

EFT Card on Care for the Caregiver

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 get frustrated... or tired from the work I do... & I don't have the motivation to go forward.

There are times... when I need a break... and there isn't time for one... & I feel alone & completely overwhelmed.

There are times... when the people I help... really frustrate me... and they don't appreciate what I do for them.

Tapping Points:

Top of Head: I release all the pressure... all the frustration... and all the stress... I am doing the best I can.

Eyebrows: I am willing... to turn this situation over... and give it to God... I want peace instead of this.

Side of Eye: I am willing... to be shown... a way through this... that is peaceful for everyone involved.

Under the Eye: I release all the frustration... and all the roots... and all the causes... of all the frustration.

Under the Nose: I release all the stress... and all the roots... and all the causes... of all the stress.

On the Chin: I am willing... to take care of myself... and ask for help... and take time to rest when I can.

Collarbone: I am willing to see the goodness in those I help... & see them capable of being gracious.

Over the Heart: I am worthy of a happy and stress-free life... filled with joy... peace... ease and abundance.

Center of Chest: I am willing... to be treated with love... kindness... appreciation... and respect.

Side of the Hand: I am willing to love myself... without judgment... and do what is in front of me to do.

Inside the Knees: I am willing to forgive myself... for any harsh words or actions... I want peace instead of this.

Center of Chest: I choose miracles in the place of my judgments... I am willing to forgive everyone I am judging.

Over the Heart: Thank You God for giving me strength... to go thru each day... filled with love & grace & peace.

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