

TAPPING SCRIPT

I can on every level and every aspect of my being be ok liberating myself from my learned behaviours with people pleasing.

I'm okay releasing my negative inherited values and I can change all my negative learned behaviors and responses in my DNA and be ok liberating myself from my learned behaviours with people pleasing.

I can change all my negative habits. Let go of all my hidden vows.

I can relinquish all my attachments and associations within my being, and be okay liberating myself from my learned behaviours with people pleasing.

I can let go of my lies and illusions, attachments, obsessions and addictions, fear and blame and be ok liberating myself from my learned behaviours with people pleasing.