



EFT For The Tyranny Of Debt

For a lot of people, when they think about money, they think about the debt they may have accumulated.

From a very early age, we are conditioned to be in debt. From credit cards and interest free loans, to mortgages, car loans, personal loans, business loans, financial institutions are eager to loan us money. The more we are debt to them, the higher their profits.

Debt can be a good thing if it is helping you to acquire assets. Unfortunately however, we're not taught how to manage money or debt effectively and consequently many people get themselves into hot water with debt that is a liability, and this can trigger lots of feelings of anger, guilt, shame, frustration, sadness and many other negative emotions.

Once you release the emotional charge around the debt, you will be able to educate yourself about money and start to be solution focused about how to start taking control of the debt, and putting in place strategies to eliminate it for good.

If you have any debt, write down all of it and add it up so you know exactly where you are with your debt. Sit with that figure for a moment and notice how you feel about it. Write down the emotions you're experiencing and how intense they are on a scale of 0 to 10, 0 being they don't register at all and 10 being that they're super intense. Write those ratings down before you start the tapping.

Set Up Phrase

Karate Chop Point:

Even though I have all this negative emotion, and I feel so bad when I think about my debt, I deeply and completely love and accept all of me.

Even though I feel sad and angry, frustrate and disappointed, ashamed and guilty, when I think about my debt, I deeply and completely love and accept who I am right now.

Even though I feel all these negative emotions when I think about my debt, I choose to love and accept who I am and how I feel right now.

Tapping Through The Points:

Eyebrow: I feel all these negative feelings when I think about my debt

Outside Eye: I feel angry

Under Eye: I feel sad

Under Nose: I feel overwhelmed

Chin: I feel so powerless when I think about my debt

Collar Bone: I feel ashamed

Under Arm: I feel guilty

Top of Head: This is all my fault



Eyebrow: How did I get to this place

Outside Eye: I feel like I'm drowning in debt

Under Eye: This debt feels like a dark cloud over my head

Under Nose: I feel frustrated and sad

Chin: I feel hopeless and ashamed

Collar Bone: I feel powerless

Under Arm: I feel guilty

Top of Head: I feel so disappointed

Eyebrow: I feel upset

Outside Eye: All these negative feelings about my debt

Under Eye: I feel hurt

Under Nose: I feel angry

Chin: How did I get myself into this position

Collar Bone: So much debt

Under Arm: I feel like I'm drowning in it

Top of Head: I choose to release all my negative charge about my debt

Eyebrow: And focus on changing this story

Outside Eye: I choose to be solution focused about my debt

Under Eye: So I can feel empowered and positive

Under Nose: I appreciate the debt that has helped me to survive

Chin: It may not have been smart but it's all I know to do

Collar Bone: It's helped me to get to this point in my life

Under Arm: And now I choose to turn it all around

Top of Head: I appreciate this debt for what it's done for me.

Eyebrow: It's helped to pay the bills and buy nice things

Outside Eye: And I really appreciate that

Under Eye: And I'm ready to educate and empower myself

Under Nose: To eliminate this bad debt from my life now

Chin: I'm ready to get savvy about money and debt

Collar Bone: I choose to know I can turn this around

Under Arm: And get control of my debt instead of it controlling me

Top of Head: I am ready to find solutions to eliminate bad debt from my life

And I'm excited about taking control of my debt now

Again, go back and rate your feelings about your debt on a scale of 0 to 10.

Keep doing this tapping regularly until you get the feelings down to a 2 or below, preferably a 0. And then put in place a plan to get control of your debt, and eliminate it for good. Then stick to the plan.