

## EFT Card on Dealing with Negativity

### 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 people around me... are negative or judgmental... and I don't know how to stop them.**

**There are times... when the attitudes of others... impact my day... or how I feel... in a negative way.**

**There are times... when my own outlook on life... is less than positive... and then I feel anxious and stressed.**

### Tapping Points:

**Top of Head:** I release all the frustration... of dealing with negativity... and the negative people in my life.

**Eyebrows:** I release all the stress... of feeling invaded... by the fears and judgments of others.

**Side of Eye:** I call upon my Teacher of Peace... to guide my thoughts... feelings... words... and actions.

**Under the Eye:** I want another way to look at this... I choose the light of peace above all else.

**Under the Nose:** I am willing... to see every person in my life... as the light and blessing that they are.

**On the Chin:** I am willing... to see their negativity... as a mirror of my deepest fears... and core beliefs.

**Collarbone:** I forgive others for their fears, judgments & negativity... I choose to love them anyway.

**Over the Heart:** I am willing to see others... as capable... of being loving... kind... positive... and supportive.

**Center of Chest:** I am determined... to see only the Light of Christ in every person... and also in myself.

**Side of the Hand:** God sends me only angels. Thank You God, for the loving light of peace... in each person.

**Inside the Knees:** I am entitled to peace... I will remember... that darkness is not real... I Will there be light.

**Center of Chest:** I am worthy of being treated with love & kindness... & being surrounded by love and peace.

**Over the Heart:** I dedicate this entire situation to the Truth... In the presence of light... darkness is impossible.

Robin D. Duncan • Holistic Training for Individuals & Practitioners • Miracle Center of California  
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