

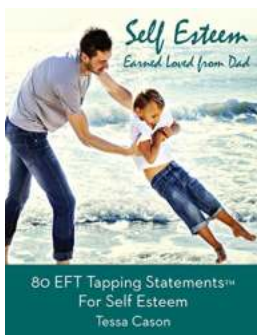
80 EFT Tapping Statements For Self Esteem - Boost Your Confidence Now!

Do you struggle with low self-esteem? Are you tired of constantly doubting yourself and feeling inadequate? If so, this article is for you! We will explore 80 powerful EFT tapping statements that can help you boost your self-esteem and cultivate a strong sense of confidence.

What is EFT Tapping?

EFT (Emotional Freedom Techniques) tapping is a simple and effective technique that combines elements of ancient Chinese acupuncture and modern psychology. By tapping on specific energy meridian points while focusing on negative emotions or experiences, you can release blockages and restore balance to your energy system.

Many people have found EFT tapping to be highly beneficial in addressing various emotional issues, including low self-esteem. It can help you reframe negative beliefs about yourself and replace them with positive affirmations and empowering statements.



80 EFT Tapping Statements for Self Esteem

by Tessa Cason (Kindle Edition)

★★★★☆ 4.8 out of 5

Language : English

File size : 6581 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 123 pages

Lending : Enabled



Why Use EFT Tapping for Self Esteem?

Low self-esteem can have a significant impact on various aspects of our lives, such as relationships, career, and overall well-being. When we think negatively about ourselves, it becomes challenging to achieve our goals and live a fulfilling life.

EFT tapping offers a unique approach to address self-esteem issues. By combining physical tapping with verbal affirmations, you can directly target and interrupt the negative thought patterns and emotions associated with low self-esteem.

80 EFT Tapping Statements For Self Esteem

Now, let's dive into the 80 powerful EFT tapping statements that will help you boost your self-esteem. Remember to customize these statements to fit your personal experiences and feelings. Feel free to make them more specific or modify them in a way that resonates with you.

1. I deeply and completely love and accept myself.
2. Even though I sometimes doubt myself, I am worthy of love and success.
3. I release all negative beliefs I have about myself.
4. I am enough, just as I am.
5. I confidently embrace my unique qualities.
6. I forgive myself for any past mistakes or shortcomings.
7. I release the need for approval from others.

8. I am deserving of happiness and success.
9. I trust in my abilities and judgment.
10. I let go of comparing myself to others.
11. I am worthy of all the good things life has to offer.
12. I choose to believe in my potential and unlimited possibilities.

How to Use EFT Tapping Statements?

Using EFT tapping statements for self-esteem is quite simple. Here's a step-by-step guide on how to practice this technique:

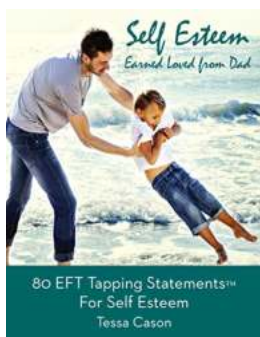
1. Identify the specific self-esteem issue or negative belief you want to address.
2. Rate your level of emotional intensity related to the issue on a scale of 0-10.
3. Start tapping on the specific energy meridian points, such as the top of the head, eyebrow, side of the eye, under the eye, under the nose, on the chin, collarbone, under the arm, and on the wrist.
4. While tapping, repeat the chosen EFT statements. You can either say them out loud or in your mind.
5. After completing a round of tapping, take a deep breath and reevaluate your emotional intensity level. Keep tapping and repeating the statements until your emotional intensity drops significantly.
6. Once your emotional intensity level reaches a satisfactory level (ideally close to 0), finish the tapping session with a positive affirmation and deep breathing.

Remember, consistency is key when it comes to reprogramming your beliefs and boosting your self-esteem. Practice EFT tapping regularly, ideally daily, to

experience the best results.

Self-esteem is a vital aspect of our well-being and overall happiness. By incorporating EFT tapping into your daily routine and using empowering statements, you can gradually transform your negative self-perception into a positive and confident mindset.

Give yourself the love, acceptance, and approval you deserve. Start tapping away those self-esteem issues today, and witness the incredible transformation that awaits!



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40 Bonus statements included for a total of 120 EFT Tapping Statements that can be combined for tapping scripts.

From birth to about the age of seven, you learn self love from mom. If mom loves herself, then you learn to love yourself. From about the age of seven through twelve, you learn self esteem, earned loved, from dad. Self esteem is the feelings, respect, and pride you have in yourself.

