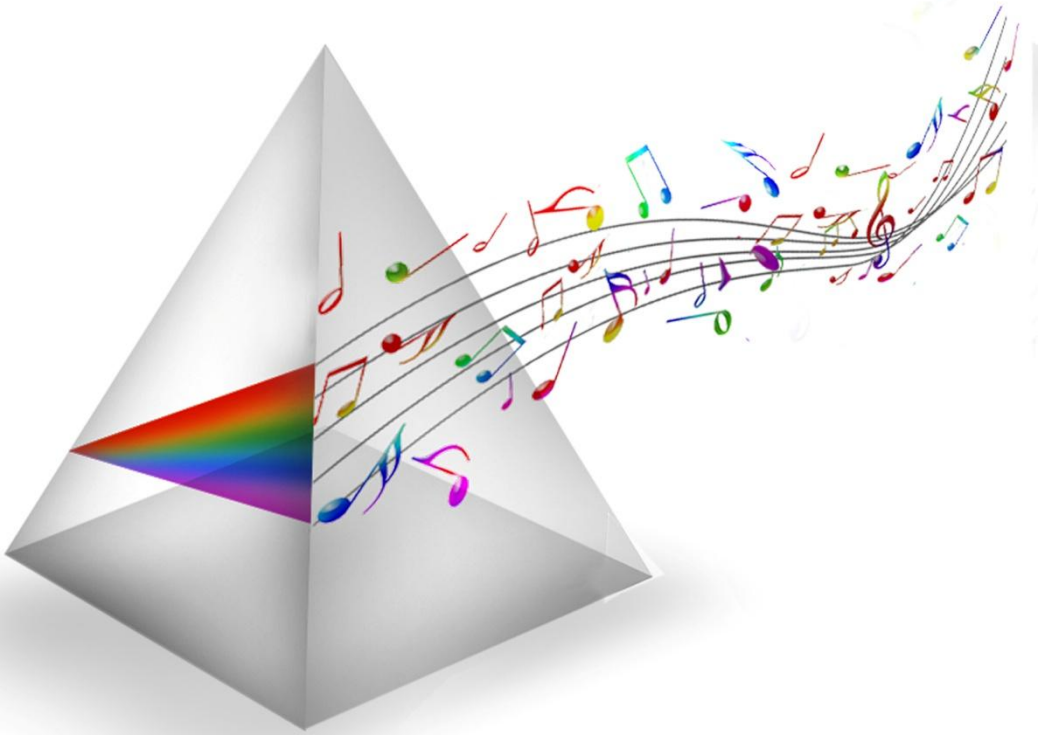
FREE

The Music Inside

EFT Set up Phrases



Jenny Clift

Welcome!

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If you have any comments or questions please don't hesitate to contact me at jenny@jennyclift.com .

For more articles, resources and information please visit my website www.jennyclift.com .

It's thrilling for me to think that real people are reading my book and benefitting from these resources and I'd love to hear from you.

Here's to the music inside all of us!!

Jenny

Set up phrases for Tapping Rounds.

When you are learning to use EFT, or 'Tapping', you might find yourself wondering what words to use. Just remember, EFT is a very forgiving process and the words are just there to keep your mind and body focused on the issue at hand.

Here are some ideas for set up phrases. (Just fill in the blanks!):

Emotions.

Even though I am so angry with _____, I choose to love and accept myself.

Even though I am so upset about _____, I love and forgive myself.

Even though I am so disappointed that _____, I love and accept and take care of myself.

Even though I'm so sad about _____, I love and accept myself, and even the other people who are involved.

Even though I have this anxiety_____, I love and accept myself.

Even though I'm worried about _____, I choose to love and forgive myself and feel at peace.

Events:

Even though I'm so scared about _____, I love and honor myself.

Even though I wish I had/hadn't done _____, I love and forgive myself.

Even though I really messed up, I choose to love and forgive myself.

Even though everything is going wrong, I love and accept myself.

Even though I'm not prepared for_____, I love and forgive myself.

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Relationships:

Even though _____was so rude to me, I choose to love and accept myself, and maybe even _____sometime.

Even though I'm so upset with _____, I love and accept myself.

Even though I yelled at my children, I love and forgive myself.

Even though I had an argument with _____, I love and honor myself, and them too (maybe, sometime!).

Even though _____and I are getting along so badly, I love and accept myself.

Physical:

Even though I have this headache, I love and accept myself.

Even though I ate too much last night, I love and forgive myself.

Even though I didn't exercise today, I love and accept myself.

Even though I hate my _____, I love and honor and forgive myself.

Cravings:

Even though I want a drink (cigarette, chocolate etc) I love and accept myself.

Even though I can't stop thinking about_____, I love and forgive myself.

Even though I gave into temptation yet again, I choose to love and forgive and accept myself.

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