



Free Resource for Week 1
Recovery | Physical Pain & Health Issues

Today, let's talk about Physical Pain: Back Pain

Back Pain

We've all had it. And perhaps you have it now. Maybe it's a tweak in one small spot, or maybe it's an ache in a larger area with no explanation. Usually, our bodies are trying to tell us something when it makes us feel something somewhere.

So let's do some EFT Tapping for back pain today.

[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.]

Back Pain.

Where do you feel it? Be as specific as possible. For example, "I have a dull ache on the lower right side of my back."

When you say or think about it, "back pain," 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 pain in/on _____ [insert location] and it feels like _____ [describe it], especially when I _____ [insert motion or movement], I deeply and completely love and accept myself.

So just start tapping. Do as many rounds as needed. (Know that the feeling may intensify; this is normal and is a great sign that things are shifting for you. Just continue tapping when you can.)

