

EFT Card on Love & Intimacy

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 the thought of being close to others... is uncomfortable... unwanted... or undesirable.

There are times... when I judge myself about how I look...or how I will be perceived... through the eyes of others.

There are times... when I push closeness away... because I feel undesirable... unattractive... or unworthy of love.

Tapping Points:

Top of Head: I am willing... to accept myself... exactly as I am... I choose to welcome love... without fear.
Eyebrows: I release all the worry... all the judgment... all the fear & anxiety... I want peace instead of this.
Side of Eye: I forgive myself... for pushing people away... because of my own self-judgments.
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... exactly as I am... the way I am... & how I am... without judgment.
On the Chin: I am willing to see others... as capable...of being loving...accepting... & excited to be with me.
Collarbone: I deserve love... and a happy life... filled with closeness... connection... passion... and fun.
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 & happiness... and being treated... with kindness... care... & tenderness.
Side of the Hand: I release all regrets from the past... I forgive myself completely... I am not my past.
Inside the Knees: I am worthy of a loving partner... who sees the best in me... and loves me unconditionally.
Center of Chest: I am willing ... to love myself unconditionally... I am desirable & attractive... exactly as I am.
Over the Heart: My close relationships... are filled with love... closeness... joy... laughter... romance... & fun.

Robin D. Duncan • Holistic Training for Individuals & Practitioners • Miracle Center of California
Products, Training & Certification Classes at MiracleCenterStore.com • Email – Info@MiracleCenterofCa.com • All Rights Reserved © 2015

EFT Card on Love & Intimacy

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 the thought of being close to others... is uncomfortable... unwanted... or undesirable.

There are times... when I judge myself about how I look...or how I will be perceived... through the eyes of others.

There are times... when I push closeness away... because I feel undesirable... unattractive... or unworthy of love.

Tapping Points:

Top of Head: I am willing... to accept myself... exactly as I am... I choose to welcome love... without fear.
Eyebrows: I release all the worry... all the judgment... all the fear & anxiety... I want peace instead of this.
Side of Eye: I forgive myself... for pushing people away... because of my own self-judgments.
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... exactly as I am... the way I am... & how I am... without judgment.
On the Chin: I am willing to see others... as capable...of being loving...accepting... & excited to be with me.
Collarbone: I deserve love... and a happy life... filled with closeness... connection... passion... and fun.
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 & happiness... and being treated... with kindness... care... & tenderness.
Side of the Hand: I release all regrets from the past... I forgive myself completely... I am not my past.
Inside the Knees: I am worthy of a loving partner... who sees the best in me... and loves me unconditionally.
Center of Chest: I am willing ... to love myself unconditionally... I am desirable & attractive... exactly as I am.
Over the Heart: My close relationships... are filled with love... closeness... joy... laughter... romance... & fun.

Robin D. Duncan • Holistic Training for Individuals & Practitioners • Miracle Center of California
Products, Training & Certification Classes at MiracleCenterStore.com • Email – Info@MiracleCenterofCa.com • All Rights Reserved © 2015