



Welcome to...

***YOUR QUICK STARTER GUIDE TO
EFT TAPPING SET-UP PHRASES***



EFT TAPPING SET UP PHRASES

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', the words you use as you tap on the side of the hand. (Just fill in the blanks!)

Continue round the points with the 'reminder phrase' in bold.

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.



Events (cont):

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

Even though I'm **not prepared for** _____, I love and forgive myself.

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** _____, I love and forgive myself.

Even though I had a **fight 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.

3.



- *Contact Me* -



If you have any thoughts, comments or questions or would like to know more about tapping with me, why not set up a TAPPING DISCOVERY CALL?

I look forward to finding out more about you and, if it's a good fit, I can tell you more about how I work with people.

You can CONTACT ME via email at: jenny@jennyclift.com

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