EFT

(Emotional Freedom Techniques)

for

Empowered Relationships

: taking ownership to transform participation in interpersonal relationships

Including EFT worksheet

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EFT for Empowered Relationships : ownership and responsibility

Definition of a relationship

A relationship can be defined as "*the way two or more people are connected, or the way they behave toward each other*".

Relationships include not just the romantic ones but also those with family members, friends, casual acquaintances, business colleagues.

Empowerment in any relationship is not about control or power over the relationship. It's about power within, power for me. So I can be empowered to deal with conflict, criticism, rejection, stress, hurt and disappointment in my interpersonal relationships

Power involves taking responsibility. Responsibility not as a burden to bear or a hardship to endure but rather, being accountable to myself for what's going on with me, so I can be in charge of my ability to respond.

Responsibility

RESPONSIBILITY = RESPONSE+ABILITY = my ABILITY to RESPOND

Me taking responsibility allows me the ***ability to respond*** to the other in healthy and responsible ways - both for me as well as for the relationship.

Accountability

Being accountable to myself includes:

1) **Becoming aware of** my feelings, emotions, my attitudes, my perceptions, my beliefs, my needs.

2) **Owning** my feelings, emotions, my attitudes, my perceptions, my beliefs, my needs.

3) Being **open to change**. Within myself + in the external situation

Allowing : what is my role?

A relationship is a dynamic played out between two or more people.

In all my relationships, the common factor is ME.

INTENTION : To **identify my role** in the situation, because a relationship being "*the way two or more people are connected, or the way they behave toward each other*", one person is not in control, even though it may seem that way. It's like a dance, a game, played by all involved – including myself.

TAKING OWNERSHIP: If I include myself in the dynamic of this relationship, what could be my part, my role in this relationship which *unconsciously allows* this behaviour from the other(s) ?

For e.g., *if she treats me badly, what is my response that allows this to continue?*

- How do I allow her to treat me badly?
- How do I allow him to not hear me?
- How do I allow her to not value my ideas?
- How do I allow him to be dismissive of me?
- How do I allow her to boss me around?
- How do I allow him to ignore my needs?
- How do I allow her to not be concerned about me?
- How do I allow him to never do anything I say?
- How do I allow her to take me for granted?
- How do I allow him to take advantage of my generosity?

For e.g., *by not standing up for myself, by shutting down, by always going with their plans, by not speaking up, by having fuzzy boundaries, by doing it all myself, by always being there , by not believing that I deserve, by always giving in, by constantly wanting to please others, by not feeling worthy…*

HOW DO I ALLOW? : What is my part? What do I do? What do I not do? What are my unconscious beliefs about myself that cause me to put up with this?

For e.g., *When the other person is reactive in a conversation, and my usual response is to resist them or to react, then this is the pattern, and what they expect to happen. IF I could stay calm instead, they may start to slow down or think, which breaks the pattern.*

Needs & Expectations

If I'm unable to take care of my own needs, it's often easier to task someone else with the job.

Often my needs are unknown to me, and I unconsciously expect others to change to meet my needs. This helps me feel better (loved, respected, heard, acknowledged, valued, etc…) but I have given away my power to the other. I have very little control, or ownership over my needs . So my ABILITY to RESPOND healthily is diminished or limited, and it often leads to blame and hurt. Which only serves to keep me stuck.

The Hurt Statement

This is the blame / expectation on others:

- She treats me badly
- He doesn't hear me
- She doesn't value my ideas
- He is dismissive of me
- She bosses me around
- He's not concerned about me
- She never does anything I say
- He takes me for granted
- She takes advantage of my generosity

My personal Hurt Statement/s (to use in the EFT Worksheet below):

(1) _____

(2) _____

(3) _____

EFT, the power tool

EFT literally brings the power back to me, into my hands!

EFT helps me to:

1) Become aware of my feelings and emotions
2) Acknowledge, accept and take ownership of these
3) Process the hurt
4) Notice my part in the relationship dynamic
5) Get specific about what I need
6) Increase my confidence and self-esteem
7) Take action : make new choices which are healthy for me and for the relationship

I want to feel empowered to deal with
conflict, criticism, rejection, stress, hurt and disappointment
in my interpersonal relationships.

