

EFT Card on Separation & Divorce

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 life is changing... and I don't know what to expect... I am willing to be guided to happiness.
Even though... I never expected this to happen... I am willing to forgive myself... & I choose peace in all respects.
Even though... the future is unknown... I will rely... on my Higher Mind... to decide for me... in every way.

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... & trust... that I will get through this... & everything will be OK.
Side of Eye: I release all the frustration... all the confusion... and any feelings of guilt or shame.
Under the Eye: I release the past... along with all judgments against myself... I want peace instead of this.
Under the Nose: I am willing... to love myself... and give myself... and my heart... the time needed 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 will be shown... God's Divine Plan for my happiness.
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 am willing to see myself & my future... as happy, fulfilled, loved & blessed. Thy Will Be Done.

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