

Unlock Freedom from Addiction: 80 EFT Tapping Statements for Transformation



80 EFT Tapping Statements for Addictions by Tessa Cason

★★★★☆ 4.3 out of 5

Language : English
File size : 6340 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 129 pages
Lending : Enabled



Embark on a journey of recovery and transformation with this comprehensive guide to EFT (Emotional Freedom Technique) tapping for addiction. Within these pages, you will find 80 powerful tapping statements designed to address the root causes of your addictive behaviors and empower you to create lasting change.

What is EFT Tapping?

EFT Tapping is a gentle yet effective technique that combines elements of acupuncture and talk therapy. By tapping on specific acupressure points on your body while focusing on negative emotions or limiting beliefs, you can release these blocks and rewire your brain for positivity and well-being.

The Power of Tapping for Addiction

Addiction is often driven by underlying emotional issues such as stress, anxiety, trauma, or low self-esteem. EFT Tapping directly targets these issues, helping you to:

- Reduce cravings
- Manage triggers
- Boost self-esteem
- Cope with stress and anxiety
- Heal from past trauma

80 Transformative Tapping Statements

This guide provides a comprehensive collection of 80 EFT tapping statements specifically tailored for addiction recovery. Each statement is designed to address a specific aspect of your addiction and guide you towards healing and empowerment.

How to Use the Tapping Statements

To use the tapping statements, simply follow these steps:

1. Find a quiet place where you can focus.
2. Identify the statement that resonates with you.
3. Begin tapping on the karate chop point (outside of your hand, between your pinky and ring finger).
4. While tapping, repeat the statement aloud or in your head.

5. Tap on the remaining tapping points in this sequence: top of head, eyebrow, side of eye, under eye, under nose, chin, collarbone, under arm, top of head.
6. Continue tapping for 2-3 minutes, or until you feel a shift in your emotions.

Additional Tips

To enhance the effectiveness of your tapping practice:

- Be consistent with your tapping sessions.
- Personalize the statements by replacing "I" with your name.
- Visualize positive outcomes as you tap.
- Seek support from a therapist or EFT practitioner.

This guide to EFT Tapping for addiction provides you with a transformative tool to break free from the cycle of addiction and create a life of freedom and well-being. By embracing these 80 powerful tapping statements and committing to a regular tapping practice, you can unlock your inner strength, heal the underlying causes of your addiction, and emerge as a victor in your journey towards recovery.

Embark on this transformative journey today and discover the power of EFT Tapping to reclaim your life from addiction.

80 EFT Tapping Statements for Addictions by Tessa Cason

★★★★☆ 4.3 out of 5

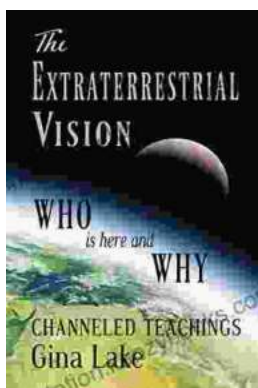
Language : English

File size : 6340 KB

Text-to-Speech : Enabled

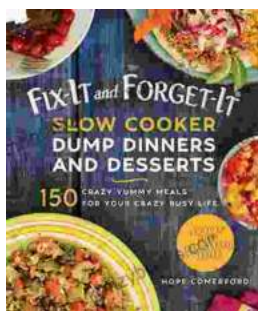


Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 129 pages
Lending : Enabled



The Extraterrestrial Vision: Who Is Here and Why? Unraveling the Mysteries of Extraterrestrial Life

In the vast expanse of the universe, where countless celestial bodies dance in an intricate symphony of cosmic existence, there...



Fix It & Forget It Slow Cooker Dump Dinners & Desserts: Your Kitchen Savior

Are you ready to revolutionize your cooking routine? Introducing Fix It & Forget It Slow Cooker Dump Dinners & Desserts, the cookbook that will...