



Free Resource for Week 2
Relationships: Personal, Family and Business

Today, let's talk about Betrayal.

Betrayal.

It can slip into our exchanges so subtly – or glaringly. Either way, it's there, and while you may not always know it in the moment, you definitely feel *something*.

So let's do some EFT Tapping for it.

[Make sure you take responsibility for your actions. Thus, stop if needed. And, if you first need/want to seek the advice of your mental/medical health professional, do so. This is provided merely as information.]

Betrayal.

This word says a lot doesn't it? Who or what comes up for you? Write down what's coming up for you below. And, make note of how strongly you feel about this on a scale of 0 (calmest) to 10 (most riled).

Then, form your own set-up statement, using the following sample as a starting guide:

*Even though I feel _____ [insert emotion] about being betrayed by
_____ [person] when he/she _____ [insert situation], I deeply
and completely love and accept myself.*

So just start tapping. Do as many rounds as needed. Jot down whatever comes up for you on the backside of this worksheet. And take note of where you are on the 0 to 10 scale.
