



# Tapping Script

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

## SETUP

**Karate Chop:** \* use real name of person instead of fictional name

**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 to do and I was also doing the best I knew how or was able to do 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



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## Tapping Script

**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 \_\$#!&@\_\_\_\_\_".

**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.....**

**2<sup>nd</sup> 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



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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.

**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!**



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# Tapping Script



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

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## **BETRAYAL SCRIPT**

### SETUP

ET I feel hurt, betrayed. What XYZ did was really wrong and it really sucks...I choose to love & honor myself

ET I feel hurt and betrayed by XYZ ..what they said or did or didn't say or do, I Love honor & Accept myself

ET I have these feelings about what XYZ ..... I deeply and completely love and accept myself.

### TAPPING POINTS

1. Eyebrow



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## Tapping Script

2. Side of eye
3. Under eye
4. Under nose
5. Chin
6. Collar-bone
7. Under arm
8. Top of head

- 1) How could you do that to me...I don't deserve that No matter what I said or did or what your problem is, I don't deserve that. Everybody deserves love.
- 2) And I've loved you and trusted you all along, even when it wasn't easy, and now you betrayed me.
- 3) This feeling like a dagger in my side that takes my breath away. You can insert the way it feels to you.
- 4) I feel hurt. Its really wrong what they did and I'm tired of feeling terrible about it.
- 5) Maybe I can release this hurt, because I deserve to be free
- 6) This feeling of betrayal and hurt
- 7) It's so wrong what they did to me
- 8) I trusted you I counted on you & you betrayed me

DEEP BREATH & CHECK INTENSITY LEVEL



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## Tapping Script

New Tapping Round:

- 1) It was a terrible thing for you to do & part of me feels I'm required to feel terrible. Maybe to teach that person a lesson—See what happens when you betray me...I feel a lot of pain.
- 2) If it is painful enough maybe I'll finally learn not to trust anyone. It sounds terrible but part of me believes that's what I should do to keep myself safe because this really hurts and I want to do what I can to avoid this happening again. Maybe this will work
- 3) All this pain. Totally understandable. Absolutely justified .....and really exhausting!

And I deserve better . All this anger & resentment. All this fear. All this pain & maybe it may have helped me to focus on some truths and lessons—but NOW it's no longer helping me and its time to release it

- 4) Et part of me really wants to suffer to teach this person a lesson: see what happens when you betray me I feel a lot of pain. I'm hoping that they'll see my pain and change their mind and want to fix me ....OR NOT

I hope I can feel pathetic enough that maybe they take pity Because I've learned how to do that. And maybe it even worked .....once or twice.....when I was a child

- 5) But is that what I really want? Because pathetic is not who I really am or who I want to be.



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## Tapping Script

And while it sucks to be betrayed

I choose to clear this pain, rather than to stay stuck in this place of pain

I choose to clear this (sadness, fear, anger) that might get in my way now,

In the way of having a great life.

I choose a great life and I release these emotions that get in the way

I can learn things from this to keep safe in future without pain

6) So I'm releasing pain, wherever I hold it and feel it in my body, robbing my energy & stopping me from moving forward.

I don't owe it to anyone to stay hurt

I'm giving myself satisfaction of feeling good ..I deserve that

7) I'm choosing to release this emotion that maybe was me trying to protect me, and it did make me pay attention to what I need, but I don't need that painful reminder any more.

8) Choosing now to comfort and love that younger me. You are not alone little one I can help and I'm doing it now. Doesn't it feel pretty good now.

**Breathe/ CHECK intensity/ If higher than 0, do one more round...**



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## Tapping Script

- 1) Clearing the pain at cellular level, everywhere in my mind-body where I am still holding on to it—my heart, my head, my muscles, my energy..... and all through my past...through other times I've been betrayed...and even betrayed myself...
- 2) As I allow myself to clear the signature of betrayal in me ...I can see some benefit now of releasing this old stuff that doesn't feel good. It's like doing housecleaning, weeding the garden...It feels good
- 3) Clearing what doesn't feel good and clearing the fear that this betrayal means something about me. Like meaning that I deserve this treatment. Because I don't. I deserve much better. I choose to allow much better for myself.
- 4) Choosing to clear the stuff that gets in the way of creating what I truly desire. All the self doubt about what I deserve. No man (or woman) I desire is "too good for me"
- 5) Allowing myself to feel better in body, mind and spirit....I'm allowing this now to soothe myself by tapping. I was betrayed. I'm ok. I still hurt. I'm healing. I feel damaged but I'm really whole.
- 6) Not everyone betrays me . I ask the universe to help me notice people who love me and who I can trust.
- 7) I'm even open to loving ME a little more.
- 8) Setting myself free to enjoy my pleasant and peaceful life now. //







## Tapping Script

**Follow-up:** Notice what this feeling reminded you of/ write it down

Which one of your significant caregivers was supposed to treat you a certain way and betrayed you...How did they betray you and does THIS reminds you of THAT, does this kind of FEEL the same---the deep hurt, the sadness and the conclusion maybe that you are not worthy of love or deserving of better or good enough to be treated well. One wiser part of you says no, but is there another part--- a younger part who didn't understand where your caregivers were coming from and made up a story about what it meant...and held onto that story, without even being conscious of it??



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