

EFT for Writers: "Not good enough"

KARATE CHOP

*Even though I never feel good enough,
I deeply and completely love and accept myself
Even though I never feel good enough as a writer
I choose to be at peace
Even though there is always something wrong with my writing,
I honor and accept every part of me*

Eyebrow: Whatever I do, it's not good enough

Side of eye: Never good enough as a writer

Under eye: I am not worthy

Nose: If it's not perfect, nobody will want to read my stuff

Chin: I work hard to get it just right

Collarbone: But it's never good enough

Under arm: I am completely exhausted

Top of head: It's an uphill battle, all the time

Eyebrow: It's so easy for other writers

Side of eye: But I don't have a chance

Under eye: I don't deserve to feel good about my writing

Nose: My mother (father/teacher) didn't think I could do it

Chin: This pain in my heart

Collarbone: Maybe they were right

Under arm: There must be something wrong with me

Top of head: This desperation

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KARATE CHOP:

Even though a part of me still does not feel good enough as a writer, I choose to listen to the wiser part of me

Even though I am sick and tired of this constant struggle, I choose to relax now, and it is surprisingly easy

Even though I still have this compulsion to be perfect as a writer, I am letting go of my need to control everything

Eyebrow: I give myself permission to enjoy my life

Side of eye: I focus on my accomplishments as a writer

Under eye: I allow myself to relax and just write

Nose: The time for healing is now

Chin: I am perfect just the way I am

Collarbone: Writing has nothing to do with being the best

Under arm: I just enjoy expressing myself

Top of the head: I allow myself to do it my way

Eyebrow: I find a way that truly works for me

Side of eye: My life as a writer is joyful and serene

Under eye: The truth is, I am proud to be a writer

Nose: I am free to be me

Chin: I feel safe and relaxed when I write

Collarbone: I love what I do

Under arm: I trust the flow of life

Top of the head: I choose to let my light shine now

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