

EFT Card on Loneliness & Abandonment

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 alone... or invisible... and it feels like no one cares.

There are times... when I get tired of living by myself... and there is not much to look forward to.

There are times... when I don't want to be alone...& I miss the closeness...friendship...and touch of other people.

Tapping Points:

Top of Head: I release all the sadness... and all the roots and causes... of all the sadness.
Eyebrows: I release all feelings of loneliness... and I make room... for a higher & happier experience.
Side of Eye: I call upon my Teacher of Peace... to bring light... and love... and meaning into my life.
Under the Eye: I am willing to see myself as important... valued... and worthy... of being loved by others.
Under the Nose: I am willing to see myself as capable... of living a life I love... filled with happiness & peace.
On the Chin: I am determined to see others as capable... of being warm, loving, and supportive of me.
Collarbone: I forgive others for their judgments... distance... and lack of love, support, care, or interest.
Over the Heart: I am learning... that other people... mirror my thoughts & beliefs about myself... back to me.
Center of Chest: I choose to love myself... exactly as I am... and to see my importance & value to others.
Side of the Hand: I will make room for love, friendship, happiness & peace, even if I don't know how to get there.
Inside the Knees: I am learning that God's Will is my happiness... I am willing to be shown what that feels like.
Center of Chest: I am worthy of happiness, closeness and companionship... I choose love instead of fear.
Over the Heart: Thank You God... for the healing of my mind... my life... and my heart... I will not resist You.

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