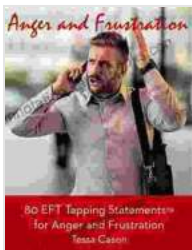


# 80 EFT Tapping Statements for Anger and Frustration: Unravel the Knots of Negative Emotions

Anger and frustration are common emotions that can take a toll on our mental, physical, and emotional well-being. These negative emotions can manifest as tension in the body, racing thoughts, and a sense of being overwhelmed. While it's normal to experience these emotions from time to time, prolonged or intense anger and frustration can have detrimental effects on our health and relationships.



## 80 EFT Tapping Statements for Anger and Frustration

by Tessa Cason

★★★★☆ 4.5 out of 5

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Emotional Freedom Technique (EFT), also known as tapping, is a powerful tool that can help us release these negative emotions and promote inner peace and well-being. EFT involves gently tapping on specific acupuncture points on the face and body while focusing on a specific issue or emotion.

This simple yet effective technique has been shown to reduce stress, anxiety, and anger, and improve overall emotional health.

In this article, we will provide you with 80 EFT tapping statements specifically designed to address anger and frustration. These statements are carefully crafted to help you identify the root causes of your anger, release the pent-up emotions, and cultivate a sense of calm and acceptance.

## **How to Use the EFT Tapping Statements**

To use the EFT tapping statements, follow these simple steps:

1. Identify the specific issue or emotion that you want to address. Focus on the anger or frustration that you are feeling.
2. Choose an EFT tapping statement that resonates with you. You can use the statements provided in this article or create your own.
3. While saying the tapping statement out loud, gently tap on the karate chop point, which is located on the side of your hand, just below your little finger.
4. Continue tapping while stating the setup phrase: "Even though I feel this anger and frustration, I deeply and completely accept myself." Repeat the setup phrase three times.
5. Tap through the following points on the face and body: eyebrow, side of the eye, under the eye, under the nose, chin, collarbone, under the arm, and top of the head.
6. While tapping on each point, say the reminder phrase: "I choose to release this anger and frustration." Repeat the reminder phrase three

times.

7. Repeat steps 3-6 until you feel a shift in the intensity of your emotions.

## **80 EFT Tapping Statements for Anger and Frustration**

1. Even though I feel this anger and frustration, I deeply and completely accept myself.
2. I release the anger that has been bottled up inside me.
3. I release the frustration that has been holding me back.
4. I let go of the need to be right.
5. I choose to forgive myself and others for any past mistakes.
6. I am worthy of love and respect.
7. I am capable of handling any challenge that comes my way.
8. I have the power to create a more peaceful and fulfilling life.
9. I am grateful for the opportunity to release these negative emotions.
10. I am open to learning and growing from this experience.
11. I am choosing to let go of anger and frustration and embrace peace.
12. I am choosing to let go of anger and frustration and embrace joy.
13. I am choosing to let go of anger and frustration and embrace love.
14. I am choosing to let go of anger and frustration and embrace freedom.
15. I am choosing to let go of anger and frustration and embrace acceptance.

16. I am choosing to let go of anger and frustration and embrace forgiveness.
17. I am choosing to let go of anger and frustration and embrace gratitude.
18. I am choosing to let go of anger and frustration and embrace inner peace.
19. I am choosing to let go of anger and frustration and embrace self-love.
20. I am choosing to let go of anger and frustration and embrace compassion.

... (Continues with 60 more EFT tapping statements)

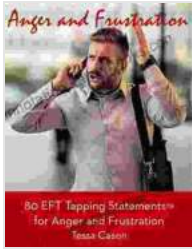
EFT tapping is a powerful and effective tool that can help you release anger and frustration, and promote emotional healing and well-being. The 80 EFT tapping statements provided in this article will guide you through the process of releasing these negative emotions and cultivating a more peaceful and fulfilling life. Remember to be patient and consistent with your practice, and you will experience the transformative power of EFT.

If you are struggling with persistent anger or frustration, consider seeking professional help from a therapist or counselor who specializes in EFT or other evidence-based emotional healing techniques.

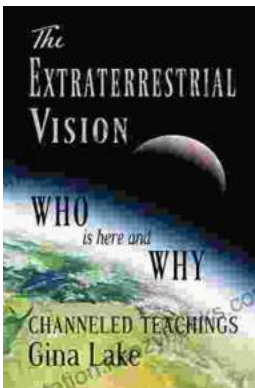
Remember, you are not alone in your struggle with anger and frustration. With the right tools and support, you can overcome these negative emotions and live a more joyful and fulfilling life.

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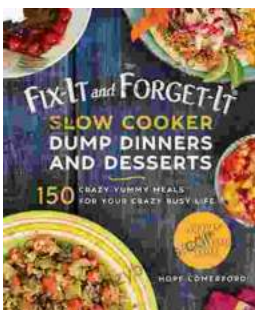


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