

# Breaking Free from Emotional Distress: EFT Tapping Statements for PTSD, Survival, Disempowered Anger, and Fear

Are you struggling with the debilitating effects of PTSD, feeling trapped in a cycle of anxiety, fear, and anger? Do memories of traumatic events haunt you, leaving you feeling overwhelmed and unable to move forward? You're not alone. Millions of people suffer from the aftermath of trauma, but there is hope. Emotional Freedom Techniques (EFT), also known as tapping, is a powerful tool that can help you break free from the grip of emotional distress.

EFT is a mind-body technique that combines elements of acupuncture, psychology, and neuroscience. It involves gently tapping on specific meridian points on the face and body while focusing on your issue or negative emotion. This process helps to release the blockages in your energy system, which are often responsible for emotional distress.

EFT has been shown to be highly effective in reducing the symptoms of PTSD, including:



## EFT Tapping Statements for PTSD, Survival, Disempowered, Anger, Fear by Tessa Cason

★★★★☆ 4.8 out of 5

Language : English  
File size : 9032 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 286 pages

Lending

: Enabled



- Anxiety
- Fear
- Anger
- Flashbacks
- Nightmares
- Guilt
- Shame

EFT can also help you to:

- Process and release traumatic memories
- Improve emotional regulation
- Increase self-esteem
- Build resilience
- Enjoy greater peace and well-being

Tapping statements are affirmations that are used to focus your intention and connect with the issue you want to address. When you tap on these statements, you are sending calming signals to your brain and nervous system, helping to release the emotional charge associated with the issue.

The following EFT tapping statements are specifically designed to help you address the emotions associated with PTSD, survival, disempowered anger, and fear:

### **For PTSD**

- I choose to release the pain and trauma of my past experiences.
- I am safe and protected now, and I can let go of the fear.
- I am worthy of love, happiness, and peace.

### **For Survival**

- I am a survivor, and I am stronger than my past.
- I can handle anything that life throws my way.
- I deserve to be safe, secure, and connected.

### **For Disempowered Anger**

- I honor my anger and acknowledge its validity.
- I am worthy of being heard and respected.
- I am capable of standing up for myself and my needs.

### **For Fear**

- I am facing my fears head-on and releasing them with love.
- I am safe and protected, and I can handle anything that comes my way.

- I am choosing to live a life filled with courage and confidence.
1. Identify the issue or emotion you want to address.
  2. Choose a tapping statement that resonates with you.
  3. Tap on the meridian points on your face and body while repeating the tapping statement out loud.
  4. Repeat the process several times, or until you feel a shift in your emotional state.

If you're new to EFT, it's helpful to work with a qualified EFT practitioner who can guide you through the process. You can also find many online resources and videos that can help you learn how to tap on your own.

For a comprehensive guide to using EFT to address the emotions associated with PTSD, survival, disempowered anger, and fear, check out the book "EFT Tapping Statements for PTSD Survival Disempowered Anger Fear." This book provides detailed instructions, tapping scripts, and case studies to help you overcome these challenges and live a life filled with greater peace and well-being.

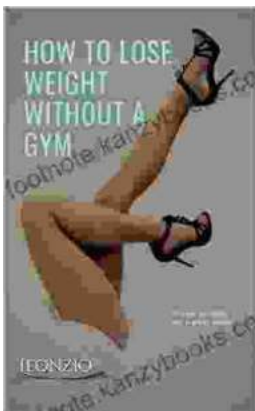
EFT is a powerful tool that can help you break free from the grip of emotional distress. By using the tapping statements provided in this article, you can start to heal your emotional wounds and create a more fulfilling life for yourself. Remember, you are not alone, and there is hope. With EFT, you can take back control of your emotions and live the life you deserve.

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