

Tapping to Find Peace in the Past

Even though I'm carrying all of this pain from this past event, I love and accept myself

Even though I'm carrying all of this pain from this past event, I deeply and completely love and accept myself

Even though I'm still carrying all of this pain from this past event, I deeply and completely love and accept myself

EB- All of this pain from this event
SE- All of these emotions
UE- That I have been carrying in my body
UN- The weight of this event
UM- I've let it become part of who I am
CB- It's hard to see it another way
UA- The heavy weight of this event
TH- This feeling of being powerless

EB- I can't change the past
SE- I live in these emotions
UE- I desperately wish it happened another way.
UN- But it didn't
UM- So I can't let go of these feelings
CB- I want to change the past
UA- But I can't
TH- So I feel so stuck

EB- All of this pain around this past event
SE- The way I replay this event in my mind
UE- The way I replay these emotions
UN- I let the past seep into the present
UM- Holding on to the past
CB- Wishing it was different
UA- It's safe to give a voice to all of these feelings now
TH- Bringing them up and letting them go

EB - All these emotions
SE - Have felt like a weight on me, with no escape
UE- Tormenting me and making me feel hurt, angry and sad
UN- Sometimes I have thought of killing myself just to escape the pain
UM- Sometimes I have not coped very well
CB- All I have wanted is for justice and fairness
UA- This may never happen
TH- I choose to forgive myself for the way I have coped, I have done my best

EB- What if I could free myself from this event?
SE- What if it's easier than I thought?
UE- I used to believe that this event defined me
UN- Maybe how I choose to feel defines me
UM- Maybe I can chose to feel a little better
CB- Maybe I can forgive myself and others
UA- It's safe for me to forgive
TH- I begin to forgive at my own pace

EB- I let go of my need to change the past
SE- That past has lead me to this moment
UE- Right here, right now
UN- I choose to have more compassion towards myself
UM- I choose to express more love towards myself
CB- So many people who inspire me
UA- Have had painful events in their past
TH- Maybe this past event is leading me to my greatness

EB- I take in everything that I've learned
SE- And I release the pain
UE- I was doing the best I could
UN- I can forgive myself and others
UM- It's time to shine my light
CB- I've been dimming it for way too long
UA- I thought the past stopped me
TH- But everything I've learned is leading me to brighter things

EB- I experience my own love
SE- It's safe to open my heart again
UE- And to forgive
UN- Compassion towards myself and others becomes a daily practice
UM- Every event has lead me to this place
CB- Where I choose to feel powerful and strong
UA- I am exactly where I'm meant to be
TH- And my future excites me

EB- I choose the let go of the past
SE- So that I can shine in the future
UE- I was always meant to shine
UN- I can have a loving exciting life
UM- This is my birth-right. I am entitled to this
CB- I can achieve this now by letting go the past hurts and worries
UA- I am free
TH- I am at peace now

Now take a deep breath in!