

EFT Scripts

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Feel free to modify these scripts and add/substitute your **own** words to customise the scripts to suit you. This will help you tune into how you are honestly feeling which makes EFT so much more effective. State the phrases **out loud** to really help engage your entire energy system and neurology in the process. Before you begin tapping, rate your intensity from 0 to 10. 0 being fine and 10 being the most upset you could be about the issue. Write the figure down and compare how you feel after each round and rate your intensity again. Usually your intensity will have gone down, if it has not, repeat the set up again more emphatically. **Tapping point abbreviations:** **TH:** Top of the head point **EB:** Eyebrow point **SE:** Side of eye point **UE:** Under eye point **UN:** Under nose point **UC:** Under chin point **CB:** Collar bone point **UA:** Under arm point **KC:** Karate chop or side of hand point **SS:** Sore spot. **Tapping diagram** can be found here: http://energyandintention.com/eft_shortcut.htm

Contents

1 Script for allowing your feelings	2
2 Script for anger	3
3 Script for guilt	4
4 Script for wanting to get rid of something	5
5 Script for developing trust in ourselves	6
6 Script for feeling stuck	7
7 Script for working with intense memories	8
8 Script for fear	10
9 Script for pain	11
10 Script for letting go	12
11 Script for feeling overwhelmed	14
12 Script for not feeling good enough	15
13 Script for losing weight	16
14 Script for repeating patterns	18
15 Script for clarity	19

16 Script for anxiety	20
17 Script for self acceptance	22

1 Script for allowing your feelings

It is very important to allow our feelings so we keep the energy of the feeling moving and flowing so it does not become stuck. Judging, criticising, denying or suppressing our feelings stops the flow of our life energy.

1. Even though I don't allow myself to feel my feelings, I deeply and completely accept myself anyway
2. Even though when I feel . . . I feel ashamed and guilty and that just makes me feel worse, I deeply and completely accept myself
3. Even though I believe there is something wrong with how I'm feeling and maybe something wrong with me too, I accept that that is how I feel right now and that it is okay to feel this way

TH Allowing my feelings

EB I can't allow them, they're too painful and horrible

SE My feelings are "bad"

UE But I still feel them

UN Even more strongly

UC It's wrong to feel this way

CB I'm wrong

UA What do I do?

TH I'm stuck again

EB Maybe I can just feel

SE And breathe

UE And feel whatever it is

UN There's the guilt

UC It's okay

CB Now the shame

UA That's okay too

TH I can feel it

EB It won't kill me

SE Just breathe into it

UE I'm okay

UN I can feel this

UC I am feeling this

CB I can give myself permission to feel

UA It is safe to feel this

Do as many rounds as you need to bring your intensity to zero. After one round, if the intensity is not at zero, change the language in the set up statement to reflect this. This is because the subconscious mind is very literal and we also need to acknowledge that some progress has been made but the issue is still there. Even though I **still** have **some** of this issue **left** or Even though I **still** have this **remaining** issue. . . I deeply. . . You may find that **permission** and **safety** are important core issues that may arise when working with allowing your feelings and allowing yourself to feel and express them, even if just to yourself. Work these two important factors into the set up statements and reminder phrases accordingly.

2 Script for anger

1. Even though I feel I'm ready to blow (you can fill in the reason(s) here if you like), I completely accept how I feel and I choose not to judge or criticise how I am feeling right now, I just want to let off some steam and that's okay!!!!
2. Even though ... really makes me mad! and I have every reason to feel this way, I honour how angry I feel
3. Even though my blood is boiling, I choose to let some of this anger go FOR ME so I can feel more at ease and peaceful

TH This anger

EB I'm going to blow my top!

SE It's been bubbling for a long time

UE I'm ready to let it go

UN No I'm not

UC Why should I?

CB I'm steaming mad

UA All these feelings bubbling inside

TH I acknowledge I feel this way

EB I'm sick of pretending

SE And stuffing it all inside

UE For who???

UN I'm only hurting me

UC I'm exhausted!!

CB I NEED to let some of this go

UA But I don't know how

TH I'll just keep tapping

EB And tapping

SE I feel the way I feel and that's it!

