



## EFT Tapping For Feeling Powerless

One of the most destructive feelings is a feeling of helplessness or feeling powerless to create change around the circumstances in your life. This leads to a feeling of apathy and a lack of ability to take action.

The truly wealthy and successful know that, no matter what circumstance they are presented with, they have the ability to find a solution and the power to achieve their vision, even when things are looking bleak.

They know failure is simply an essential part of all success and are able to bounce back from failure quickly and stronger for the experience. This gives them a 'never say die' attitude and they never give up. They just keep chipping away and taking action toward their goals every day knowing that they will achieve what they want eventually.

They don't take uncalculated risks and they don't play games they don't understand so they know the landscape, or at least employ and work with people who do.

Rate how much you believe you have the power to achieve all your goals and dreams on a scale of 0 to 10.

### Set Up Phrase

*Karate Chop Point:*

Even though I feel powerless to change my life, I deeply and completely love and accept all of me.

Even though I'm afraid to fail, and don't believe that I have what it takes to achieve my goals and dreams I choose to love and accept myself anyway.

Even though feel like a useless waste of space and I don't honestly believe that I can achieve what I set my mind to, I choose to love and accept who I am and how I feel right now.

### Tapping Through The Points:

*Eyebrow:* I feel powerless to change my life

*Side of Eye:* I don't feel like I've got it in me to go for my goals

*Under Eye:* I won't bounce back if I fail

*Under Nose:* What if I lose everything

*Chin:* What if I'm just not cut out to succeed

*Collar Bone:* I feel powerless to change my life

*Under Arm:* It's hopeless, I know because I've tried before

*Top of Head:* It didn't work out too well the last time

*Eyebrow:* And they made me feel useless

*Side of Eye:* They made me feel powerless

*Under Eye:* They made me feel like a waste of space

*Under Nose:* They made me feel worthless



*Chin:* And I feel powerless to change my life

*Collar Bone:* I just don't think I've got it in me

*Under Arm:* I just don't believe that I can succeed at my goals

*Top of Head:* My dreams feel so far out of reach and I don't feel like I have the power to change my life

### **Set Up Phrase**

*Karate Chop Point:*

I am starting to feel truly powerful, and I choose to love, honour and accept my infinite power and potential.

I'm starting to feel this powerlessness disappear, so I can truly step into my power. It feels expansive and truly wonderful, and I love and accept all of my powerful self.

I love this seed of power that is growing within me and I choose to know that I can achieve anything I put my mind to and so much more, and I love, honour and accept all of me right now.

*Eyebrow:* I know I have something truly valuable to offer

*Side of Eye:* And I love that I have infinite power

*Under Eye:* To achieve whatever I put my mind to

*Under Nose:* I know that I was born powerful

*Chin:* And I have infinite power within me

*Collar Bone:* I choose to let go of the stories

*Under Arm:* And step into my truth and my power now

*Top of Head:* What if they were wrong all along

*Eyebrow:* What if they were just deliberately holding me back

*Side of Eye:* Because they couldn't connect to their own true power

*Under Eye:* So they couldn't bear to see it in me

*Under Nose:* But I know that I have something truly valuable to offer

*Chin:* I came here with a gift and I love giving it

*Collar Bone:* I choose to step into my power

*Under Arm:* I choose to know my true power

*Top of Head:* I love that I am a powerful being

*Eyebrow:* With so much to offer the world

*Side of Eye:* And I'm choosing to embrace and honour my power now

*Under Eye:* And I know that I have the power to change anything in my life

*Under Nose:* I know that I have the power to overcome any challenge

*Chin:* I know that I am in control of my destiny



*Collar Bone:* And that through my thoughts my beliefs and my actions

*Under Arm:* I can achieve anything I put my mind to

*Top of Head:* Because I am a truly, infinitely powerful being

Take a deep breath and rate how powerful you feel to determine the outcomes in your life and achieve all your goals and dreams. Do this tapping sequence often until you feel absolutely unstoppable and capable of achieving anything you put your mind to.