

EFT Tapping for Self-Love



Clearing emotional blocks at the cellular level

S.E.L.F. L.O.V.E. Transformational Project

About This Session

Emotional Freedom Technique (EFT) combines psychological acupressure with verbal processing to release stored emotional energy in the body. This session uses EFT to clear blocks to self-love and install new, empowering beliefs.

EFT Tapping for Self-Love

EFT (Emotional Freedom Technique) uses acupressure points to release emotional blocks stored in the body. It is one of the fastest and most powerful tools for shifting stuck energy.

My Personal EFT Setup Statement

Format: "Even though I [specific issue/feeling], I deeply and completely love and accept myself." Write 3 personal versions.

1. Even though I _____, I deeply and completely love and accept myself.
2. Even though I _____, I deeply and completely love and accept myself.
3. Even though I _____, I deeply and completely love and accept myself.

EFT Tapping Sequence: What Came Up at Each Point

Note any emotions, memories, sensations, or shifts you noticed as you tapped each point.

Karate chop (side of hand):

Top of head:

Eyebrow (inner edge):

Side of eye:

Under eye:

Under nose:

Chin:

Collarbone:

Under arm:

Wrist:

What Shifted During or After Tapping?

Notice any changes in intensity of the emotion, body sensations, new thoughts, images, or feelings of release.

Grace Prayer: My Personal Version

Personalise the Grace Prayer to reflect what you most need to receive and release. Start with: "I open myself to grace..."

Somatic Homework

Where in your body do you feel the emotion connected to your EFT work? Describe the sensation, location, and any change you noticed after tapping.

Reflection Questions

1. What surprised you most about the EFT experience?

2. Which tapping point seemed to release the most, and what do you think that means?

3. How does working with the body feel different from just talking about or thinking about an issue?

4. What belief about yourself shifted, even slightly, through today's EFT work?

My Notes
