

## EFT Card on Healing from a Breakup

### 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... my heart is hurting... and I can't seem to make it stop...I release all the pain...and all the sadness.  
Even though... I didn't expect this to happen... I release the disappointment.. the frustration... and the hurt.  
Even though... I can't seem to move beyond this... I am willing... to see myself & this whole situation differently.**

### Tapping Points:

**Top of Head:** I release all the sadness... all the hurt... and all feelings of resentment... and despair.  
**Eyebrows:** I am willing... to forgive myself... and trust... that I will get through this.  
**Side of Eye:** I am willing... to turn this over... and give it to God... I will be shown my way through this.  
**Under the Eye:** I am willing... to release the past... and let peace take the place... of all the pain.  
**Under the Nose:** I am willing... to love myself... and give my heart... the time it needs to heal.  
**On the Chin:** I am willing... to be patient... and let the healing be accomplished... by my Higher Mind.  
**Collarbone:** I deserve love... and a happy life... I am willing to be guided... all along the way.  
**Over the Heart:** I forgive myself... for all past mistakes... failures... and wrong decisions... I am not my past.  
**Center of Chest:** I am worthy of love... honor... and happiness... and being treated... with kindness & respect.  
**Side of the Hand:** I release all regrets... of what I did... or what I said... I forgive myself ... I am free of the past.  
**Inside the Knees:** I am willing to forgive my partner... for the pain I feel they caused... I want the truth instead.  
**Center of Chest:** I choose miracles... in the place of all grievances... I am worthy of a happy life filled with love.  
**Over the Heart:** I ask God to handle this... & steady my footsteps... in every step I take... My goal is peace.

Robin D. Duncan • Holistic Training for Individuals & Practitioners • Miracle Center of California  
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