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Anger And Frustration 80 Eft Tapping Statements 1

Tessa Cason



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80 EFT Tapping Statements for Anger and Frustration Tessa Cason,2013-11-28 *EFT Tapping Statements for Anxiety, Fear, Anger, Self Pity, Courage* Tessa Cason,2015-05-01 ANXIETY FEAR ANGER SELF PITY COURAGE 1 000 EFT TAPPING STATEMENTS Anxiety is a combination of 4 things Unidentified Anger Hurt Fear and Self Pity We expect error rejection humiliation and actually start to anticipate it When we are not in present time we are either in the past or the future Anger is the past Fear is the future Fear could actually be anger that we failed in the past and most likely will fail again in the future It takes courage on our part to heal the anxiety identify the hurt and to give up the self pity To heal to thrive and flourish we need to address not only the Anxiety but also the fear anger self pity and hurt The best method I have found to heal the anxiety is EFT Tapping I am an EFT Practitioner and in this Workbook I have provided information about EFT Tapping as well as 1 000 EFT Tapping statements that have helped my clients heal their anxiety HEALING IS NOT ABOUT MANAGING SYMPTOMS IT S ABOUT ALLEVIATING THE CAUSE OF THE SYMPTOMS *Eft Tapping Statements for a Broken Heart* Tessa Cason,2015-04-20 EFT TAPPING STATEMENTS FOR A BROKEN HEART ABANDONMENT ANGER DEPRESSION GRIEF EMOTIONAL HEALING 1 000 EFT Tapping Statements Time does not heal all When our hearts have been shattered we feel nothing will ever be the same again We are flooded with emotions anger grief depression We feel our life is over We will always be alone and most likely die of loneliness The future feels hopeless and pointless That we will never find love again or be happy ever again We are not lovable or good enough to attract a love interest or to maintain a relationship We feel empty inside and our heart is broken beyond repair Regardless of what led up to the broken heart the result is the same a broken heart To heal a broken heart is not only about healing the grief but also the feelings of abandonment anger and depression HEALING REQUIRES US TO UNLOCK LOCKED IN EMOTIONS Being abandoned is a verb something that happens to us The RESULT of being abandoned is anger depression and grief Depression is anger that we feel we would get in trouble for having thus we depress the anger Grief is the sadness we experience when we have lost something of value IN ORDER TO HEAL WE NEED TO RESOLVE THE ABANDONMENT ANGER DEPRESSION AND GRIEF THAT RESULTED FROM OUR HEARTS BEING SHATTERED To heal a broken heart and transform our lives is not a simple task If the broken heart is the result of a divorce or a breakup healing isn t just about the breakup but also looking at what led up to the breakup We need to understand the thoughts feeling and actions that propelled us toward the relationship and this person TO HEAL THRIVE AND FLOURISH WE NEED TO CHANGE THE PROGRAMMING THAT PRECEDED THE RELATIONSHIP I am an EFT Practitioner and in this Workbook I have provided information about EFT Tapping as well as 1 000 EFT Tapping statements HEALING IS NOT ABOUT MANAGING SYMPTOMS IT S ABOUT ALLEVIATING THE CAUSE OF THE SYMPTOMS

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EFT TAPPING STATEMENTS FOR PTSD MILITARY NON MILITARY SURVIVAL DISEMPOWERED FEAR ANGER Tessa believes that our emotional wounds are like a scratch in a vinyl record Every time we try to move beyond the scratch we are thrown back and are not allowed to move beyond the scratch PTSD is a scratch in the vinyl record PTSD Post Traumatic Stress Syndrome The potential exists for anyone that is in any LIFE THREATENING SITUATION in which they fear for their life that BELIEVE their death is imminent to experience PTSD This could include Being told we have cancer A car accident Military service A violent parent Victim of rape Being bullied Natural disaster Being bitten by a vicious dog A school shooting A terrorist attack With PTSD our Survival is at stake As a result of our survival being threatened we feel Disempowered to thrive We can only survive When we are caught in Survival Fear is a prevalent emotion When we feel Disempowered Anger is just beneath the surface To heal to thrive and flourish we need to address not only the PTSD but also Survival and Feeling Disempowered Fear and Anger Thus the 5 topics in this PTSD Workbook Healing PTSD is a process in which we must desensitize decrease and heal the survival response How do we desensitize and decrease the survival response The best method I have found to do so is EFT Tapping Tessa is an EFT Practitioner and in this Workbook she has provided information about EFT Tapping as well as 1 200 EFT Tapping statements that have helped her clients as well as herself heal their PTSD

HEALING IS NOT ABOUT MANAGING SYMPTOMS IT S ABOUT ALLEVIATING THE CAUSE OF THE SYMPTOMS **EFT Tapping Statements for Weight + Food Cravings, Anger, Grief, Not Good Enough, Failure** Tessa Cason,2015-05-01

EFT Tapping Statements for Weight Food Cravings Anger Grief Not Good Enough Failure 1 150 Tapping Statements There are a number of reasons that we overeat and are overweight We eat for comfort to numb out out of boredom for pleasure to stuff feelings to suppress feelings for reward for love and the list goes on These reasons are symptoms Excess weight food cravings emotional eating and overeating are symptoms of deeper unresolved issues beneath the weight Attempting to solve the problem by only dealing with the symptoms is ineffective and does not heal the issue ONE OF THE DEEPER ISSUE BENEATH THE WEIGHT IS SELF LOVE Cause Lack of self love and the shame that we are not lovable or good enough to be loved Result Overeating eating to suppress emotions eating to feel comforted If the various weight loss program haven t healed the obesity issue acknowledging the problem hasn t healed the obesity issue having an ah ha awareness hasn t healed the obesity issue talk therapy hasn t healed the issue then how do we heal the obesity issue Though billions of dollars are spent each year to heal the obesity issue it still persists Appx 95% of people that lose weight put it right back on The reason Weight is the SYMPTOM NOT THE CAUSE NOT THE ISSUE The usual programs for weight loss aren t working because they are attempting to solve the problem by dealing with the symptom instead of healing the cause IF WE WANT TO HEAL OUR WEIGHT ISSUES WE NEED TO HEAL THE CAUSE THE DYSFUNCTIONAL BELIEFS AND EMOTIONS To change our lives

we need to change the dysfunctional beliefs EFT Tapping Emotional Freedom Technique can do just that change the dysfunctional beliefs I am an EFT Practitioner and in this Workbook I have provided information about EFT Tapping as well as 1 150 EFT Tapping statements HEALING IS NOT ABOUT MANAGING SYMPTOMS IT S ABOUT ALLEVIATING THE CAUSE OF THE SYMPTOMS *80 EFT Tapping Statements for Abundance, Wealth, Money* Tessa Cason,2014-04-10

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