

EFT Card on Self-Doubt & Inner Dialogue

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 are times... when I doubt myself... and my inner voice takes over... and I can't seem to get past it.
There are times... when my thoughts turn dark... and become critical... judgmental... and without hope.
There are times... when I don't feel inspired... or motivated... or strong enough... to do what I need to do.

Tapping Points:

Top of Head: I release all the frustration... all the inner chatter... and all judgment against myself.
Eyebrows: I am willing to see myself differently... and accept the support I need... to move forward.
Side of Eye: I am learning... it is not up to me... to figure out things by myself... I am never alone.
Under the Eye: I am one with God... my Higher Wisdom... and I will be guided through every challenge.
Under the Nose: I am never alone... God is always with me... walking with me... all along the way.
On the Chin: I am willing... to see myself... as capable... competent... powerful... and supported.
Collarbone: With God... I have what it takes... to do what I want or need to do... with ease.
Over the Heart: I am worthy... of a happy life that works... and my Higher Wisdom will show me how.
Center of Chest: I am willing to see... the best in myself and others... in everything I do.
Side of the Hand: I release the past... along with all mistakes and failures... I choose peace instead of this.
Inside the Knees: I am determined... to listen to my Higher Wisdom... and stay focused on only what is true.
Over the Heart: I release the false image... I made up about myself... I want the truth instead of this.
Center of Chest: I am entitled to happiness... peace... ease... and joy... in every aspect of my life.

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