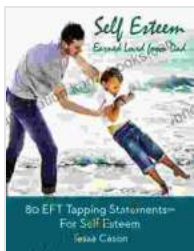


Unleash Your Inner Power: 80 EFT Tapping Statements for Unshakable Self-Esteem

In the tapestry of life, self-esteem serves as the vibrant thread that interweaves our thoughts, feelings, and actions. It's the foundation upon which we build our dreams, establish relationships, and navigate the complexities of the world. When self-esteem falters, it can dim our inner light and cast a shadow over our potential.

The good news is that self-esteem is a malleable trait, capable of being cultivated and strengthened. One powerful tool that can help us achieve this is Emotional Freedom Techniques (EFT), also known as tapping.



80 EFT Tapping Statements for Self Esteem by Tessa Cason



4.8 out of 5

Language	: English
File size	: 6581 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 123 pages
Lending	: Enabled

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EFT Tapping: A Revolutionary Path to Healing

EFT is a gentle yet profoundly effective technique that combines physical stimulation with focused attention. By tapping on specific meridian points

on the face and body, we create an energy shift that helps to release emotional blocks and promote deep healing.

Studies have shown that EFT can:

- Reduce stress and anxiety
- Alleviate physical pain
- Improve sleep quality
- Enhance self-esteem and confidence

80 EFT Tapping Statements for Self-Esteem

In this comprehensive guide, you'll discover 80 transformative EFT tapping statements designed to elevate your self-esteem and ignite your inner power. These statements are designed to:

- Challenge negative thought patterns
- Replace self-criticism with self-compassion
- Cultivate a deep sense of self-worth
- Create a foundation for lasting change

How to Use EFT Tapping Statements

Using EFT tapping statements is a simple and accessible practice that you can incorporate into your daily routine. Follow these steps to get started:

1. Find a quiet and comfortable place where you won't be disturbed.
2. Identify an area where you'd like to improve your self-esteem.

3. Choose an EFT tapping statement that resonates with your situation.
4. Begin tapping gently on the karate chop point (the fleshy part of the hand, just below the thumb) while repeating the statement out loud.
5. Continue tapping through the sequence of EFT points (eyebrow, side of the eye, under the eye, under the nose, chin, collarbone, under the armpit, top of the head) while continuing to repeat the statement.
6. Repeat steps 4 and 5 for two to three rounds.

Sample EFT Tapping Statements

Here are a few sample EFT tapping statements to get you started:

