

Using EFT to Address Mirrored Issues and Feelings

If you are ready to take your healing to a deeper level, and address both your feelings about what another person is doing, *and* how you may be doing something similar toward yourself, here is a framework to set up an EFT round to address both sides of the issue.

1. Identify what the other person does that you feel charged about. For this exercise, don't use "I" statements. Write your statement about the other person, using the present tense, such as:

"He says he'll make time for me, then he makes all kinds of excuses about why he can't."

Your statement #1: _____

2. Identify how you feel when this happens, or what you feel in response to the other person's behavior or attitude, such as:

"I feel angry, hurt, betrayed, abandoned, and unimportant."

Your statement #2: _____

3. Identify the mirror. Take your first statement (#1) and change the pronouns so they are all in first person – "I, me, my, mine," etc. This new statement may not be true for you every day, but it's probably true on your worst day. In this case, the revised statement would be:

"I say I'll make time for myself, then I make all kinds of excuses about why I can't."

Your statement #3: _____

4. Use the same basic feelings statement that you used in #2, but you can fine tune it if you want to, so the feelings are directed toward yourself instead of the other person:

"I feel angry with myself, betrayed, abandoned, and unimportant."

Your statement #4: _____

5. Now write what you would like to be true instead about statement #3 – the way you would like to treat yourself or behave toward yourself. Write it in present tense, starting with the phrase, “I now choose instead,” using positive words only (“I now choose instead to follow through,” rather than, “I now choose instead to stop making excuses”).

“I now choose instead to consistently make time for myself, and follow through with that.”

Your statement #5: _____

6. Write a statement about how you would like to feel, as opposed to what you wrote in statement #4. Write it in the present tense, using positive words only (“I now choose to feel at ease with myself,” rather than, “I now choose to stop being angry with myself”) starting with the phrase, “I now choose to feel.”

“I now choose to feel at peace with myself, connected, loved and supported, and valuable.”

Your statement #6: _____

Now you can use your statements to create an EFT round and clear the emotional charge, both about the other person’s behavior, and about the mirrored issue of how you treat yourself, or behave toward yourself. Here’s how the sample round would look:

I deeply accept myself, even though I have this emotional charge about _____ (the other person) and about myself. (Repeat this statement twice.)

Even though _____ says he’ll make time for me, then he makes all kinds of excuses about why he can’t, and I feel angry, hurt, betrayed, abandoned, and unimportant...

And even though sometimes I say I’ll make time for myself, then I make all kinds of excuses about why I can’t, and I feel angry with myself, betrayed, abandoned, and unimportant...

I now choose to release this entire energy pattern, and all the painful feelings, thoughts, beliefs, and anything else that goes with it.

I now choose instead to consistently make time for myself, and follow through with that, and I now choose to feel at peace with myself, connected, loved and supported, and valuable.

I’m anchoring this new balance and alignment. (Repeat this statement twice.)

Now, fill in your statements #1-6 in the following EFT framework.

Collar bone points: *I deeply accept myself, even though I have this emotional charge about _____ (the other person) and about myself.* (Repeat this statement twice, once on each collar bone point or sore spot.)

Inside of eyebrows (Statement #1): *Even though _____*

Sides of eyes (#2): *And I feel _____*

Under eyes (#3): *And even though sometimes _____*

Under nose (#4): *And I feel _____*

Chin indent: *I now choose to release this entire energy pattern,*

Collar bone points: *and all the painful feelings, thoughts, beliefs, and anything else that goes with it.*

Under arms (#5): *I now choose instead _____*

Rib points (#6): *And I now choose to feel _____*

Top of head: *I'm anchoring this new balance and alignment.*

Thymus point (upper middle chest): *I'm anchoring this new balance and alignment.*

Once you've filled out the worksheet, take a drink of water, and tap through this round from start to finish. Yawn and stretch afterwards, and take another drink of water. After a minute or so, think about the original topic or situation again. Notice how you feel, and see if there's some relief. You may want to fine tune the wording, or tap it again later.