

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

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Today, let's talk about Betray:	al.
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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).
below. And, make note of now strongly you reel about this on a scale of o (cannest) to 10 (most med).
Then, form your own set-up statement, using the following sample as a starting guide:
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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.

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Another set-up statement sample for your convenience. Even though I feel ______[insert emotion] about being betrayed by _____[person] when he/she _______[insert situation], I deeply and completely love and accept myself. Notes: After completing these rounds of EFT Tapping, take a break! But, do take note of how you're feeling and where to continue in your next round.

Happy Tapping!

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