



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

Today, let's talk about Sadness.

Sadness.

Perhaps there is sadness because of a lost friendship. Or, maybe you're feeling sad about the loss of a loved one. Or still yet, perhaps there is residual sadness from an exchange you had with someone in the past.

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.]

Sadness.

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 great sadness about _____ [person] when he/she/we
_____[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.



Another set-up statement sample for your convenience.

*Even though I feel great sadness about _____ [person] when he/she/we
 _____ [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!
 - The ITM Team