In this book, you will learn:

- * the role dad played in your self esteem
- * how to heal your self esteem issues
- * how to earn love from yourself

The lack of self esteem shows up in every area of your life as a lack of self respect and/or pride in ourselves. This “lack” will taint every area of your life. EFT Tapping can help heal your self esteem issues.

This book includes:

- * information on EFT Tapping
- * how to tap
- * 120 EFT Tapping statements (a bonus of 40 statements)

Ron had driven a semi-trailer truck for 30 years for the same company. To celebrate his 60th birthday and 30 years of service, his company had a celebration for him. After the celebration, Ron’s boss suggested he find a job that was more age appropriate. Ron’s lack of self-esteem was interfering with moving on with his life. His son taught him how to tap. This book gives you the exact statements that Ron tapped to heal his lack of self esteem, self respect, and self-pride.

Start healing your self esteem issues today. Click the [BUY NOW](#) button on the right.

Tessa Cason has been a life coach since 1996, an EFT Practitioner since 2000, and has written over 100 books on EFT.

What others have said about Tessa’s books:

* Tessa has a profound way of working with EFT that is different and unique from other practitioners. I find her work to be exceptional.

* I didn't know how to word tapping statements. I didn't know if the tapping wasn't working because I was doing something wrong, not saying the right thing, or the technique just didn't work for me (even though it did for all my friends). Then I found Tessa's books. They have made all the difference in my tapping and healing.

* For several years people suggested I add EFT to my self-healing tool box. However, it always mystified me. Tessa's book broke it down into steps I understood and gave statements that resonated with me.

* Well written book. Before reading this book, I was a doubting Thomas about EFT. I read this book and then tried the tapping and it worked! She explained that tapping with one hand is best, I tried it and it worked! This book has been both inspiring and helpful for me personally. I intend to continue to refer to her books!

* WOW. I've read several books on EFT tapping and have tapped along with various led tapping sessions and recordings. Not one thing ever changed AT ALL. I was very skeptical and couldn't understand why so many people were so sold on EFT and raves how amazingly it had worked for them and I was getting NOTHING out of it at all.

I found Tessa's work on EFT Tapping. Her work has made ALL the difference. Now I understand what it is, why it works, and best of all, HOW to make it work for me.

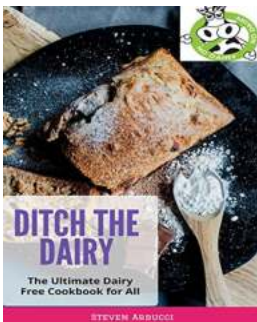
* I was really unsure of EFT Tapping until I found Tessa's books. She explains how it works and how I can personalize it to work for me. I am forever changed

and "improved" because of her work.

* I own pretty much all of Tessa's books and go back to them time and time again. She gives clear instruction and samples and really breaks it down into manageable steps.

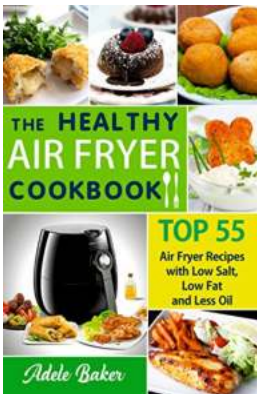
* Best author I found on EFT Tapping. Great body of work! She is my favorite go-to EFT expert.

* Repeat customer: nuff said?



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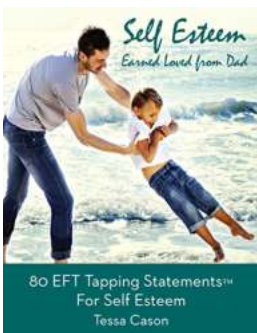
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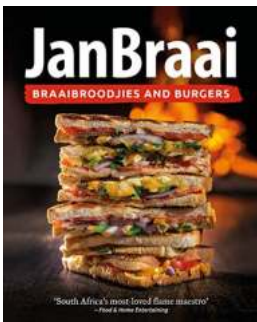
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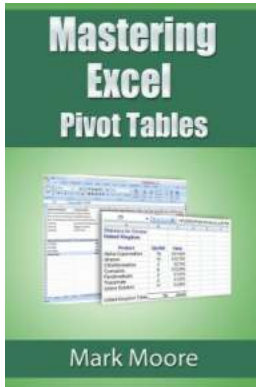
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