

EFT Card on Betrayal and Deception

Setup Phrase:

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

Even though... I've been betrayed... by someone close to me... and I'm in shock... that this could happen.

Even though... I feel hurt... and sad... and angry... and upset... I want peace instead of this.

Even though... the pain is deep... and the hurt is haunting me all through the day... I want to be free of this.

Tapping Points:

Top of Head:	I release all the sadness... all the resentment...and all the shock of what has occurred.
Eyebrows:	I want to be free of this... I want to find peace... even if I don't know how to get there.
Side of Eye:	I release all the anger... all the pain... all the blame... and feelings of hurt and sadness.
Under the Eye:	I need another way to look at this... so I can move forward ... I want to rise above this.
Under the Nose:	I turn this whole situation... over to You God... to heal for me... and on my behalf.
On the Chin:	I want to be free... but I don't know how... I'm willing to be shown my way through this.
Collarbone:	I release all the sadness... and all the hurt... of being lied to... betrayed... and deceived.
Over the Heart:	I never imagined this could happen... Help me to forgive... so I can set myself free.
Center of Chest:	I am determined... to choose love instead of fear... and peace instead of anger.
Side of the Hand:	Dear God... help me find relief...from my painful thoughts...I want peace above all else.
Inside the Knees:	I draw upon Your strength to guide me... and Your Love to reinforce me.
Over the Heart:	I am as You created me... I cannot be altered by another person. I want to see the truth.
Center of Chest:	I release every shred of hurt...and blame... and sadness... As I forgive... I am released.

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