



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

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**Today, let's talk about Health Issues: Constipation**

**Constipated?**

Some forms of constipation are directly related certain causes. And other times when we experience difficulty in expelling waste, it could be related to something we're having a hard time letting go.

So let's do some EFT Tapping for constipation today. And for this one especially, drink plenty of water.

*[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.]*

**Being stopped up.**

When you say it and think of being constipated, what comes up for you? Be as specific as possible. Or perhaps you feel discomfort in your stomach or bowels. Make note of these things.

Write down what's coming up for you below. And, make note of how strongly you feel about everything on a scale of 0 (calmest) to 10 (most riled).

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

***Even though I'm constipated and it makes me feel \_\_\_\_\_ [describe it], that's just where I'm at.***

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.)

Jot down whatever comes up for you on the next page. And take note of where you are on the 0 to 10 scale.

