



Photo Credit: EFT-Alive.com

SCRIPTS

EXAMPLE 1:

EVEN THOUGH I'M FEELING _____, I LOVE MYSELF AND ACCEPT HOW I FEEL, AND I'M READY TO FEEL BETTER.

EXAMPLE 2:

EVEN THOUGH I HAVE THIS _____ PROBLEM, I LOVE AND ACCEPT MYSELF, AND I'M READY TO LET GO OF IT.