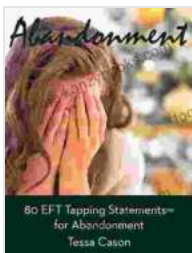


80 EFT Tapping Statements For Breaking Free From Abandonment

: Understanding the Impact of Abandonment

Abandonment is a profound and painful experience that can leave deep emotional wounds. It can stem from various situations, such as the loss of a loved one, childhood trauma, or a romantic relationship breakdown. The feeling of being abandoned can trigger a cascade of negative emotions, including sadness, loneliness, anger, and worthlessness.



80 EFT Tapping Statements for Abandonment

by Tessa Cason

★★★★☆ 4.8 out of 5

Language : English

File size : 6620 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 125 pages

Lending : Enabled



If you're struggling with the pain of abandonment, know that you're not alone. Millions of people worldwide experience this challenging emotion. However, there's hope! Emotional Freedom Technique (EFT) tapping is a powerful tool that can help you process and release the negative emotions associated with abandonment.

What is EFT Tapping?

EFT tapping is a mind-body healing technique that combines elements of acupuncture, energy healing, and cognitive psychology. It involves gently tapping on specific meridian points on the face and body while repeating positive affirmations. This process helps to clear energy blockages, reduce stress, and promote emotional healing.

80 EFT Tapping Statements for Abandonment

To guide you on your journey of healing, we've curated a collection of 80 EFT tapping statements specifically designed to address abandonment issues. These statements are divided into categories that reflect the common emotional experiences of abandonment:

Sadness and Grief

* Even though I feel abandoned, I allow myself to feel the sadness and grieve the loss. * I choose to honor the emotions that come up, knowing that they are part of the healing process. * I am worthy of love and connection, even though I may not feel it right now. * I am strong and resilient, and I will get through this.

Loneliness and Isolation

* Even though I feel alone, I reach out to others who care about me. * I connect with my inner self and find solace in my own company. * I am deserving of love and companionship, and I will find it. * I am not defined by my past experiences or the actions of others.

Anger and Resentment

* Even though I'm angry about being abandoned, I release the need to hold on to this emotion. * I forgive myself and others for any perceived wrongs. * I choose to let go of blame and resentment, as they only weigh me down. * I am worthy of peace and happiness, and I create it for myself.

