I've lost touch with what I want,  
I deeply and completely accept myself.

EB I don't deserve to make changes for myself

SE I'm worried about what other will people think of me

UE I'll do just about anything to make people like me

UN Even hold myself back

UM Sometimes I do this unconsciously

CB I've been pleasing others for so long

UA It's just become automatic

TH Setting myself aside for the sake of others

EB I want people to like me

SE I want people to approve of me

UE I want to be wanted

UN I want to fit in

UM So I do what they want

CB Instead of what I want

UA I pretend to agree with them, even when I don't

TH I don't speak up for myself and what I want

EB They don't want me to change

SE and even though a part of me doesn't care



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UE Another part of me starts second-guessing  
UN What if THEY can see what is best for me  
UM What if THEY know something I don't know  
CB What if making this change is doing the wrong thing  
UA Truth is, I know what's right for me  
TH But it's more important to get their approval

EB It's happened in the past  
SE I've sacrificed my goals and dreams  
UE to try to be more like they want me to be  
UN I chose to stay the same in order to keep the peace  
UM To avoid conflict  
CB I didn't want to rock the boat  
UA Changing would get them mad or sad  
TH They might leave me

EB I've gone along with things I didn't feel right about  
SE And done things I wasn't comfortable with  
UE all so I would be accepted  
UN and then hating myself for it  
UM I would rather be the one getting hurt  
CB But it's time to quit doing that  
UA I've gone too long  
TH Playing it safe

EB Thinking too little of myself  
SE Trying to become smaller  
UE Quieter  
UN Less sensitive  
UM Less opinionated  
CB Less needy  
UA Less myself  
TH I'm done being small



# Tapping Guide for Releasing the Need to Please Others

EB For the sake of making other people happy

SE My truth matters

UE My feelings matter

UN My voice matters

UM My choice matters

CB I give myself permission

UA To be who I truly am

TH And to live my truth

EB My validation comes from within myself

SE I choose to give myself permission

UE To meet my own needs

UN It's safe to meet my own needs

UM I choose to honor my feelings and emotions

CB It's safe to feel my emotions

UA I choose to make the changes I want to make

TH It's safe to make changes

Take a big breath in and let it out.

