

Gratitude Tapping

I Can't Be Grateful Until...

We often think we can't feel grateful until - or unless - a certain situation or problem has been resolved. Use this script to clear any resistance you have to feeling grateful when other areas of your life are not perfect.

(If you're not familiar with tapping, go to tappingaudio.com for a free guide that will walk you through the basics.)

Karate Chop: "Even though I can't feel grateful until this other stuff is better first, I love myself anyway. Even though this other stuff is preventing me from feeling grateful, I'm still okay. Even though I have to resolve these other situations before I can feel grateful, I choose to start feeling differently about this."

Now tap through the points, using whatever sequence works best for you:

I can't feel grateful yet.
Not until this other stuff is fixed.
This situation.
This issue.
It won't let me feel grateful.
Once it's cleared up,
I'll feel grateful.
But not until then.

If it wasn't for this issue,
I would be able to feel grateful.
But I can't,
the way things are right now.
This issue,
this problem,
this situation,
it's keeping me from feeling grateful.

How can I feel grateful

with this stuff in the way?
I don't think I can.
Well...maybe I can.
Maybe I can feel grateful
about OTHER stuff.
Stuff that's not so bad.
Situations that are okay.

I'm willing to set this issue aside
and focus on better stuff.
I'm willing to release
the things I can't change yet.
Not forever,
just for now.
Right now, I can feel grateful.
I can focus in a better direction.

There are plenty of things
that I AM grateful for.
There are plenty of blessings in my life.
I'm going to focus on those.
I'm going to feel blessed in this moment.
I'm going to let gratitude into my heart.
I choose to focus on gratitude.
I choose to feel grateful.

Take a deep breath.

Tap along with this script as many times as you need to, until you feel that inner
resistance fading away, and then you should find it easier to feel grateful.