

Energy Tapping: Making Space for Love after Loss

with EFT

Here's how you do it:

1) Think about your loved one, or a trigger related to your loss or grief.

2) Notice the emotions and body sensations that come up. What words briefly describe them?

3) Focus on one feeling and rate its Intensity 0-10.

4) Set-up: Tap the Karate Chop Point as you repeat 3x: "Even though I have this _____(feeling)_____, I deeply and completely love and accept myself."

5) Then tap points from your head down through body and hand, while repeating the Reminder: "This ___(feeling)___"

6) Check in: Rate the feeling 0-10. If it is not down to 0, repeat steps 4&5, using

"Even though I still have some of this ___(feeling)___, I deeply and completely love and accept myself".

7) You can add positive statements, like "I feel this love now" while tapping at the end.

1

Points 1-6 are on the head.

2

3

4

4

5

6

11

10

12

Points 9-13 are on the hand

9

13

Karate chop Point

8

7

Find more resources at www.ttn.org