

TAPPING SCRIPT FOR RELEASING STRESS AND RESISTANCE ABOUT TAXES

I don't know about you, but I'm not feeling super excited about doing my taxes. Sometimes I get them done early in the year, which is a huge relief, and frees up a lot of bandwidth that would otherwise get gobbled up by stress and worry. This is not one of those years.

For myriad reasons, this year I haven't even gotten started yet, and the more time goes by, the larger the knot of dread in my belly becomes.

Since I know I'm not alone in feeling stressed-out about getting my taxes done, I decided to create a tapping script to share with all of my clients, students, and readers, just in case you're also feeling anxious about April 15th. (If you aren't in the United States, just translate April 15 into whatever day or days income tax returns are due in your country.)

The prospect of attending to tax returns can bring up all kinds of stress, worries, fears, limiting beliefs, and even emotional trauma, including the following:

- Having past tax stress and trauma get triggered by doing your taxes
- Feeling like you don't have time to attend to your taxes, and worrying that in order to attend to them, you'll have to take time away from other important things, like work and family
- Worry that you won't be able to locate every necessary bit of documentation to complete your tax return
- Worry that your accountant will make a mistake that you'll have to pay for
- Fear that you'll make a mistake and get audited
- Fear that you'll get audited even if you do everything right
- Dreading the process itself, which is often confusing, frustrating, and filled with unexpected glitches, delays, and hoops to jump through

- Worry that the tax software you use will have glitches or be missing forms that are vital to your return
- Worry that you'll unexpectedly owe money that will be difficult or impossible for you to pay

Do any of these resonate with you and your experience? If so, I encourage you to take a look at the tapping script I've created for you, and to tap out any of the statements on it that have an emotional charge for you. Benefits of giving yourself this gift of tapping are many, such as:

- Dramatic reduction in stress about taxes
- Freedom from fears about taxes
- Increased emotional and mental energy due to tax stress and fear no longer claiming a portion of them
- Freedom from resistance to attending to all things taxes
- Sudden insights or ideas about how best to go about taking care of your taxes
- The wonderful experience of effortless effort that spontaneously arises whenever we tap to release inner obstacles to things we need or want to do.

So if you're stressed or worried about taxes, I hope you'll use this tapping script. If you do, I think you'll be amazed by how much better you feel. The fact is, any negative feeling, belief, fear, or worry that you have about taxes affects your experience of attending to this unavoidable fact of life, so why not tap away as many of those as you can, and make the whole process easier for yourself?

Here are the tapping statements:

I really don't want to do my taxes.

I wish I didn't have to deal with doing my taxes.

Doing my taxes really stresses me out.

The last time I did my taxes it was glitch after glitch, and I barely got it done in time to meet the deadline.

I don't have time to deal with my taxes.

Dealing with my taxes is taking time away from areas of my life where I actually want to spend time, like work and family.

If I'm going to be giving such a large portion of my hard-earned money to the government, I at least want it to go toward programs I believe in, not toward _____, which I don't support.

I'm worried I won't be able to find all of the documents I need in order to complete my tax return.

I'm worried that the tax software I use will be glitchy and hard to use, just like last year.

I'm afraid I'll make a mistake and get audited.

I'm afraid I'll get audited because _____.

I've heard horror stories about good, honest people getting audited, and that really scares me.

I don't have the time or energy to deal with a tax audit.

I hate the IRS [if you're not a taxpayer in the United States, simply fill in the name of your government's tax organization].

Doing my taxes is stressful.

I really hate everything that has to do with getting tax returns filed.

What if I get thrown in prison for an honest mistake?

What if I owe money that I don't have?

I find all of the different tax laws and forms to be confusing, and that stresses me out.

I wish I didn't have to do my taxes.

I'm afraid my accountant will make a mistake that I'll get penalized for.

I get so worried about having to attend to my taxes that this whole time of year is stressful, and I don't like that.

I resent the fact that I have to spend so much time and money and energy on a task that I never signed up for, and if I don't do it, I could be sent to prison.

It's not fair people like me have to pay a higher portion of our incomes than the super-wealthy, who exploit huge tax loopholes that were created just for them.

One year I made a mistake on my taxes, which delayed my refund by over a month, and that was really stressful for our family.

Seeing anything with IRS printed on it makes my blood pressure go up.

I know I need to get my taxes done, but it's so unpleasant that I just can't seem to get started.

Every day that passes without starting my taxes makes my stress grow.

I have a ball of dread in my belly that grows with each passing day.

It seems like every time I look at my email, I have yet another message from my accountant, requesting yet another document for my tax returns.

I wish I could just wake up and have this year's tax season be over and done with—all of my responsibilities attended to, and everything taken care of.