UE I choose to express how I feel, even if only to myself

UN That feels good

UC I feel more relieved

CB I choose to give myself permission to say anything to me about how I feel

UA I choose to feel my feelings and let some of this pressure dissolve

3 Script for guilt

1. Even though I feel so guilty, I accept how I feel and choose not to fight it any more
2. Even though this guilt feels like it is consuming me, I completely love and accept myself anyway
3. Even though I feel I am wrong, I completely love and accept myself anyway

TH This guilt
EB It feels hot
SE It feels horrible
UE I feel horrible
UN There's something wrong with me
UC I am wrong
CB I don't want to feel this way
UA I want it to go away

TH Remaining guilt
EB What did I do wrong?
SE Me, I'm wrong
UE Remaining horrible guilt
UN Remaining guilt
UC Remaining feeling of wrongness
CB I hate the guilt
UA It's horrible

TH I can choose peace instead of this
EB No I can't!
SE Yes, I can
UE I deserve to be punished!
UN Because I did something wrong
UC Maybe I can see it differently
CB I choose to forgive myself
UA But I didn't do anything wrong!

TH I choose peace
EB I deserve peace
SE No, I don't
UE Yes, I do
UN I am a good person
UC It's shifting
CB It's lessening its hold on me
UA I feel lighter

Listen out for any tailenders (objections) here. For example when you say "I am a good person". Ask yourself, does that feel emotionally true? If it doesn't, write down the reasons why, and tap on it. You can do this for any objections you may hear in your mind while tapping on the above script or any of these scripts.

4 Script for wanting to get rid of something

1. Even though I want to get rid of ... I deeply and completely accept myself
2. Even though I can't accept or love myself if I don't get rid of this ... I choose to accept how I feel about that right now
3. Even though I'm afraid that I'll never get rid of this ... somehow I know I can accept that, sort of, somehow

TH I can't bear this

EB I don't like it

SE I want it to go away

UE I hate it

UN I can't accept myself with this ...

UC Get lost ...

CB I can't stand ...

UA Go away!

TH What If I never get rid of it?!

EB I'm afraid of it staying

SE I can't accept myself

UE Yes I can

UN No I can't!

UC I want it gone

CB I can't stand it any more!

UA It just won't go

TH Maybe I can accept myself anyway

EB No I can't

SE Yes I can

UE Are you joking?!

UN Maybe I can see "it" differently

UC What does "it" want to say?

CB I haven't been listening

UA Maybe I can listen and ask "it" what it wants and needs?

5 Script for developing trust in ourselves

1. Even though I hold the belief that it is not safe to trust because I've always felt unsafe, I really don't want to be hurt and let down again, I honour that belief, it protected me until now, maybe that belief no longer serves my highest good
2. Even though I don't trust myself or my needs, I choose to know that learning to trust myself is an act of self love, self respect and self loyalty
3. Even though I've been burned in the past, I trusted the wrong people and I'm really angry with them and myself, I am willing to learn to listen to what is my true voice and trust it. I know on some level this voice has my highest good at heart and I can trust this voice. I choose to open my heart little by little and to feel safe again in asking and trusting my needs will be met.

TH I don't trust myself

EB Or anyone else

SE It's not safe to trust

UE I'll be let down

UN Again

UC I couldn't take it again

CB The rejection

UA The pain

TH Why can't people be nice?

EB Why do they always leave me down?

SE It's safer to cut myself off

UE I can't be hurt then

UN Trust others?! No way

UC But I'm lonely

CB And stuck

UA And resentful!

TH I'm willing to listen

EB At least to me

SE What if I make a mistake?

UE So what?

UN What do you mean, so what?

UC We'll get hurt!

CB Maybe that won't happen this time

UA Yeah, right!

TH Maybe I can start by trusting MY feelings

EB But I feel wrong to feel the way I feel

SE But I still feel it

UE So I'll just feel it and see how it goes

UN Maybe I can open myself up just a little

UC That feels good

CB And scary at the same time!

UA That's okay! It's okay to feel afraid

6 Script for feeling stuck

Try this script when you're feeling stuck. Scan your body to determine if you have any physical sensations of feeling stuck. For example, it may manifest as a knot or lump in your throat, a tightness in your solar plexus, a constriction in your gut. Be really descriptive in how you describe your physical sensations and use your own language in your tapping too. If an image or metaphor comes to mind use it in your tapping. Tailoring the phrases to suit you and how you feel will help you to tune in and make EFT more effective. Try this exercise for all the scripts.

