



*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.



## MORE EFT TAPPING SET UP PHRASES



### 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](mailto:jenny@jennyclift.com)**

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<https://www.youtube.com/@jennycliftcoachingEFT>