Worksheet : Putting it all together

EFT for Empowered Relationships

Use the Hurt Statement to formulate the Setup statement:

Hurt Statement:

e.g.: *He takes me for granted*

Makes me feel:

e.g.: *sad and annoyed*

Instead, I need: (use at the end of the tapping sequence, see below #)

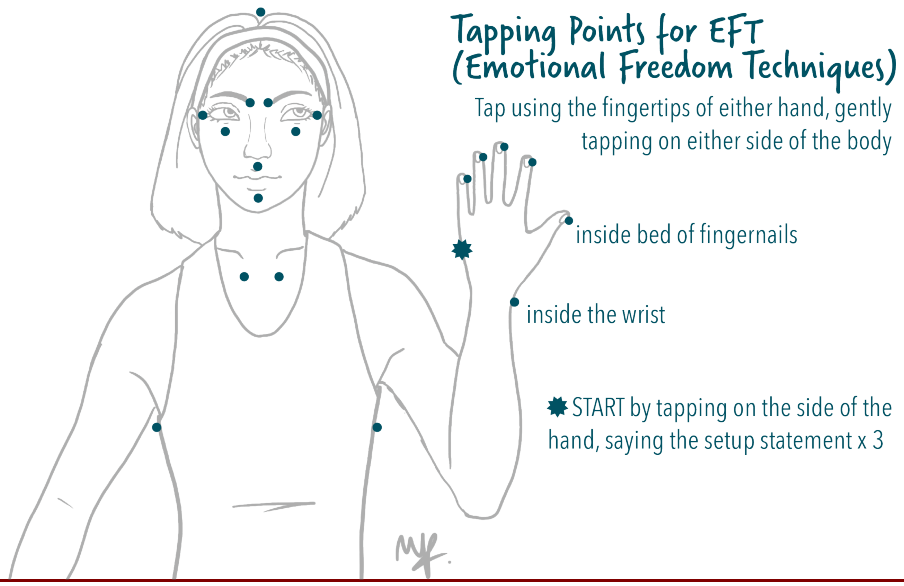
e.g.: *to be valued*

Setup Statement:

e.g.: "*Even though he takes me for granted, and it makes me feel sad and annoyed, I deeply and completely love and accept myself anyway*"

Setup Statement:

Tapping on the Side of the Hand point, say your Setup statement three times.



TAP THROUGH THE POINTS SEQUENCE 1:

Repeat phrases at alternate tapping points:

"*He takes me for granted*" (Hurt Statement)

"*It makes me sad and annoyed*" (Makes me feel)

TAP THROUGH THE POINTS SEQUENCE 2:

"I wonder what my role is in this situation"

"I wonder how I respond when (*he takes me for granted*)"

"I wonder how I deal with it"

"I wonder what I do"

"I wonder what I say"

"I wonder what I don't do"

"I wonder what I don't say"

"I wonder what this reminds me of"

"I wonder how long I've been feeling (*sad and annoyed*)"

"I wonder what this is really about, for me"

"I wonder who this is really about, for me"

"I wonder how I could change this pattern"

"I wonder what I could do differently, in this situation"

"If I could respond differently, I would_____"

TAP THROUGH THE POINTS SEQUENCE 3:
ADDRESSING UNMET NEEDS - BUILDING CONFIDENCE AND SELF-ESTEEM

Use variations of "Instead, I need" here - e.g. "*to feel valued*"

"I acknowledge that need __# *to feel valued*

"I wonder how I could __# *feel valued*__

"I wonder how I could start __# *to value myself*

"I wonder what I need to do __# *to value myself*

"I wonder what I need to stop doing __# *to value myself*

"I wonder what it even means, __# *to value myself*

"How did I learn, not __# *to value myself*

"When did I learn, not __# *to value myself*

"I now allow myself __# *to value myself*

"I now give myself permission __# *to value myself*

"I'm open to the possibility that I absolutely deserve __# *to value myself*

"I'm open to the possibility that I'm allowed __# *to value myself*

"I allow myself to understand what this means for me, __# *to feel valued*

"I allow myself to know that I deserve __# *to feel valued*

"I now allow myself __# *to start valuing myself*

"If I could take responsibility for me, __# *to value myself, I would* _____"

See if you can find two or three specific events that may have contributed to your unmet need and use EFT to clear them. Approach the events gently as you tap.

If you feel uneasy or overwhelmed at any point please reach out to a qualified EFT practitioner to work with. Find someone through the **EFT International Directory of EFT Practitioners :** https://eftinternational.org/discover-eft-tapping/find-eft-practitioners/

Simply put, our relationships reflect how we think and feel about ourselves including any unconscious beliefs we have formed.

Relationships function as our mirrors for the unseeable in us. When we allow our relationships to be a reflection of ourselves, they can serve as our greatest potential for healing.