1. Even though feeling stuck feels tight and constricting, I accept how I feel right now
2. Even though this issue (be as specific as you can here) won't budge and I feel frustrated and want it gone, I allow it to be there just for now
3. Even though I feel stuck, the act of allowing the stuck feeling the right to be there and thereby accepting it, is what could help me to dissolve it

TH This stuck feeling
EB It's not nice
SE It feels stifling
UE I feel helpless and trapped
UN I can't move
UC Either way
CB I'm stuck
UA I feel stuck, afraid to go back and afraid to go forward

TH It's loosening
EB It feels less tight
SE But I still feel stuck
UE That's the way I feel
UN I acknowledge my feelings
UC It's still there
CB But lessening
UA This stuck sensation

TH It's definitely dissolving
EB I feel it
SE It's still there . . . a little
UE It's melting
UN With my attention
UC It's going
CB It's moving
UA It's still moving

7 Script for working with intense memories

1. Even though my brain has the perception that this memory is dangerous and is a threat to my safety and survival, I choose to really appreciate and love my brain for trying to protect me and keep me safe
2. Even though my focus and energy is on avoiding feeling this memory at all costs and I don't want to feel it in any shape or form, I just want it to go away and disappear, I accept exactly how I feel, at the moment it's the only way I feel I can cope and live with this overwhelm and that's okay
3. Even though my nerves go into overdrive whenever I even think of this memory, it scares the living daylights out of me, I choose to engage my ability to calm and comfort myself by tapping on all these feelings and breathing through them
4. Even though my brain did a great job of burying this memory for me so I wouldn't have to experience or feel the hurt/pain, the truth is, the hurt is still there and I choose now to feel some of it, bit by bit, until all the hurt is gone and I know that during all this I am safe and protected always
5. Even though it feels like this memory is in control of my peace of mind and body, I choose to know and believe that it won't kill me or swallow me up, I can feel it little by little until all parts of me feel peaceful, safe and comforted

TH I don't want to go there

EB I don't have to if I don't want to

SE That feels good

UE I feel calmer now

UN It's okay to avoid that memory

UC I feel much calmer

CB What a relief

UA I feel better

NB. You can always use the tearless trauma technique here to help you with any intensity

TH My brain has done a great job of keeping me safe!

EB I don't remember the details

SE But I still feel scared

UE This fear

UN That I know is there

UC This fear

CB I can feel some of that fear

UA I'm okay

TH I can feel as little or as much as I want to

EB I'll go gently

SE Okay

UE I don't have to do it all at once

UN I'll do it when I'm ready

UC I'm not ready yet

CB And that's okay

UA I don't feel safe enough to go there

TH And I don't have to

EB If I don't want to

SE That doesn't feel so bad

UE I feel like I'm in control
UN I am in control here
UC That feels comforting
CB And safe
UA I feel safe

8 Script for fear

1. Even though I am so afraid, I accept how I feel
2. Even though my stomach does a flip whenever I think of . . . I love and accept myself anyway
3. Even though I don't feel in control when I'm afraid and that makes me even more afraid, I deeply and completely love and accept myself

TH This fear

EB It's everywhere

SE It feels . . .

UE It just won't go away

UN I'm afraid

UC I'm not safe

CB This awful fear

UA This fear

TH My stomach churns whenever I think of . . .

EB I feel awful

SE I don't want to feel this

UE It's too scary

UN And dark

UC This fear is going to kill me

CB No it won't!

UA Yes it will

TH What can I do?

EB Breathe

SE Breathe

UE And tap

UN Tap

UC Tap

CB It doesn't feel so scary

UA But it's still there

TH Feel some of the fear

EB And breathe

SE Breathe

UE And tap

UN Breathe and tap

UC Breathe and tap

CB That feels better

UA The fear feels smaller

9 Script for pain

1. Even though I have this pain, I accept it with all my heart
2. Even though I want to avoid this pain and I do all sorts of things to distract myself from feeling it, I love and accept myself anyway
3. Even though this pain is painful, I completely accept how I feel

TH This pain

EB It's painful

SE It's there **UE** And that's okay

UN No, it's not

UC It's there whether I like it or not

CB I'm paying attention

UA To the pain

TH It's changing

EB It feels softer

SE It's moving

UE That's interesting

UN I'll watch where it goes and what it does

UC I'm paying attention to this pain

CB And it feels okay to do that

UA I'm observing this pain

TH This pain still feels hard

EB That's okay

SE I'm still watching and listening for what it wants to do next

UE This . . . pain

UN It feels . . .

