

# EFT Script – Anger & Resentment

## Topic: What Someone Did to You

*Instructions - Close your eyes and tune into a recent time when someone did something to you that was deeply hurtful, painful, shocking, embarrassing, devastating, violating, vicious, damaging, or frightening. Take in a deep breath and bring up the feelings around that experience and the emotions that came forward as a result...and repeat these words while you tap...*

### Over the Heart:

There was a time... when someone did something to me... that was deeply upsetting... and I couldn't believe they could do this to me... I didn't know how to respond... so I just packed my feelings away... I was truly upset... and shocked... and perhaps devastated... I ask God... to help me with this... to release the anger... the hurt... and the resentment... I want to move past this... I have carried it long enough... I want peace instead of this ... even if I don't know how...

### Other Side of Chest:

There was a time... when this happened... and it deeply impacted me... It changed everything... I might have decided... that I can't trust people... or I might have felt powerless... I might have used this experience... to decide against myself... I am determined to set myself free... Thank You God for rolling this stone away... I want to be free & to have a life that I love.

### Center of the Chest:

I release all the pain of this experience... all the anger.. all the rage.. and all resentment... No one should be treated this way... I should not be treated this way... I deserve love and only love... I ask You God... to take this from me and heal it for me... I want peace instead of this... I want to know freedom... happiness... love... and abundance... I want what You Will for me... I turn this whole experience over to You for complete and total healing... I choose peace instead of this...

### Top of the Head:

If there is any place in my mind... where I am resistant... or hesitant... in letting these feelings go... I will remind myself... that I cannot be peaceful and angry... at the same time... I cannot be happy and resentful... at the same time... I want to be free of this... I am entitled to freedom...

### Eyebrow Point:

As I release my anger... I am not condoning the wrongful actions of another... I am choosing peace above all else... All power is within me... There is nothing outside of me that can alter me... or change me... or take my power away... Thank You God... for taking this from me... I have carried it long enough... I want to be free... I am entitled to freedom.

### Side of the Eye:

I release all the roots and all the causes of this pain... I want to see this differently... I will make room...for this healing... even if I think I can't... even if I never could... I will rely on Your Certainty... that this healing is being accomplished for me.

### Under the Eye:

I am worthy of everything good... the finest that life has to offer... I release the past... and every painful experience that ever happened to me... I am not my past... I am not my experiences... I am as God created me... Eternal Spirit... dearly loved... entitled to happiness... love... safety... and peace...

*Instructions - Take several long deep cleansing breaths and feel the relief. Imagine the sensation of Divine Light flooding down and through your body, clearing away all darkness... Allow your breath to expand, restoring your mind and heart. Next, turn inward and tune into the first time someone did something to you that was deeply hurtful, painful, shocking, embarrassing, devastating, violating, vicious, damaging, or frightening. Go back as far as you need to go. Take in a deep breath and bring up all of the feelings and emotions that came forward as a result... and repeat these words while you tap...*

### Over the Heart:

There was a time... when someone did something to me... that was deeply hurtful... or maybe devastating... and I didn't know how to respond... I just packed the feelings away... and had to deal with the situation... exactly as it was... I did the best I knew how... It was a painful experience... that no one should have to go through... I want to be free of this... I have carried it long enough...

### Other Side of Chest:

There was a time... when someone did something to me... that was deeply hurtful... and even shocking...It deeply impacted me... and how I felt about others... and also about myself... I want to release this experience from my mind and heart... I choose to release the past... along with every painful moment... every time I felt manipulated... or used... ashamed... embarrassed... betrayed...taken advantage of ... or powerless... I want peace instead of this...I am God's Holy Child... wholly innocent... pure...deeply loved... and cherished... Thank You God... for taking this from me... once and for all...and for replacing every painful experience...with Your love & peace...My Inner Guide cannot fail... in guiding me back to peace.

### Center of the Chest:

I am as God created me... I am not my past... I am not my painful experiences... I am entitled to love... I am worthy of peace... and safety... and happiness... and abundance... I am determined to see everyone differently... and to see them as capable of being a loving and safe presence in my life... I want to see the light of every person... even if I can't see it... even if they can't see it... I choose to see it anyway... My part is the willingness... and the power of God will take care of the rest.

*Instructions - Take a long deep cleansing breath and let yourself feel the relief. Allow Divine Light to flow down and through your body. Take in another deep calming breath and anchor that feeling. Now, let it amplify and expand... and feel the peace.*