



You can find the audio that goes along with this tapping script at <http://TappingPodcast.com>

Pod #400: Tapping For Loneliness

I hate the feeling of loneliness...It is so isolating...It feels like a giant black hole...And it's sucking whatever energy I have out of me...It's not just a thought...It's not just a feeling...It is something that consumes my entire body...Sometimes it feels even bigger than my body...Like it's surrounding me from all sides...It saps my energy...It depletes my will...It makes me feel heavy...

Making it so hard for me to take action...And when I feel lonely it is easy to judge myself...Making me believe that it is all my fault...And I can easily believe there's something wrong with me...There's a part of me that believes that if I were better...Or if I were more...People would want to connect with me...People would want to be a part of my life...People would want to know who I am...

Connection is a human need...We are made for connection...Being without connection can feel like being deprived of oxygen...It can feel like drowning...Making it hard for us to take new actions...Making it possible to take new and positive connections...I give myself permission to know that I am not alone in my loneliness...I give myself permission to know that feeling lonely is not my fault...I give myself permission to know that feeling lonely is not a judgment on who I am...It is not a judgment on my value as a person...

Feeling lonely is not a permanent state...It is not who I am...I give myself permission to know that I do not need to stay stuck here...Because connection is possible...There are people around me who want to connect in a human way...I am open to these connections...I am open to others seeing me as I truly am...

No matter how long I have been stuck here...I will not stay lonely forever...Even though there is a part of me that fears my loneliness is

The logo features a stylized blue hand icon on the left, with fingers pointing upwards. To the right of the icon, the word "TAPPING" is written in a bold, blue, sans-serif font. To the right of "TAPPING", the letters "Q&A" are written in a bold, grey, sans-serif font.

TAPPING Q&A

permanent...I choose to know that I am made for connection...And others around me are longing for the same type of connection...I give myself permission to see the possibility of connection around me...I give myself permission to put in the work to find meaningful connection...Knowing it is possible for me to have exactly that...I give myself permission to trust myself...And to trust in the possibility of connection.