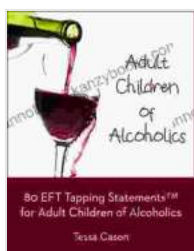


Heal the Trauma of Growing Up with Alcoholic Parents: 80 EFT Tapping Statements for Adult Children of Alcoholics

If you grew up with an alcoholic parent, you may have experienced a childhood filled with emotional turmoil, insecurity, and a profound sense of loneliness. The impact of parental alcoholism on children can be devastating, leading to a range of psychological and emotional issues that can persist into adulthood.



80 EFT Tapping Statements for Adult Children of Alcoholics by Tessa Cason

★★★★☆ 4.2 out of 5

Language	: English
File size	: 6521 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 125 pages
Lending	: Enabled



One of the most effective ways to heal the trauma caused by parental alcoholism is through EFT (Emotional Freedom Technique) tapping. EFT is a powerful self-help technique that combines elements of cognitive therapy, acupuncture, and energy healing. By tapping on specific meridian points on the face and body while reciting positive affirmations, EFT helps to release negative emotions, reduce stress, and promote emotional well-being.

80 EFT Tapping Statements for Adult Children of Alcoholics

This comprehensive guide offers 80 EFT tapping statements tailored specifically to the needs of adult children of alcoholics. These statements address a wide range of emotions and experiences commonly associated with growing up in an alcoholic household, including:

- Shame and guilt
- Fear and anxiety
- Anger and resentment
- Low self-esteem
- Difficulty trusting others
- Codependency

By regularly tapping on these points while reciting the corresponding affirmations, you can begin to release the emotional baggage that has been weighing you down and create lasting positive change in your life.

How to Use EFT Tapping Statements

EFT tapping is a simple and easy-to-learn technique. To use the tapping statements provided in this guide, follow these steps:

1. Identify the specific emotion or issue you want to address.
2. Find a quiet place where you will not be disturbed.
3. Sit comfortably with your feet flat on the floor and your spine straight.
4. Close your eyes and take a few deep breaths.

5. Choose an EFT tapping statement that resonates with you and begin tapping on the indicated meridian point.
6. Tap gently but firmly for 5-7 repetitions.
7. Repeat the tapping statement as you tap.
8. Continue tapping through the entire sequence until you feel a shift in your emotional state.

You can repeat the tapping sequence as often as needed until you feel the desired emotional release.

Benefits of EFT Tapping for Adult Children of Alcoholics

EFT tapping offers numerous benefits for adult children of alcoholics, including:

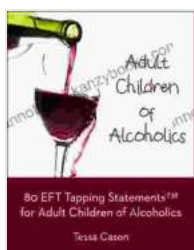
- Reduced stress and anxiety
- Improved sleep
- Enhanced self-esteem
- Increased feelings of safety and security
- Improved relationships
- Reduced codependency
- Greater sense of well-being and contentment

By incorporating EFT tapping into your self-care routine, you can proactively address the emotional challenges that may have stemmed from

growing up with alcoholic parents and create a more fulfilling and emotionally healthy life.

Healing the trauma of growing up with alcoholic parents is a journey, not a destination. EFT tapping is a powerful tool that can empower you to break free from the negative patterns and emotions that have been holding you back. With regular practice, EFT can help you release the emotional baggage of your past and create a brighter, more fulfilling future.

Free Download your copy of **80 EFT Tapping Statements for Adult Children of Alcoholics** today and embark on a transformative journey of healing and recovery.



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