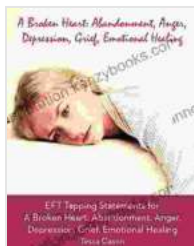


EFT Tapping Statements for a Broken Heart: Healing and Mending Your Heart with Emotional Freedom Technique



EFT Taping Statements for A Broken Heart: Abandonment, Anger, Depression, Grief, Emotional Healing by Tessa Cason

★★★★★ 5 out of 5

Language	: English
File size	: 7885 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 257 pages
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The pain of a broken heart can be overwhelming. It can feel like the world has fallen apart and that you will never be happy again. But there is hope. EFT tapping, also known as Emotional Freedom Technique, is a powerful self-help tool that can help you to heal your heart and move forward with your life.

EFT tapping is a simple yet effective technique that combines elements of acupuncture, psychology, and energy healing. By tapping on specific acupressure points on your body while focusing on your emotional pain, you can release negative emotions and shift your energy to a more positive and empowering state.

This book will guide you through the process of using EFT tapping to heal your broken heart. You will learn how to identify and release the specific emotions that are causing you pain, and you will also learn how to create and use your own powerful tapping statements.

What is EFT Tapping?

EFT tapping is a self-help technique that combines elements of acupuncture, psychology, and energy healing. It is based on the idea that negative emotions are caused by disruptions in the body's energy system.

By tapping on specific acupressure points on your body while focusing on your emotional pain, you can release these disruptions and restore balance to your energy system. This can lead to a wide range of benefits, including:

- Reduced stress and anxiety
- Improved mood
- Increased self-esteem
- Relief from physical pain
- Improved sleep

EFT tapping is a safe and effective technique that can be used by anyone, regardless of age or health condition.

How Can EFT Tapping Help Me to Heal My Broken Heart?

EFT tapping can help you to heal your broken heart by:

- **Releasing the negative emotions that are causing you pain.** These emotions may include sadness, anger, resentment, fear, and guilt.
- **Shifting your energy to a more positive and empowering state.** This can help you to see your situation from a new perspective and to feel more hopeful about the future.
- **Reprogramming your subconscious mind.** EFT tapping can help you to change the negative beliefs and patterns that are holding you back from healing and moving forward.

EFT tapping is a powerful tool that can help you to heal your broken heart and create a more fulfilling and joyful life.

How to Use EFT Tapping to Heal Your Broken Heart

To use EFT tapping to heal your broken heart, follow these steps:

1. **Identify the specific emotion or issue that you want to tap on.** This may be a specific memory, a thought, or a feeling.
2. **Create a tapping statement.** A tapping statement is a simple phrase that describes the emotion or issue that you are tapping on, as well as a positive affirmation that you want to create. For example, you might say, "Even though I feel sad about my breakup, I know that I am strong and I will get through this."
3. **Find the appropriate tapping points.** There are several different tapping points that can be used for EFT. The most common points are:
 - The karate chop point (located on the side of the hand)
 - The top of the head

- The eyebrow
- The side of the eye
- The under the nose
- The chin
- The collarbone
- The underarm

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4. **Tap each tapping point while saying your tapping statement.** Tap each point 5-7 times.
5. **Repeat steps 1-4 until you feel a shift in your energy.** You may need to tap for several minutes or even several rounds before you feel a change.

Here are some additional tips for using EFT tapping to heal your broken heart:

- Be gentle with yourself. EFT tapping can be an emotional experience. It is important to be patient and compassionate with yourself as you go through the process.
- Be specific with your tapping statements. The more specific you are, the more effective your tapping will be.
- Tap regularly. The more you tap, the more benefits you will experience.
- If you have any questions or concerns, please consult with a qualified EFT practitioner.

EFT Tapping Statements for a Broken Heart

Here are some EFT tapping statements that you can use to heal your broken heart:

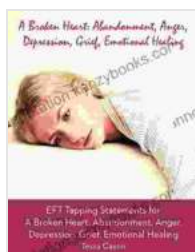
- Even though I feel sad about my breakup, I know that I am strong and I will get through this.
- Even though I am hurting right now, I know that I am worthy of love and happiness.

- Even though I feel like my heart has been broken, I know that I can heal and move on.
- Even though I am afraid of being alone, I know that I am capable of taking care of myself.
- Even though I feel like I have lost everything, I know that I have a future full of possibilities.

You can also create your own tapping statements. The most important thing is to be honest and specific with your statements.

EFT tapping is a powerful tool that can help you to heal your broken heart and create a more fulfilling and joyful life. By following the steps outlined in this book, you can learn how to use EFT tapping to release negative emotions, shift your energy to a more positive state, and reprogram your subconscious mind.

With time and effort, EFT tapping can help you to heal your broken heart and move forward with your life with a renewed sense of hope and resilience.



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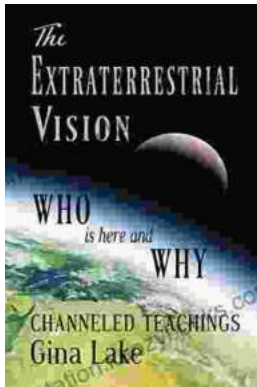
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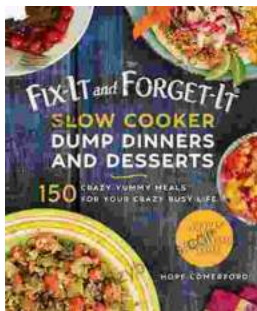
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