

Unlocking Emotional Freedom: EFT Tapping Statements for Anxiety, Fear, Anger, Self-Pity, and Courage

EFT tapping is a simple yet effective self-help technique that combines elements of acupuncture and psychology. By tapping on specific points on the body while focusing on our negative emotions, we can release the energy that is causing them and promote a sense of calm and well-being.

This article will provide you with a comprehensive guide to using EFT tapping statements for anxiety, fear, anger, self-pity, and courage. We will explore the benefits of EFT tapping, learn the basics of the technique, and provide you with a library of targeted tapping statements to help you address your specific emotional challenges.

- Reduces anxiety and stress
- Alleviates fears and phobias
- Calms anger and irritability
- Diminishes self-doubt and self-criticism
- Boosts confidence and self-esteem
- Promotes emotional resilience
- Improves sleep quality
- Alleviates physical symptoms caused by stress

By tapping on specific acupressure points along the meridian system, we can release these emotional blocks and restore the flow of energy. This promotes a sense of calm and well-being, allowing us to overcome our negative emotions.



EFT Tapping Statements for Anxiety, Fear, Anger, Self Pity, Courage by Tessa Cason

★★★★★ 5 out of 5

Language	: English
File size	: 8083 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 245 pages
Lending	: Enabled



1. **Identify your target issue.** What negative emotion do you want to address?
2. **Rate the intensity of your emotion.** On a scale of 0 to 10, with 10 being the most intense, how strongly do you feel this emotion right now?
3. **Create a setup statement.** This statement acknowledges your negative emotion and your intention to release it. For example, "Even though I feel anxious right now, I deeply and completely accept myself."
4. **Identify your tapping points.** There are several tapping points that can be used for EFT. The most common points are:

- Karate Chop Point (side of hand)
 - Eyebrow Point
 - Side of Eye Point
 - Under Eye Point
 - Under Nose Point
 - Chin Point
 - Collarbone Point
 - Underarm Point
 - Top of Head Point
5. **Tap on the tapping points.** While focusing on your negative emotion, gently tap on each of the tapping points in a clockwise direction. Repeat the tapping sequence 7 to 10 times.
 6. **Create a reminder phrase.** This phrase should be brief and positive, and it should remind you of your intention to release your negative emotion. For example, "I am releasing my anxiety."
 7. **Repeat the tapping sequence.** Tap on the tapping points while repeating your reminder phrase 7 to 10 times.
 8. **Re-rate your emotion.** After completing the tapping sequence, rate the intensity of your emotion again on a scale of 0 to 10. You should notice a significant decrease in the intensity of your emotion.

Anxiety

- Even though I feel anxious right now, I deeply and completely accept myself.
- Although I am afraid of the future, I am choosing to focus on the present moment.
- Even though I am worried about what might happen, I choose to trust that everything will be okay.

Fear

- Even though I am afraid of (specific fear), I deeply and completely accept myself.
- Although I feel scared and vulnerable, I am choosing to face my fears with courage.
- Even though I may fail, I choose to believe in myself and my ability to overcome my fears.

Anger

- Even though I feel angry right now, I deeply and completely accept myself.
- Although I am frustrated and upset, I am choosing to let go of my anger.
- Even though I may have been wronged, I choose to forgive and move on.

Self-Pity

- Even though I feel sorry for myself, I deeply and completely accept myself.
- Although I have made mistakes, I am choosing to forgive myself and move forward.
- Even though I may not be perfect, I choose to love and accept myself unconditionally.

Courage

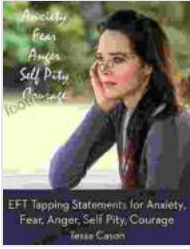
- Even though I feel afraid, I deeply and completely accept myself.
- Although I may not be sure of myself, I am choosing to believe in my abilities.
- Even though I may fail, I choose to keep trying and never give up.

EFT tapping is a powerful tool that can help us to overcome our negative emotions and achieve emotional freedom. By tapping on specific acupressure points while focusing on our negative emotions, we can release the energy that is causing them and promote a sense of calm and well-being.

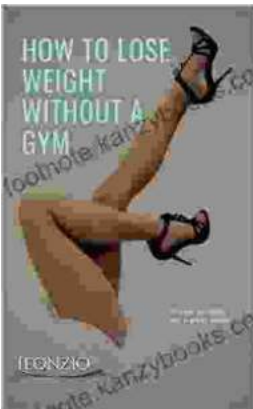
The library of EFT tapping statements provided in this article will help you to address specific emotional challenges, such as anxiety, fear, anger, self-pity, and courage. By practicing EFT tapping regularly, you can overcome these emotional obstacles and live a more fulfilling and happy life.

EFT Tapping Statements for Anxiety, Fear, Anger, Self Pity, Courage by Tessa Cason

★★★★★ 5 out of 5



Language : English
File size : 8083 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 245 pages
Lending : Enabled



Lose Weight Without the Gym: Revolutionize Your Body and Health

In today's fast-paced world, finding the time and motivation to hit the gym can be a daunting task. However, losing weight and achieving a...



Unraveling the Enigmas of "The Naked Sun": A Journey into the Heart of Asimov's Gripping Robot Detective Saga

In the vast tapestry of science fiction, Isaac Asimov's "The Naked Sun" stands as a brilliant and enduring masterpiece. This captivating novel transports readers...