UC I'm still observing this pain

CB And whatever it is doing

UA I'm still listening . . .

10 Script for letting go

Many of us fear letting go. What if we can't get it back? What if we end up alone? What if we end up being wrong and having to do it all over again? What if they get away with it, again? What if we stop trying? What will happen then? You know you need to let go when you feel stuck, when you see the same patterns of behaviour repeating themselves over and over again in your life. One of the biggest obstacles we have and use for not letting go, is our attachment to a situation or person. We want a situation or person to be different than what it really is or was and very often this leads us down the road of denial. We resist what happened or what is happening now, and this resistance leads to a feeling of being stuck.

Using the analogy of eating; we ingest food and assimilate what we need and eliminate - let go of what we don't need or what doesn't serve us. If we don't eliminate or let go of what we don't need, we become congested, constipated, full, heavy and laden down. The same thing happens with our experiences in life. Only we seem to have more difficulty in letting go of certain experiences, so we hold on and we keep holding on because sometimes we just don't know how to let go. Customise the set up statements and phrases to really help you tune in to how letting go relates to you and your life.

1. Even though the thoughts of letting go fill me with ... I completely accept how I feel
2. Even though I don't want to let go because ... I completely accept that's the way I feel right now
3. Even though it does not feel safe to let go because ... I love and accept myself anyway

TH I don't want to let go
EB I'm afraid
SE I can't
UE I'll be hurt again
UN I need my guard up
UC I have to remember
CB No I don't
UA Yes, I do

TH I don't know how to let go
EB And that's okay
SE I don't need to know how
UE I just need to be willing
UN And open to letting go
UC It's hard not to hold on for dear life
CB And that's okay
UA It's how I feel

TH Letting go feels ...
EB And that makes me feel ...
SE And that's okay
UE It's okay to feel that way
UN No it's not
UC Yes it is
CB I feel it anyway so why pretend?
UA It's exhausting keeping it all inside

TH I don't have to do that any more
EB But I don't know what else to do
SE That's okay

UE No it's not
UN I'm stuck, I feel stuck
UC I feel stuck
CB I feel stuck
UA I feel this feeling ...

Note and locate where in your body you feel this feeling and do a few rounds of tapping on that. If you do not have any bodily sensations, that's okay too, do more rounds on how you're feeling and until you can say 'I can let go' 'It is safe to let go' 'I give myself permission to let go' 'I deserve to let go' and they feel true on a 0 to 10 scale, 10 being the most true and 0 being the most false.

11 Script for feeling overwhelmed

1. Even though I feel overwhelmed and it feels really uncomfortable, I accept how I feel
2. Even though I am petrified of feeling my feelings, I'm doing my best to avoid them but they just won't go away no matter how hard I resist them and want to get rid of them, I accept and honour that this is really difficult for me
3. Even though I don't like this, that's an understatement . . . ! I choose to accept that I feel uncomfortable with all this

TH I feel overwhelmed
EB It feels awful
SE I want it to go away
UE I feel completely lost
UN I don't know what to do
UC And that feels overwhelming
CB Feeling overwhelmed makes me anxious
UA This anxiety

TH This anxiety
EB Keeping things inside
SE I can't feel what is inside
UE And I can't get rid of it either
UN I don't know what to do
UC I feel overwhelmed by this
CB The pain feels too painful to feel
UA The pain feels too painful to feel

TH The pain is causing me anguish
EB And I just don't know what to do about the pain
SE I don't know what to do
UE Maybe tapping might help
UN I'll just tap
UC And tap
CB And breathe
UA And breathe

TH I choose to breathe
EB I choose to tap
SE And tap
UE That's all I can do for now
UN And that's okay
UC Breathing and tapping
CB Breathing and tapping
UA Breathing and tapping

Keep tapping until the overwhelm calms down and subsides. Any time you feel overwhelmed, repeat the above script and make sure to customise it to how you feel.

12 Script for not feeling good enough

Rate the truth of not feeling good enough from 0 to 10. 0 being not true at all and 10 being the most true it could be. Write the number down and see if it shifts and changes as you tap. Make sure to say it out loud to engage your entire neurology. It's also a great way to test how true it feels to YOU.

