

EFT TAPPING SCRIPT ON GUILT

Guilt is a negative, paralysing emotion, based on non-acceptance of oneself or the situation, and it leads to depression and frustration rather than change or improvement.

Guilt is:

- Feeling of responsibility for negative circumstances that have befallen yourself or others.
- Feeling of regret for your real or imagined misdeeds, both past and present.
- Sense of remorse for thoughts, feelings or attitudes that were or are negative, uncomplimentary or non-accepting concerning yourself or others.
- Feeling of obligation for not pleasing, not helping or not placating another.
- Feeling of bewilderment and lack of balance for not responding to a situation in your typical, stereotype manner.
- Feeling of loss and shame for not having done or said something to someone who is no longer available to you.

What can guilt do to you?

Guilt can:

- Make you become **over responsible**, striving to make life "right." You overwork. You over give of yourself. You are willing to do anything in your attempt to make everyone happy.
- Make you **over conscientious**. You fret over every action you take as to its possible negative consequence to others, even if this means that you must ignore your needs and wants.
- Make you **over sensitive**. You see decisions about right and wrong in every aspect of your life and become obsessed with the tenuous nature of all of your personal actions, words and decisions. You are sensitive to the cues of others where any implication of your wrong doing is intimated.
- **Immobilize you**. You can become so overcome by the fear of doing, acting, saying or being "wrong" that you eventually collapse and choose inactivity or silence.

*AS EFT helps with the release of physical, mental, emotional feelings , this interesting **guilt tapping** script will definitely help . I hope this script will help you lift the weight of heavy emotions when guilt is experienced. If it has been carried on around for too long then these imbalances may lead to illness.*

NOTE: Be free to expand or feel free to substitute with your own words that will suit your particular situation. The basic setups are available on www.findingmybalance.biz

The suds levels that is 0 – 10.

With 0 being not true at all and 10 being very true.

Examples

- "I have guilty feelings about not attending to my friend's call
- "I feel responsible for _____ not working out like it should have."
- "I feel terrible about not helping with the housework _____ when mum needed me."
- "I feel bad about not apologizing _____ to her."
- "I feel guilty about not saying sorry to _____ for what I said."

EFT SET UP STATEMENTS on the karate point

Even though I feel so guilty about what I said I accept myself anyway.

Even though I am punishing myself with these feelings, I accept who I am and how I feel.

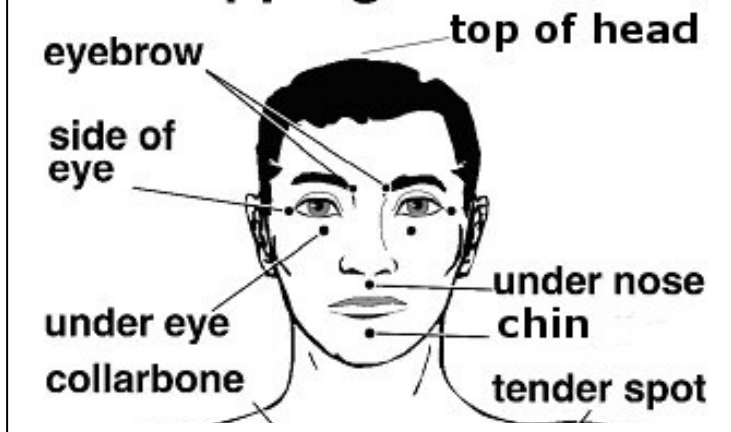
Even though it is an emotional burden and I feel heavy, I accept and respect my feelings.

EFT SEQUENCE

Eye brow	I feel so bad
Side of your eye	It weighs heavy on my body
Under the eye	I wish that I could think differently and not feel bad
Under the nose	It feels like a tight clamp around my feet.
Chin	I have been carrying it for too long
Collarbone	It is really hard to stop feeling guilty
Under the arm	I must find a way to let it go
Top of Head	I am really feeling frustrated and sad

Take a deep breath and I suggest you check your suds levels again. If it is going down keeping tapping until it comes to "0"

Tapping Points



Round 2

Even though I feel so guilty, I choose now to let it go. I accept myself anyway.

Even though it is pretty hard not to feel guilty, I choose now to let it go. I accept myself anyway.

Even though I don't want to let go, I choose now to find a way to be free. I accept myself anyway and how I feel right now.

EFT sequence

Eyebrow	Part of me want to hold on to it
Side of eye	Another part of me want to let go.
Under the eye	Oh! I am confused
Under the nose	What am I getting out of it?
Chin	It is depleting my energy
Collarbone	I need to forgive myself and move on with my life.
Under the arm	I am doing the best I can. I appreciate the new way I am looking at it because it will give me peace.
Top of head	I am open to the possibility of letting it go. I feel so light already

Take a deep breath and compare with the initial suds level.

I hope this 'tap-a-long' script has been of benefit to you!

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