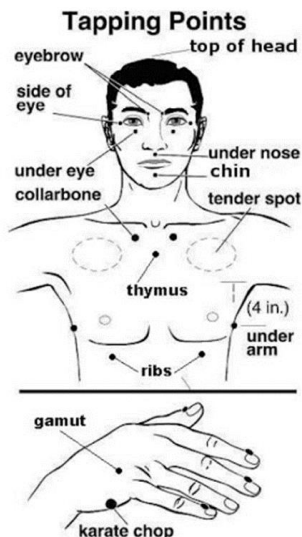
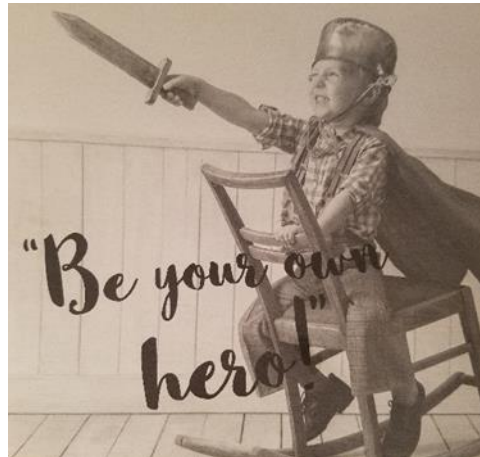


I AM PERFECTLY IMPERFECT



KC: Karate chop
TH: Top of the head
BE: Beginning of Eyebrow
SE: Side of Eye
UE: Under Eye
UN: Under Nose
UM: Under Mouth/Chin
C: Collarbone
UA: Under arm
UB: Under Breast/rib

Remember to drink a glass of water before you start the protocol.

For this protocol, it could be a good idea to list what you feel you are too much or not enough and your limiting beliefs. You could then choose to find the quality behind each one.

Whilst tapping remember to follow what feels right for you adjust the text if some sentences are coming to your mind.

Also notice and observe what is happening in your body when you say these sentences. See the ones that resonate and the ones that don't. Welcome everything with no judgment and no preconceived ideas.

Now, let's tap!

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- KC Even though I feel frustrated with myself, I love and accept myself totally and entirely
- KC Even though I wish I could do this and that (say what you would like to be or do for example procrastinate less or be more consistent or more patient or....), I still love and accept myself totally and entirely
- KC Even though I feel sad that I did not manage to....., I love and accept myself totally and entirely
- TH I am so frustrated with myself
- BE I would like to be more.....(say what comes to your mind)
- SE I am too.....(say what comes to your mind)
- UE I am not enough.....(say what comes to your mind)
- UN I am too much! I am not enough!
- UM I should.....(say what comes to your mind)
- C I have enough of my procrastination instead of doing what is important to me
- UA I am sad when I lose patience with myself and my family and shout
- UB All this guilt and shame I feel inside ; it makes me feel so sad and angry at the same time
- TH Actually I have had enough of feeling I am not enough!!!!
- BE I have had enough of trying hard to meet everyone's needs and expectations!
- SE I want to go away and escape on a desert island where no one will bother me!....
- UE Ermmm...What about me bothering myself???...What about my expectations!???
- UN Ok, I can't go away from myself, can I !?!!!
- UM I suppose...I will have to give myself a break then!!!!
- C But I am fed up of feeling stuck with the same patterns and schema!
- UA Sometimes I want to give up! Give up trying! Give up on me!
- UB How can I create change? How can I create the life I dream of?

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- TH What if I was actually perfect as I am? Perfectly imperfect!!!
- BE What if whatever I do or am, I am always enough and complete?
- SE What if I could trust that everything is unfolding exactly how it should and so I can give myself a break?! Youpi!
- UE What if behind each imperfection and limiting beliefs I have there was actually a quality?

(Behind I am too slow, I see I like to take time to understand things and their complexity or I like to do things with all my heart etc...)

- UE What if I looked at things from a different angle:
- UN Today I look into the qualities behind my imperfections.
- UM I am perfectly imperfect and today I decide to love myself totally and entirely!
- C What if my imperfection was actually what made me a good friend, a good son/daughter, a good parent, a good brother/Sister: made me human?
- UA I am beautiful - I trust my path - I trust my steps
- UB I create my future with fun and ease

Tapping on your fingers

I am beautiful with all my imperfections

I decide to honour who I am and all my steps to grow and learn

I am free to be who I am totally and entirely!

I let my talents and my colour shine in this world

I take my space in this world

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