

EFT FREEDOM TAPATHON

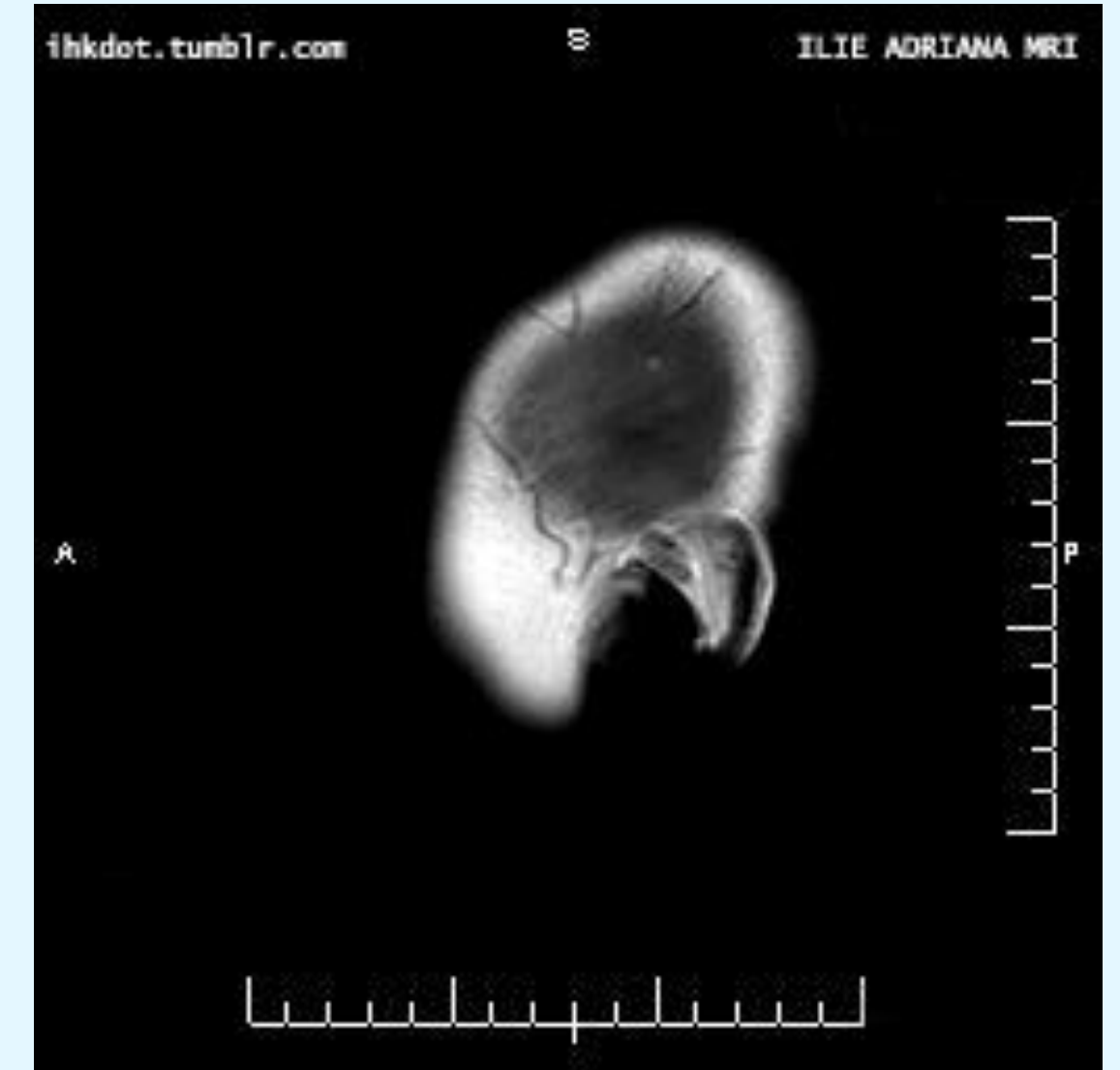
DAY 5: OVERCOMING HURT

A feeling of hurt is a feeling that you have when you think that you have been treated badly or judged unfairly.

Hurt has 2 components: physical and
psychological

Broke my heart
Feeling crushed

EFT FREEDOM TAPATHON



Types of Hurt

- Explicit rejection
- Implicit rejection
- Criticism
- Betrayal
- Being mocked
- Being taken for granted

Symptoms of Hurt

- Deep sorrow, sadness or depression
- Grief
- Intense distress
- Loneliness and isolation
- Negative emotions
- Panic
- Rage
- Shame
- Worthlessness

Hurt Temp. Check

- What made you feel hurt?
- Who made you feel hurt?
- What did they do to make you feel hurt?
- What has to happen for someone to trigger hurt in you?
- What situations have you avoided so as not to get hurt again?

3 Examples of Hurt

	When have you felt hurt before?	How does it make you feel?	What number is it at?	Where in the body do you feel it?
1				
2				
3				

Overcoming Hurt

1. **Pick one of the examples and make a note of:**
 - a. When have you felt hurt before?
 - b. What happened?
 - c. How did it make you feel?
 - d. On a scale of 1 to 10, what number is it at?
 - e. Where in the body do you feel it?

Overcoming Hurt

2. Start tapping on the side of the hand:

*“Even though I feel hurt about _____
and I can feel it my _____ and it’s
at a number _____ and it makes me feel
_____ I deeply and completely love and
accept myself.”*

3 times

3. Start tapping on the upper body, facial and finger tapping points:

- Eyebrow: I get hurt about _____
- Side of Eye/Temple: I feel it in my _____
- Under Eye: It's at a number _____
- Under Nose: It makes me feel _____
- Chin: It's in my _____ at a number _____
- Collarbone: It makes me feel _____
- Under the arm: So _____

Overcoming Hurt

- Thumb: So _____
- Index Finger: Hurt because _____
- Middle Finger: I feel it in my _____
- Little Finger: So _____

Overcoming Hurt

4. Close the sequence by tapping on the Karate Chop:

Even though I feel hurt about _____ and I feel it in my _____ and it's at a number _____ and it makes me feel _____, I deeply and completely love and accept myself.

Once

Overcoming Hurt

5. Take a gentle breath in and out and a sip of water.

6. Then ask yourself, “*What number is the hurt at?*” If reduced to a level you feel happy with, you can stop. If you would like it to come down move to step 7.

7. Then ask yourself:

- What is left about the hurt? (Feel Hurt because...)
- Where in the body do you feel it?
- On a scale of 1 to 10, what number is it at?
- How does it make you feel?

8. Repeat Steps 2-6 till the charge on what made you hurt comes down.

Summary

- What is hurt?
- The different types of hurt
- How to overcome hurt with EFT Tapping

Next Steps

1. Daily practice
 - 10-minute activity
 - Release Negativity with Tantrum Tapping
 - Immune Boost Tapping
 - Daily finger holds on waking and sleeping
 - 6 Count Breathing with 9 Gamut & Heart Hold
2. Check out the portal,
<https://vitalitylivingcollege.info/eft-tapathon-portal/>
3. Download the self-help freeing guilt worksheet