

3 EFT Scripts Templates

Using the 4-step Method and covering the 3 Dimensions by Michael
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Please feel free to adjust and edit as you wish!

1. Body Healing

Even though I have with my body,
And it's not healing the way I want it,
I don't understand what's causing it,
And it's very ...(emotion)...
And it's also really ...(emotion)...
And that's ok.

It's ok to feel and
It's ok to want to get rid of it.
And maybe it's ok to take a breath
and let some of this pressure go.

Maybe my body is trying to tell me something,
That it is out of alignment in some way,
That I am not eating the right foods,
Or sitting or sleeping in the best posture.
So, I give my body permission to heal itself.

Maybe this ...(body issue)... is connected to my mind.
Maybe my stress is making it worse.
I wonder if I can heal that part of my mind?
I'm open to that possibility.

And maybe I'm feeling lost or confused with my life path,
And maybe that is also contributing to it.
I'm open to the possibility of healing all these parts of myself.

I'm open to the possibility of aligning my energy and my life path.
Because maybe I have not been listening to myself lately,
And causing myself a lot of stress.
So I'm willing to re-align myself again—
To re-align my body, mind, and energy.

So, even though I have this with my body,
And I feel and
Maybe that's ok.
And maybe it's time to let all this pressure and tension go,
And anything else that may be contributing to this issue.

I am open to letting it all go now.
I release and let it go.
It's safe now to let it go.
It's time to let it go.

And I fully and deeply love and accept myself anyway.

2. Healing a Relationship

Even though I have this going on in my relationship,
And it's not going the way I want it to,
I don't fully understand what's causing it,
And it feels very ...(emotion)...
And it's also really ...(emotion)...
And that's ok.
It's ok to feel and
It's ok to wish things were different.
And maybe it's ok to take a breath
and let some of this tension soften.

Maybe my body is also trying to tell me something,
That it is out of alignment in some way,
Maybe my body is overly tense when I am with this person.
So, I give my body permission to heal itself.

Maybe this ...(relationship issue)... is connected to deeper parts of me.
Maybe my stress or fear is making it worse.
I wonder if I can heal those parts of my mind and heart?
I'm open to that possibility.

And maybe I've been feeling lost, unheard, or misunderstood in my life overall,
And maybe that has been contributing to this tension.
So I wonder if I can re-connct with myself again,
To align with my true path of light and healing.

So, even though I have this in my relationship,
And I feel and

Maybe that's ok.
And maybe it's time to let all this pressure and old emotional tension go,
And anything else that may be contributing to this disconnect.

I am open to letting it all go now.
I release and let it go.
It's safe now to let it go.
It's time to let it go.

And I fully and deeply love and accept myself anyway.

3. Emotional Peace

Even though I have this(anxiety feeling)...,
I sometimes feel very unsettled,
And it feels very ...(emotion)...
And it's also really ...(emotion)...
I don't fully understand what's causing it,
And that's ok.
It's ok to feel and
It's ok to want relief.
And maybe it's ok to take a breath and let some of this pressure go.

I wonder if my body is out of alignment in some way.
Maybe it's holding a lot of unnecessary tension,
And maybe I am not eating foods that are making my uneasiness worse.
So, I am open to the possibility of letting my body relax and heal itself.

Maybe this lack of peace is connected to deeper parts of me.
Maybe my mind is distracted by something I am not aware of yet.
I wonder if I can release some of that tension from my mind and body?
I'm am open to that possibility.

And maybe I've been overwhelmed, overthinking, or carrying too much alone,
And I have lost touch with my true path,
Maybe my energy system needs a tune up,
And so I'm open to the possibility of aligning my body, my mind, and my
energy into a cohesive whole.

So, even though I have this ...(anxiety feeling)...,
And I feel and
Maybe that's ok.
And maybe it's time to let all this pressure and tension go,
And anything else that may be contributing to this lack of peace.

I am open to letting it all go now.
I release and let it go.
It's safe now to let it go.
It's time to let it go.

And I fully and deeply love and accept myself anyway.