

EFT Card on Rising Above the Family Story

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 judged... or limited... by my family... and what I was taught... when I grew up.
There are times... when I feel different from my loved ones... & I can't find alignment... closeness or connection.
There are times... when the weight of the past... is very heavy... and it brings guilt & a burden to everyone.

Tapping Points:

Top of Head: I release all the frustration... all the judgment... and all forms of anger & resentment.
Eyebrows: I am willing... to release "the story" I have about myself... my life... and my family.
Side of Eye: I forgive myself... for anything I have done... to contribute to this story of pain & judgment.
Under the Eye: I release the past... along with any guilt... or regret... about my mistakes or wrong decisions.
Under the Nose: I am willing... to see each one of my family members as innocent...whole... loving & complete.
On the Chin: I am not my story... I am not my past... I am not my circumstances... I am not my failures.
Collarbone: I am willing... to see the light and truth of each one of them... and I ask God to help me.
Over the Heart: I am willing to see all of us... as capable of rising above our family story...to a happy outcome.
Center of Chest: I accept myself as I am... I am willing to see them as capable... of loving me without judgment.
Side of the Hand: I am worthy... of a happy life... filled with love... connection... peace... and abundance.
Inside the Knees: I am willing to see others... as the light and truth of who they are... they can be nothing less.
Center of Chest: I forgive others for playing roles ... that I asked them to play... I bless them & release them.
Over the Heart: I choose peace for our whole family... May God bless us all with miracles, closeness & peace.

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