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EFT Taping Statements for A Broken Heart: Abandonment, Anger, Depression, Grief, Emotional Healing

Tessa Cason

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EFT TAPPING STATEMENTS FOR A BROKEN HEART: ABANDONMENT, ANGER, DEPRESSION, GRIEF, EMOTIONAL HEALING (1,000 EFT Tapping Statements) Time does not heal all. When our hearts have been shattered, we feel nothing will ever be the same again. We are flooded with emotions...anger, grief, depression... We feel our life is over. We will always be alone and most likely, die of loneliness. The future feels hopeless and pointless. That we will never find love again or be happy ever again. We cannot survive on our own. We are not lovable or good enough to attract a love interest or to maintain a relationship. We feel empty inside and our heart is broken beyond repair. Regardless of what led up to the broken heart...divorce, death, or a breakup, the result is the same...a broken heart. To heal a broken heart is not only about healing the grief, but also the feelings of abandonment, anger, and depression. HEALING REQUIRES US TO UNLOCK “LOCKED IN” EMOTIONS. Being abandoned is a verb...something that “happens to us.” The RESULT of being abandoned is anger, depression, and grief. Depression is anger that we feel we would get in trouble for having...thus, we depress the anger. Grief is the sadness we experience when we have lost something of value. IN ORDER TO HEAL, WE NEED TO RESOLVE THE ABANDONMENT, ANGER, DEPRESSION, AND GRIEF THAT RESULTED FROM OUR HEARTS BEING SHATTERED. This book covers Abandonment, Anger, Depression, and Grief. The fifth, and final topic, is Emotional Healing. To heal a broken heart and transform our lives is not a simple task. If the broken heart is the result of a divorce or a breakup, healing isn’t just about the breakup, but also looking at what led up to the breakup. We need to understand the thoughts, feeling, and actions that propelled us toward the relationship and this person. TO HEAL, THRIVE, AND FLOURISH, WE NEED TO CHANGE THE PROGRAMMING THAT PRECEDED THE RELATIONSHIP. I am an EFT Practitioner and in this Workbook I have provided information about EFT Tapping as well as 1,000 EFT Tapping statements that have helped my clients and myself heal our PTSD. HEALING IS NOT ABOUT MANAGING SYMPTOMS. IT’S ABOUT ALLEVIATING THE CAUSE OF THE SYMPTOMS.

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