Worthlessness and Low Self-Esteem

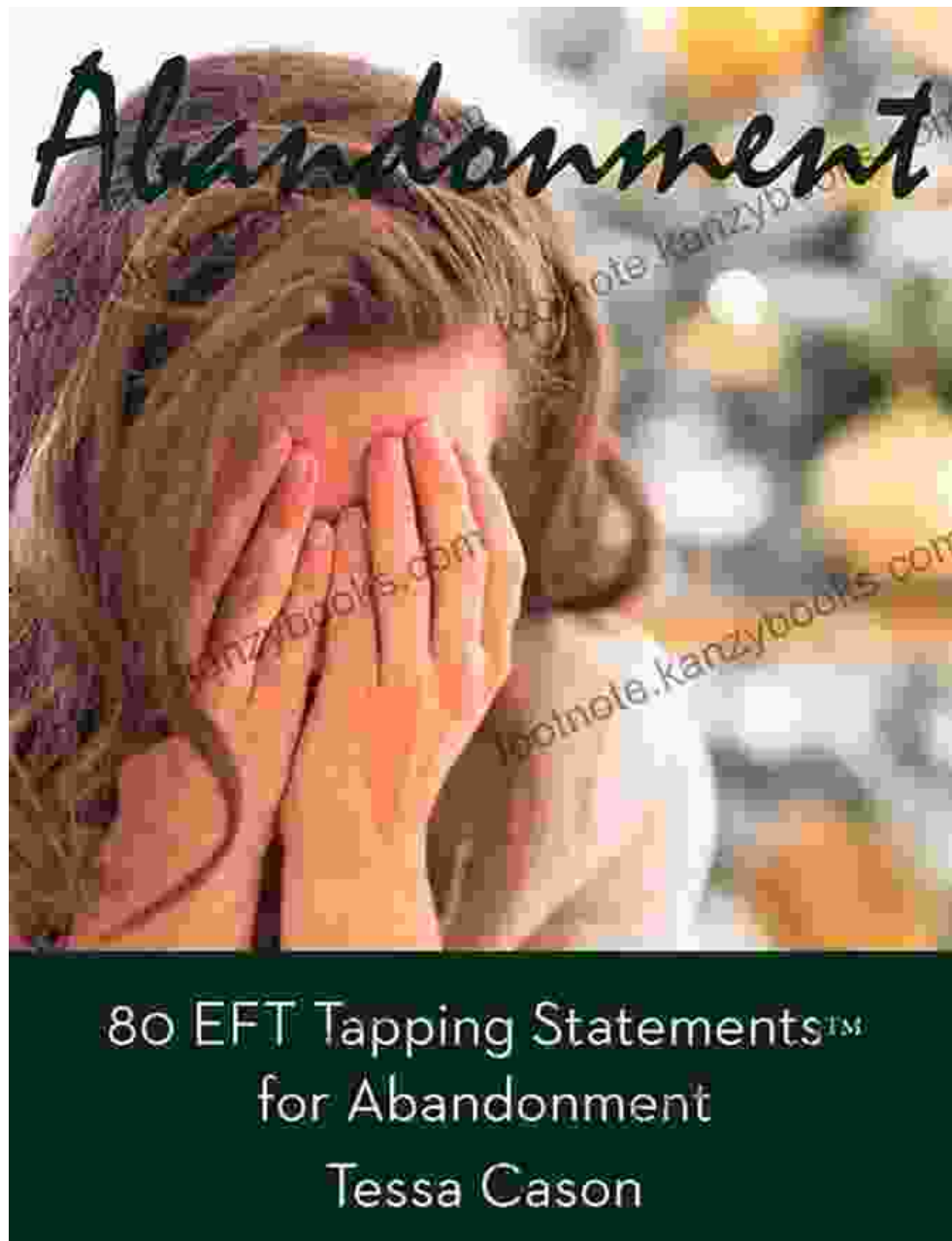
* Even though I feel worthless, I know that it's not true. * I am valuable and deserving of love and respect. * I am worthy of taking up space and being seen. * I am proud of who I am, and I embrace all parts of myself.

Fear of Abandonment

* Even though I fear being abandoned again, I trust that I am safe and loved. * I am surrounded by people who care about me and will be there for me. * I am capable of taking care of myself and creating a fulfilling life. * I trust in the process of healing and growth.

How to Use the EFT Tapping Statements

* Find a quiet place where you won't be disturbed. * Sit or lie down in a comfortable position. * Close your eyes and take a few deep breaths to relax. * Choose an EFT tapping statement that resonates with you. * Tap gently on the meridian points indicated in the image below. * Repeat the statement aloud or silently to yourself while tapping. * Continue tapping until you feel a shift in your emotional state.

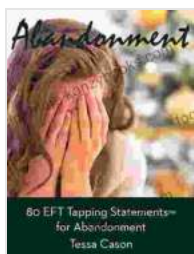


Benefits of EFT Tapping for Abandonment

* Reduces emotional distress and pain * Clears energy blockages * Promotes self-love and acceptance * Improves communication and relationships * Empowers you to take control of your life

: Breaking Free from Abandonment

Overcoming abandonment is a challenging but achievable goal. With the help of EFT tapping and the 80 statements provided in this guide, you can start to heal the wounds of the past and create a brighter future for yourself. Remember, you are not alone, and there is hope for healing and transformation. Take the first step today and experience the profound benefits of EFT tapping.

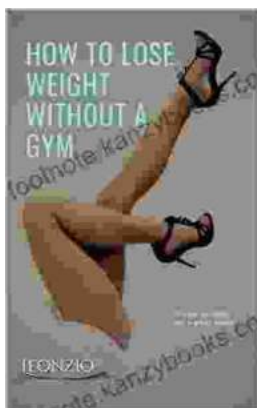


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