

## EFT Card on Guilt, Shame & Regret

### Setup Phrase:

*Tap over the heart or on the side of your left hand, while saying the following three statements (edit words as needed):*

**There have been times... when I have made mistakes... and my mistakes have cost me... or someone else.**

**There have been times... when I did or said something wrong ... that I regret... and it still troubles me.**

**There have been times... when I let others down... or I let myself down... and it's hard to forgive myself.**

### Tapping Points:

<b>Top of Head:</b>	<b>I release all the guilt... all the shame... and all feelings of regret.</b>
<b>Eyebrows:</b>	<b>I am willing... to stop punishing myself...and accept healing in the place of pain.</b>
<b>Side of Eye:</b>	<b>I want a peaceful life that works... instead of the guilt, regret, and shame.</b>
<b>Under the Eye:</b>	<b>I am learning that God's Will for me is happiness...no matter what I did... or didn't do.</b>
<b>Under the Nose:</b>	<b>I want happiness instead of shame... and to see my innocence instead of guilt.</b>
<b>On the Chin:</b>	<b>I am willing to forgive myself... once and for all... so I can leave the past behind.</b>
<b>Collarbone:</b>	<b>I am learning... that I cannot alter what God created... I can only bring light... in truth.</b>
<b>Over the Heart:</b>	<b>I am willing... to allow God... to undo all the consequences of my wrong decisions.</b>
<b>Center of Chest:</b>	<b>I accept His Gift... of forgiveness... freedom... and total release from guilt and shame.</b>
<b>Side of the Hand:</b>	<b>I welcome love... happiness... and abundance... even if I don't know how to get there.</b>
<b>Inside the Knees:</b>	<b>The love and peace of God... is mine forever... where my past cannot intrude.</b>
<b>Over the Heart:</b>	<b>I am willing... to trade my guilt and shame... for innocence... light... peace... and love.</b>
<b>Center of Chest:</b>	<b>I release the guilt for good...I have carried it long enough...I want peace instead of this.</b>

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