



Tapping Script

FOR RESENTMENT, RAGE, & DISAPPOINTMENT ABOUT PARTNER'S BEHAVIOR

SETUP

Karate Chop:

Even though I still resent Pat for not doing what I expected or hoped for, I love and accept my true self and the truth that I am stuck in a pattern of allowing this kind of person in my life. I embrace my insight that Pat was doing the best he/she knew how and I was also doing the best I knew how at the time.

Even though I may not be completely done raging about what Pat should have done, in my opinion, and how Pat broke a promise to me, I'm choosing to find a way to give myself and find elsewhere what Pat is no longer willing to give me: support, kindness and commitment.

Even though I may still resent Pat, I am choosing now to release this remaining resentment, wherever I am holding it and wherever it is distracting and harming me in my mind-body. In place of the resentment, I welcome gratitude and relief that this experience has led me to find a way to give kindness and support to myself now.

MOVE ON TO TAPPING POINTS

Eyebrow: Releasing any remaining resentment wherever it may be stuck. Honoring that this emotion brought to my attention my truth about deserving the best. I get this and now release "the messenger" (this feeling of resentment)

Side of the Eye: I choose to move toward what I need and deserve, finally.

Under the Eye: Excited about the possibility of feeling better for a long time.

Under the Nose: Embodying the qualities I want to attract; honoring myself, being kind to myself and committed to my wellbeing

Chin: Looking forward to attracting a person in my life with the qualities I desire, as I learn to radiate support, kindness and commitment, to myself first, and then others

Collarbone; Releasing the misinformed beliefs that block me from this nurturing path, including "I'm not deserving of it", "I will do it wrong", "I will never find it because _\$#!&@_____".



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Under the Arm: Releasing all these untruths which I heard my parents or other 'authorities' say and still believe. It's time to return to the truth that I am already deserving and can most definitely have the quality relationship that I desire. I don't owe anything to this person who betrayed me.

Top of the Head : Feeling peace now with this path I am choosing.

Take deep breath. Recall what he/she did or said or failed to say or do CHECK INTENSITY OF EMOTIONS (resentment, anger) If not zero, continue with.....

2nd Round (change the name of the emotion if it has changed. ie may be sadness

SETUP

Karate Chop:

Even though I still have some anger at Pat re: _____ incident or other example --for not doing what I expected or hoped for, I love and accept my true self and the truth that I have been stuck in a pattern of allowing this kind of person in my life. I embrace my insight that Pat was doing the best he knew how and me the best I knew how at the time; he/she was unaware of my need and I was not confident to assert my need in a loving way.

Even though I still have some anger at Pat (or sadness) re: _____ incident or other example & I don't need this anger, I choose to release it wherever I am holding it and wherever it is harming me in my mind-body.---and instead I am choosing gratitude for showing me clearly why I'm being _____ (i.e. outcast, rejected, abused, ignored, betrayed...) I'm not to blame; However, I may have unknowingly allowed or attracted it in some way.

Even though I may not be completely done raging (or crying) about what Pat should have done, in my opinion, I'm choosing to find a way to get what Pat is not ready to give: kindness, consideration and commitment---including giving it to myself.

TAPPING POINTS:

eyebrow: Not making room for me. I'm angry (or sad)

Side of the Eye: No room for me. I am grateful to realize it, so I can move toward what I need and deserve, finally—to where the most support is.



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Under the Eye: No room for me and no appreciation for what I've done for this person.

Under the Nose: No room for me. Grateful for letting me see that my need for appreciation, loving kindness and support that I absolutely deserve, is not being met here. Excited about the possibility of getting this finally and feeling better for a long time.

Chin: No room for me. Remaining anger at Pat (or sadness) about \$%@**# _____

Collarbone; No room for me in this person's life. Giving space within me for the qualities I want to attract and to radiate: support, kindness and commitment—to myself first; honoring myself, being kind to myself and committed to my wellbeing. Selfish in a good way.

Under the Arm: No room for me. Releasing the remaining anger (or sadness) that blocks me from getting what I deserve. Releasing the misinformed beliefs that blocks me from this nurturing path, including "I'm not deserving of it", "I will do it wrong", "I will never find it because _____234*1!@^\$%*". Releasing all these untruths which I heard my parents or other authorities say and still believe at some level. It's time to return to the truth (100%) that I am already deserving and can most definitely choose to have the quality relationship that I desire.

Top of the Head : Feeling peace now with this path I am choosing.

Deep breath. Check intensity of emotions as you replay what happened. If any remaining, do more tapping to clear to zero. Then celebrate what you did for yourself!



If you're stuck, don't be hard on yourself and feel free to reach out for an [online EFT session](#). (insert hyperlink to Calendly 90 min session)



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