

## EFT Tapping Script for Physical Pain

This script is designed to help release tension and ease physical pain by addressing both the physical discomfort and any underlying emotional stress. Adjust the wording to fit your specific pain and situation.

### 1. Setup Statement (Side of the Hand)

(Repeat 3 times while tapping the side of your hand.)

"Even though I feel this pain in my [specific area], I deeply and completely accept myself."

"Even though this pain is really bothering me, I acknowledge it with kindness and allow my body to relax."

"Even though I am holding onto this pain, I am open to releasing tension and allowing healing."

### 2. Tapping Through the Points (Tap about 5-7 times on each point while saying the phrases.)

#### Acknowledging the Pain

Eyebrow (EB): "This pain is really uncomfortable."

Side of Eye (SE): "I feel it so strongly in my [specific area]."

Under Eye (UE): "It's hard to ignore this pain."

Under Nose (UN): "It makes me feel frustrated and tense."

Chin (CH): "I don't know how to let it go."

Collarbone (CB): "My body feels tight and sore."

Under Arm (UA): "I've been holding onto this pain for a while."

Top of Head (TH): "I acknowledge this pain and how it's affecting me."

### 3. Releasing the Pain & Inviting Healing\*\*

EB: "Maybe I don't have to hold onto this pain so tightly."

SE: "I allow my body to soften and relax."

UE: "I give myself permission to release tension."

UN: "I trust that my body knows how to heal."

CH: "It's safe for me to feel ease in my body."

CB: "I invite comfort and relaxation into this area."

UA: "With each breath, I let go of stress and tension."

TH: "I am open to feeling better, lighter, and more at ease."

### 4. Deep Breath & Closing Statement

Take a slow, deep breath in... and exhale gently.

"I release what no longer serves me and welcome comfort into my body."

## EFT Tapping Points



● KC: karate chop



● TH: top of head

● EB: eyebrow

● SE: side of eye

● UE: under eye

● UN: under nose

● CH: chin

● CB: collarbone

● UA: under arm