

Affirming Phrases for the EFT Set-Up

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Ideas for Affirming Phrases to Add to the EFT Set-Up

Even though [the negative], I deeply and completely accept myself *and*...

- I'm willing for this to change.
- I'm willing to see it differently.
- I'm willing to accept all of my feelings without judgment.
- I honor myself for facing this difficult issue.
- I want to bring healing to this.
- I'm choosing to make my peace with this and let it go.
- I'm ready to let go of _____
- I choose to know and believe _____
- The truth is, _____
- I'm open to the possibility that ____
- I'm ok with _____
- I open myself to _____
- I'm freeing myself from _____
- I honor myself for how hard this has been.
- I honor all my feelings...
- I honor myself for...
- I honor the child part of me...
- I honor this part of me that has been trying to protect me...help me...
- That was then and this is now.
- I'm willing to forgive myself... I was doing the best I could...
- I'm willing to forgive ____ . She (or he) was just coming from her/his human limitations and pain...
- Even though this ____ served me in the past... it no longer serves me...
- I'm sending a message to my [part of the body]...
- I'm getting through to [this part of myself]...
- I'm sending a message to [the child within]... I want her/him to know...
- I surrender what I thought I knew for a deeper truth.
- I'm taking back my power... I refuse to be a victim anymore.
- I'm letting go of my need to control _____
- I'm willing to let ____ be what it is
- I'm willing to consider that something good can come out of this - I can find some learning in this.
- I CHOOSE _____
- I choose to feel _____
- I choose to respond with _____
- I choose to be free of _____
- I choose not to take ____ personally

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