

## EFT Card on Love & Dating

### 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 feel inadequate... when I meet new people... or when I want to get close to someone.**

**There are times... when I judge myself... or I feel judged... or like I am flawed... or not enough.**

**There are times... when I use how I feel... to keep love at a distance... and I block myself from happiness.**

### Tapping Points:

- Top of Head:** I release all the pressure... all the frustration... and any judgments against myself.
- Eyebrows:** I forgive myself... for how I have done things in the past... I release the past... with no regrets.
- Side of Eye:** I am willing to forgive others...for playing the roles I wrote for them...& expected them to play.
- Under the Eye:** I want to see all of this differently... & I look forward...to greater love and happiness in my life.
- Under the Nose:** I am willing... to welcome love... and closeness... and connection... and peace.
- On the Chin:** I am willing... to see others as capable... of being a safe and loving presence in my life.
- Collarbone:** I release all frustration... all resentment... and any feelings of anger from the past.
- Over the Heart:** I am worthy of a happy life... that is filled with love... and joy... romance... laughter... and fun.
- Center of Chest:** I am worthy of love... and honesty... & being cherished and valued...in all of my relationships.
- Side of the Hand:** I am as God created me... infinite love... light... purity... happiness... joy.
- Inside the Knees:** I am willing to see others...as capable of responding to me with love... and care...and respect.
- Center of Chest:** Each time... I am tempted to judge... or go into fear... I will pause and ask for how to proceed.
- Over the Heart:** I am willing... to communicate openly... honestly... lovingly... and with ease... at all times.

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