

## **EFT Tapping Script for Frustration**

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

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

"Even though I feel so frustrated right now, I deeply and completely accept myself."

"Even though this frustration is weighing on me, I choose to acknowledge my feelings with kindness."

"Even though I feel stuck in this frustration, I am open to releasing it and finding peace."

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

Eyebrow (EB): "This frustration is really strong."

Side of Eye (SE): "I feel so irritated and overwhelmed."

Under Eye (UE): "It's hard to let go of this feeling."

Under Nose (UN): "I feel stuck in this frustration."

Chin (CH): "Why won't this situation change?"

Collarbone (CB): "I'm holding onto this frustration in my body."

Under Arm (UA): "This frustration is exhausting."

Top of Head (TH): "I don't want to feel this way anymore."

### **3. Shifting to Relief (Continue tapping through the points with these more positive statements.)**

EB: "Maybe I can soften this frustration."

SE: "I acknowledge my feelings, but I don't have to stay stuck."

UE: "I choose to let go, even just a little."

UN: "I am open to feeling calmer."

CH: "I allow myself to release this tension."

CB: "It's okay to let go and breathe."

UA: "I am finding more peace in this moment."

TH: "I choose to replace frustration with ease and clarity."

## 4. Deep Breath & Closing Statement

Take a deep breath in... and exhale slowly.

\*"I am releasing frustration and making space for calm."\*

Repeat the tapping cycle as needed until you feel a shift in your emotions. 🧡

## EFT Tapping Points

