

# 300 EFT Tapping Statements For Self Defeating Behaviors Victim Self Pity

Are you ready to break free from the cycle of self-defeating behaviors and victim self-pity? This book provides 300 powerful EFT tapping statements to help you transform your negative thoughts and emotions into positive ones, so you can finally achieve your goals and live a happy, fulfilling life.



## 300 EFT Tapping Statements for Self-defeating Behaviors, Victim, Self-pity by Tessa Cason

★★★★★ 5 out of 5

Language : English  
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Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 157 pages  
Lending : Enabled



## What is EFT tapping?

EFT tapping is a powerful energy psychology technique that can help you to release negative emotions and beliefs that are holding you back in life. It is a simple yet effective technique that can be used to treat a wide range of issues, including self-defeating behaviors, victim self-pity, anxiety, depression, and PTSD.

## How does EFT tapping work?

EFT tapping works by stimulating specific acupuncture points on the body. These points are connected to the body's energy system, and when they are stimulated, they can help to release negative energy and promote healing.

When you tap on these points while focusing on a specific issue, you can help to clear the negative energy that is associated with that issue. This can lead to a shift in your thoughts and emotions, and can help you to break free from the cycle of self-defeating behaviors and victim self-pity.

### **How to use this book**

This book provides 300 powerful EFT tapping statements that you can use to address a wide range of self-defeating behaviors and victim self-pity issues. To use the book, simply follow these steps:

1. Choose a tapping statement that resonates with you.
2. Tap on the specific acupuncture points while repeating the tapping statement to yourself.
3. Continue tapping until you feel a shift in your energy.
4. Repeat the process as often as needed.

### **Benefits of EFT tapping**

EFT tapping has a number of benefits, including:

- Reduces stress and anxiety
- Improves sleep
- Boosts mood

- Increases self-confidence
- Improves relationships
- Promotes healing

### **300 EFT Tapping Statements**

Here are 300 powerful EFT tapping statements that you can use to address a wide range of self-defeating behaviors and victim self-pity issues:

- Even though I have been engaging in self-defeating behaviors, I deeply and completely accept myself.
- Even though I have been feeling like a victim, I deeply and completely accept myself.
- Even though I have been feeling sorry for myself, I deeply and completely accept myself.
- Even though I have been blaming others for my problems, I deeply and completely accept myself.
- Even though I have been feeling like I am not good enough, I deeply and completely accept myself.
- Even though I have been feeling like I am not worthy of love, I deeply and completely accept myself.
- Even though I have been feeling like I am not capable of achieving my goals, I deeply and completely accept myself.
- Even though I have been feeling like I am not deserving of happiness, I deeply and completely accept myself.

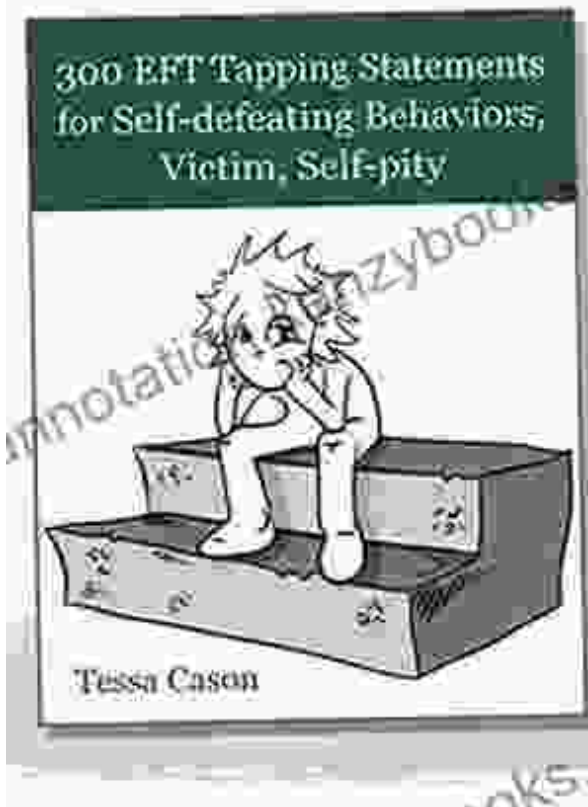
- Even though I have been feeling like I am not lovable, I deeply and completely accept myself.
- Even though I have been feeling like I am not worthy of success, I deeply and completely accept myself.

These are just a few of the many EFT tapping statements that you can use to address self-defeating behaviors and victim self-pity. By using these statements regularly, you can help to transform your negative thoughts and emotions into positive ones, and can finally break free from the cycle of self-sabotage.

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IF NOW IS NOT A GOOD TIME TO END YOUR  
self-destructive | self-defeating,  
AND SELF-SABOTAGING BEHAVIOR,  
when might it be?



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