1. Even though I don't feel good enough, I accept how I feel
2. Even though I have never felt good enough because ... (what comes to mind **right now** as you say this?)
3. Even though not feeling enough makes me feel ... , I completely accept how I feel

TH I don't feel good enough
EB I never have
SE How do I know I don't feel good enough?
UE When ... happened
UN I came to the conclusion that I wasn't good enough
UC To be loved
CB And accepted
UA For who I am

TH It hurts to feel this feeling
EB Of not being good enough
SE To be cherished
UE And accepted
UN For just being me
UC So I try
CB To be perfect
UA And gain approval in other ways

TH I can't be me
EB I have to do things
SE To be good enough
UE To be loved
UN To belong
UC To feel safe
CB To trust
UA That I am good enough

TH Being me
EB Being me
SE Might be good enough
UE For me
UN Is that enough?
UC I've never contemplated it before
CB Hmmm, that's a new thought ...
UA And a new possibility ...

13 Script for losing weight

There are many reasons we can put on weight; eating too much, unhealthy foods, eating for comfort/emotional reasons, underactive thyroid gland and so on. In this post, we'll address some of the emotional contributors. Are you carrying extra emotional weight? Do you feel weighed down? Does it feel safe to be slim? What do you need to be protected from? Try the following set up statements, please modify them to suit you and your unique situation. Repeat as many rounds as you need to. Tap continuously on the stomach meridian (under the eye point) for emotional hunger and cravings and the thyroid meridian (triple warmer or gamut spot) when feeling depleted, weighed down or hopeless.

1. Even though I need to feel full, I accept that need
2. Even though I need to feel full so I don't feel ... I accept my need not to feel...
3. Even though I crave ... I love and accept myself
4. Even though I feel bored, I accept how I feel
5. Even though I feel weighed down by ... I completely accept how I feel
6. Even though I'm carrying ... love myself
7. Even though this weight protects me from ... I accept my need to be protected
8. Even though it doesn't feel safe to be slim, I honour my body for keeping me safe any way it can
9. Even though I hate the fact that I'm fat, I accept that's how I feel right now
10. Even though I eat when ... I'm doing the best I can

TH It feels good to eat

EB I like feeling full

SE It's comforting

UE I feel calm

UN But I hate feeling fat

UC I don't like how it feels

CB Or how it looks

UA I'm not happy

TH I feel anxious

EB Eating comforts me

SE I don't feel so bad when I'm full

UE I crave ...

UN And eating fills that craving

UC At least for a while

CB And then I feel awful

UA When I look in the mirror

TH It doesn't feel safe to be slim

EB Too much attention

SE I can't handle it

UE This extra weight ...

UN I feel ... about this extra weight

UC I want to feel ...

CB That doesn't feel like it's within my reach

UA Right now

TH Maybe there's a deeper reason for this extra weight

EB What purpose does it serve?

SE No purpose!

UE I just feel fat!!

UN And ugly!

UC And horrible!

CB And full!

UA I don't feel like myself

TH I feel weighed down

EB By . . .

SE It depletes my energy

UE What do I do?

UN Just feel it

UC And stop resisting

CB And tap

UA And tap

TH I accept my needs

EB I trust myself

SE I trust my feelings

UE I choose to look at how I feel

UN And I choose to feel those feelings

UC I choose clarity

CB I choose clarity

UA I am okay

14 Script for repeating patterns

We often repeat the same pattern or imprint to finally resolve it. Pay attention to the themes and patterns that keep showing up in your life over and over. What are you sick and tired of? What depletes you and tires you out? Do you often feel the same way in different relationships? What do these feelings remind you of?

1. Even though this . . . keeps coming up, I accept how I feel
2. Even though I keep repeating . . . maybe this pattern has a message for me
3. Even though I'm sick of being on this merry go round and I just can't seem to get off, I still accept and love myself

TH I want to heal
EB I'm willing to heal
SE This pattern
UE It keeps repeating
UN And I don't know why
UC Sometimes it feels like it's there to . . .
CB And that feels . . .
UA I want . . .

TH I'm so tired of . . .
EB It won't go away!
SE No matter how hard I resist!
UE I have to fight it
UN Because . . .
UC Why is it here?!
CB To punish me?
UA To prove I'm bad?