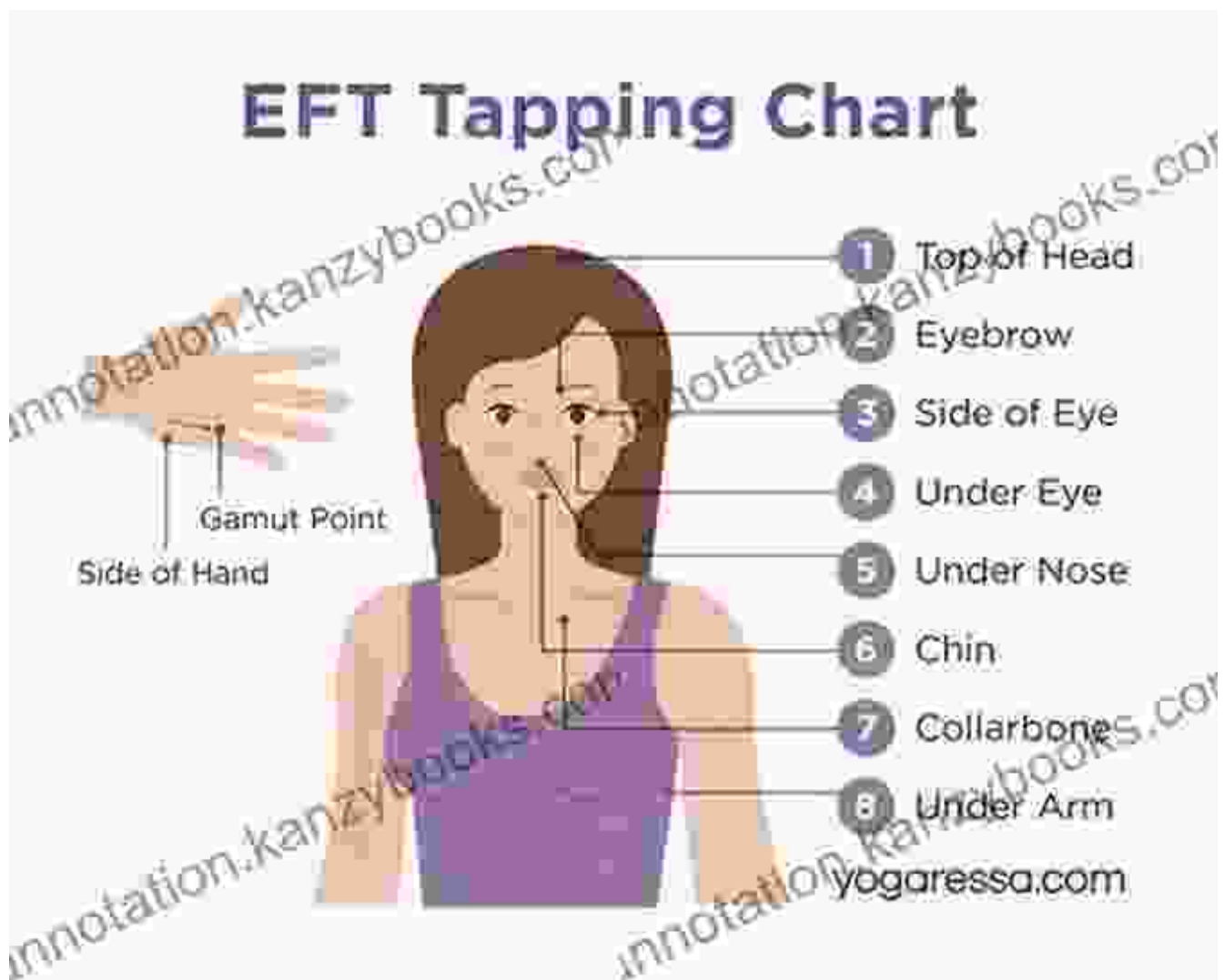
- Even though I sometimes feel insecure, I deeply and completely accept myself.
- I release all negative beliefs about myself and replace them with love and compassion.
- I am worthy of love, respect, and success, regardless of my past mistakes.
- My self-worth is not dependent on the opinions of others.
- I am capable of achieving my goals and living a fulfilling life.

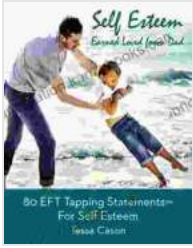
Personalize Your Tapping Journey

The most powerful EFT tapping statements are those that resonate deeply with your own experiences and beliefs. Feel free to personalize the statements provided or create your own unique ones that speak to your specific needs.

It's important to note that EFT tapping is not a quick fix. It requires consistent practice and commitment to experience lasting results. By incorporating these statements into your daily routine, you'll embark on a transformative journey towards unshakeable self-esteem.

Unleashing your inner power through EFT tapping is a gift you can give yourself. By embracing these 80 transformative statements, you can challenge self-limiting beliefs, cultivate self-love, and build a foundation for a life of confidence and fulfillment. Remember, the journey to self-esteem is not always easy, but with perseverance and the support of EFT tapping, you'll discover the radiant light that shines within you.





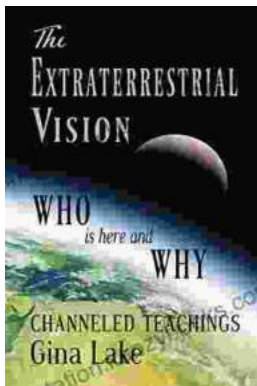
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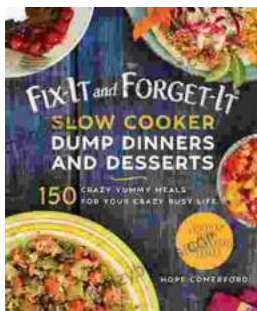
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