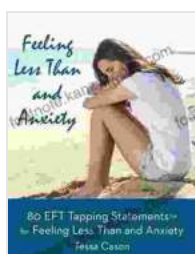


Unlock the Power of EFT Tapping: Overcome Feelings of Inferiority and Anxiety with 80 Transformative Statements

Anxiety and feelings of inferiority can be debilitating, holding us back from reaching our full potential and leading fulfilling lives. If you've struggled with these emotions, EFT (Emotional Freedom Technique) tapping offers a powerful solution. This innovative technique combines ancient Chinese acupressure with modern psychology to help you release negative emotions and reprogram your subconscious mind for positivity.

In this comprehensive guide, we present 80 EFT tapping statements specifically designed to address feelings of inferiority and anxiety. Whether you're dealing with imposter syndrome, self-doubt, or overwhelming worry, these statements will empower you to shift your mindset and create a more confident and fulfilling life.



80 EFT Tapping Statements for Feeling Less Than and Anxiety by Tessa Cason

★★★★☆ 4.7 out of 5

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Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
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Understanding EFT Tapping

EFT tapping is a simple yet effective practice that involves gently tapping on specific acupressure points on your face and body while focusing on positive affirmations or releasing negative emotions. This technique helps to balance your energy system and promote relaxation, making it a powerful tool for emotional regulation and personal growth.

How to Use the EFT Tapping Statements

To begin using the EFT tapping statements, follow these simple steps:

1. Choose a statement that resonates with your current emotional state.
2. Tap on the eight acupressure points in the sequence: karate chop point, eyebrow, side of the eye, under the eye, under the nose, chin, collarbone, and top of the head.
3. While tapping on each point, repeat the statement out loud.
4. Focus on the emotion or issue that you're addressing.
5. Repeat the statement and tapping process several times until you feel a shift in your emotional state.

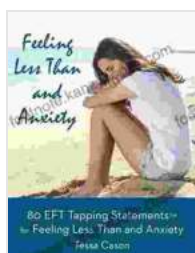
80 EFT Tapping Statements for Feeling Less Than and Anxiety

1. Even though I sometimes feel inferior to others, I choose to accept myself unconditionally.
2. I release all feelings of doubt and unworthiness.
3. I tap into my inner strength and confidence.
4. I am worthy of love and respect, no matter what.
5. I release the need for external validation.
6. I trust in my own abilities and talents.
7. I am capable and competent in all that I do.
8. I am enough, just as I am.
9. I deserve to be happy and fulfilled.
10. I release all anxiety and worry that holds me back.
11. I am present in this moment, and I am safe.
12. I choose to focus on the positive aspects of my life.
13. I am grateful for all that I have.
14. I am open to new

experiences and opportunities. 15. I am confident in my ability to handle whatever life throws my way. 16. I am surrounded by love and support. 17. I am worthy of success and prosperity. 18. I am creating a life that I love. 19. I am free from judgment and comparison. 20. I am choosing to live a life of purpose and meaning. 21. I am capable of overcoming any obstacle. 22. I am strong and resilient. 23. I am choosing to believe in myself. 24. I am open to growth and change. 25. I am worthy of happiness and abundance. 26. I am loved and accepted for who I am. 27. I am capable of creating a life that I love. 28. I am letting go of the past and embracing the present moment. 29. I am choosing to move forward with confidence and optimism. 30. I am worthy of success and prosperity. 31. I am grateful for all the good in my life. 32. I am attracting positive experiences and people into my life. 33. I am creating a life that is filled with joy and meaning. 34. I am letting go of all that no longer serves me. 35. I am choosing to live a life of purpose and passion. 36. I am worthy of love and happiness. 37. I am capable of achieving anything I set my mind to. 38. I am choosing to believe in myself. 39. I am open to new possibilities and opportunities. 40. I am grateful for the journey that life brings. 41. I am choosing to live a life of peace and harmony. 42. I am worthy of peace and happiness. 43. I am capable of creating a life that I love. 44. I am letting go of all that no longer serves me. 45. I am choosing to live a life of purpose and passion. 46. I am worthy of love and happiness. 47. I am capable of achieving anything I set my mind to. 48. I am choosing to believe in myself. 49. I am open to new possibilities and opportunities. 50. I am grateful for the journey that life brings. 51. I am choosing to live a life of peace and harmony. 52. I am worthy of peace and happiness. 53. I am capable of creating a life that I love. 54. I am letting go of all that no longer serves me. 55. I am choosing to live a life of purpose and passion. 56. I am worthy of love and happiness. 57. I am capable of achieving anything I set my mind to. 58. I am choosing to believe in myself.

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EFT tapping is a powerful tool that can help you overcome feelings of inferiority and anxiety. By incorporating these 80 transformative statements into your practice, you can reprogram your subconscious mind, release negative emotions, and create a more positive and fulfilling life. Remember to be patient and consistent with your tapping practice, and you'll be amazed at the profound impact it can have on your well-being. Embrace the journey of self-discovery and unlock the power within you to live a life free from self-doubt and anxiety.



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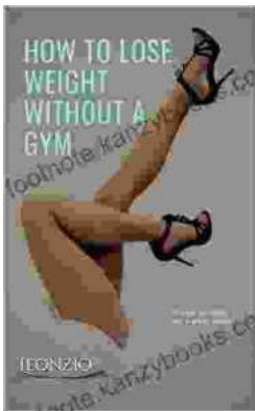
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