TH Maybe not
EB Maybe I'm repeating this pattern for another reason
SE To find resolution
UE For what needs to be resolved
UN Because it still hurts
UC And it needs healing
CB Maybe that's why it keeps repeating
UA How can I bring healing to this?

TH By feeling my pain
EB And not avoiding it
SE Or denying its existence
UE To become quiet
UN And pay attention
UC To what needs healing
CB To what needs resolving
UA That feels good

15 Script for clarity

Becoming clear about you and your life is so important. When we send out mixed messages, that's exactly what we get back!

1. Even though I feel I'm all over the place sometimes, I love and accept myself
2. Even though I don't really know what it is that I want or where it is I'm going, that's okay, at least I'm asking the question
3. Even though I don't know what the best direction for me is, I'm confused, I deeply and profoundly love and accept myself anyway
4. Even though I'm not clear right now, I'm open to listening to my heart's desires

TH I'm confused

EB I don't know what to do

SE Nothing is clear to me

UE It feels . . .

UN I wish I knew what to do

UC I wish I knew where I was going

CB Maybe I need to listen

UA Maybe I need to quieten the noise so I can hear

TH What I have to say

EB So I'll know

SE What I want

UE What I really really want

UN That feels . . .

UC And that feels . . .

CB But . . .

UA I still don't know

TH And that's okay

EB I'm still listening

SE To what I have to say

UE About me

UN And my life

UC What my heart's true desire is

CB What is it?

UA I'll keep listening . . .

16 Script for anxiety

1. Even though I've felt nervous and anxious my entire life, I accept how I feel
2. Even though it's really difficult to remain calm, I acknowledge how I feel
3. Even though I don't know why I'm like this, I just can't seem to get it together and others are always . . . me,
I honour how difficult it is for me

TH These anxious feelings

EB They are so hard to live with

SE I'd love some peace

UE From this

UN I just don't feel safe

UC Or secure

CB I'm always watching

UA For . . .

TH I keep thinking

EB That I should be over this!

SE But I can't get over these feelings

UE Of anxiety

UN And nerves

UC What's wrong with me?

CB I'm exhausted

UA I feel . . .

TH I'm going to breathe deeply

EB I choose to breathe deeply

SE And tap

UE On this anxiety in my body

UN So it feels better

UC I want my anxiety and me to feel better

CB And at peace

UA Together

TH I want to feel safe in my own body

EB I don't want to keep running away

SE From these feelings

UE And me

UN And my body

UC Breathing helps me feel my body

CB Breathing helps calm me

UA And brings me back into my body

TH Where I choose to feel safe

EB And protected

SE I choose to inhabit my body fully

UE And completely

UN And feel good

UC And light

CB And joyous

UA And just be me!!

17 Script for self acceptance

1. Even though I don't accept myself, I accept how I feel
2. Even though I can't/won't accept myself because ... (detail your answers, this is your evidence so to speak)
I accept how I feel
3. Even though I have never accepted myself, I accept all my feelings

TH I don't accept myself

EB I can't

SE I won't

UE Because ...

UN I'm not accepted by others either

UC I crave acceptance

CB But it never comes

UA Why?

TH Because I don't deserve acceptance

EB There are so many reasons why I don't deserve to be accepted

SE For who I am

UE For what I feel

UN For what I've done

UC For what I could have done

CB For what I do

UA For what I don't do

TH I have too many faults to be accepted

EB So there are good reasons for others not to accept me and for me not to accept myself

SE But I still want acceptance

UE I still need acceptance

UN How can I get acceptance?

UC How can I make myself more acceptable?

CB By pleasing others

UA But that only works for a short while

TH And then I feel resentful

EB And don't want to do it any more

SE But I don't know what else to do

UE What about pleasing myself?

UN At least I'll be happy!

UC But others won't

CB And that makes me feel ...

UA Can I handle it if others are upset with me?

TH Maybe

EB Maybe not

SE Maybe it doesn't matter

UE Maybe the important thing here is acceptance

UN Of everything

UC Including me

CB So I can stop struggling

UA To be accepted

TH Because it doesn't work anyway

EB I'm doing what isn't working

SE So I choose to change my mind

UE And do something different

UN So I have different results

UC The results I want!

CB Which is self acceptance

UA That feels more empowering