

# Tapping Guide for Releasing the Fear of Not Being Liked

Tapping on the side of the hand:  
Even though I'm afraid of not being liked,  
I love and honor myself fully

Even though I'm afraid of being rejected and criticized,  
I love and honor myself fully.

Even though I am afraid that other's won't like me,  
especially if I truly be myself,  
I love and honor myself fully

EB I learned at an early age  
SE that it's important to be nice  
UE And to always show the world my best self  
UN THEN I will have friends  
UM THEN people will like me  
CB THEN I will be liked and accepted  
UA When someone doesn't like me  
TH It feels like a part of me is going to die

EB I HAVE to be liked  
SE Being liked means safety  
UE Security  
UN Survival  
UM People might turn against me  
CB And point out my flaws to others  
UA And I might be kicked out of the group  
TH Like in high school

EB My fear of not being liked  
SE Is so deep  
UE That I will go to great lengths  
UN To pretend I am someone else



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UM Hiding little flaws

CB It is so tiring

UA And creates conflict within myself

TH Not only do others not like me because I have flaws

EB I don't like me because i have flaws

SE I should be perfect

UE Everyone else is perfect

UN And I'm the only one that isn't

UM I have to live up to this image in my head

CB Of who I think I am

UA Or at least who I try to be

TH Of who I think other people want me to be

EB If I'm not this person I've imagined or put forth

SE People won't like me

UE But this is really hard to live up to

UN Which leads to a lot of inner conflict

UM I always mess up

CB I get angry or frustrated with someone

UA I say the wrong thing

TH Or make a mistake

EB And then instead of accepting it as being human

SE I tell myself I'm an idiot

UE For saying or doing the wrong thing

UN I keep criticizing myself

UM When I can't live up to the unrealistic image

CB Of who I think I should be

UA There will be people that won't like me

TH This is a fact of life

EB I choose to accept this fact

SE And acknowledge that what is most important



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UE Is that I like myself

UN I cannot be happy if I don't like who I am

UM I now choose to acknowledge that I am human

CB And to be human is to be flawed

UA I like myself anyway

TH I love myself anyway

EB I respect and admire myself

SE I honor who God has made me to be

UE I am unique, one of a kind

UN And I am loved

UM Just because I am

CB I don't have to be perfect

UA So that others will like me

TH Because I like me

Take a big breath in and let it out.

