

EFT Card on Worry & Stress

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... I feel so worried... and I can't get my mind to calm down... I am willing to see all of this differently.

Even though... my thoughts race into fear... and I can't seem to make them stop... I choose peace anyway.

Even though... I don't know what to do... or what needs to happen... to make things better... I forgive myself.

Tapping Points:

- Top of Head:** I am willing to turn this whole situation over...and give it to God... I want peace instead of this.
- Eyebrows:** I release all the pressure... all the worry... and all the stress... I am doing the best I can.
- Side of Eye:** I call upon my Teacher of Peace... to guide and direct me... for the highest possible outcome.
- Under the Eye:** I release all the stress... and all the roots... and all the causes... of all the stress.
- Under the Nose:** I release all the worry... and all the roots... and all the causes... of all the worry.
- On the Chin:** I am willing... to see this whole situation... as healed and whole... and make room for healing.
- Collarbone:** I make a reservation for peace... and for the highest outcome... for everyone involved.
- Over the Heart:** I release all the worry...all the stress...& all feelings of guilt...I place my future in God's Hands.
- Center of Chest:** I am not my past...I am not my mistakes. I make room for a higher, happier & brighter future.
- Side of the Hand:** I am determined... to see everyone as capable... of doing their part for a peaceful outcome.
- Inside the Knees:** It is not up to me to solve this... My part is to invite the healing... and let it be accomplished.
- Center of Chest:** I am worthy of the highest possible outcome... My goal is peace for everyone involved.
- Over the Heart:** I dedicate this entire situation to the Truth... and I am assured... that peace is inevitable.

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