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## **EFT Tapping Mini Series – When a relationship breaks down**

Hi, this is Kate Hartley from [www.flourishtherapy.co.uk](http://www.flourishtherapy.co.uk). In this tapping meditation, we're going to focus on releasing the negative energy surrounding a relationship breakdown. If you're just learning about tapping and how it can benefit your life, take a look at my [Tapping Introduction](#) article first before starting on this meditation. You can find the Tapping Introduction article by going to [flourishtherapy.co.uk](http://flourishtherapy.co.uk) and clicking on the self-development articles link at the top of the page.

The purpose of this audio is to help you break free of the negative emotions you may be experiencing as a result of your relationship breakdown so that you can take positive steps to help you navigate the chaos of emotions you may be feeling.

### **Be flexible**

Remember, if some of the words I use don't sit with you well, just change them for words and phrases that suit you better. While you're tapping, be aware of any emotions, memories, thoughts or sensations that may arise so that you can bring them into this tapping meditation or so that you can tap on them in your own time afterwards.

Remember, tapping is a fluid and flexible approach. There are no set rules about what to say and how to say it. First of all, you will focus on the negative experience and accept and honour yourself for being the natural human being you are in totality. Next, you'll focus on the positives of no longer having the negative energy as you work on bringing down the emotional charge of the breakdown of your relationship.

### **Be specific**

Be as specific as you can be for each round of tapping you do. That means, use the language which suits you best and really focus on the emotions surrounding the memory you are tapping on. It might be that you need to tap several rounds if a memory has several facets to it. The more honed in you can be, the better. If, like many people, you have a mix of anger, frustration, sadness, regret, take each emotion individually.



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## **The negative memory**

So, you'll start by focusing on the negative memory first so that you can remove the emotional charge that's attached to it. What does it feel like, where do you feel it in your body, does it have a colour, does it move? Give it a number between 0 and 10 where 10 is the worst it can possibly feel.

Once you're feeling well connected to the memory, take a deep breath in through your nose, hold it a few seconds, then release it slowly through your mouth. Repeat the deep breathing another two times. As you're doing your deep breathing, focus on feeling grounded within your body. I'll leave some time at the end of each of my comments in case you want to either repeat the same or add your own words which might resonate with you better.

## **Set-up phrase**

And start by tapping the karate chop point on the side of your hand.

SH: Even though I'm feeling so conflicted and confused about my relationship break up, I love and accept myself.

SH: Even though I have so many unresolved emotions about why my relationship has ended, I deeply love and honour myself.

SH: Even though I feel emotionally overwhelmed and am finding it hard to let go of my anger, I accept myself fully.

## **First round of EFT tapping**

Eyebrow: This break up.

Side of eye: I feel so angry.

Under eye: I feel so let down.

Under nose: I feel dumbfounded.

Under mouth: I can't believe it's happening to me.

Collarbone: What did I do to deserve this?

Under arm: I've so many emotions surrounding my breakup.

Top of head: How can I let it all go?



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## **Second round of EFT tapping**

EB: I'm not sure I'm ready to let it all go.

SE: I feel so sad.

UE: This break up is really hurting me.

UN: I have so many confusing emotions.

UM: I feel betrayed.

CB: I had no idea it would be this hard.

UA: This loss is hurting me.

TH: This loss has knocked me for six.

## **Third round of EFT tapping**

EB: I feel so let down.

SE: I feel so angry.

UE: I need to let this pain go.

UN: I feel stuck in a hurting place.

UM: I can't take this anymore.

CB: I am feeling overwhelmed with all the mixed emotions.

UA: I didn't know it would end like this.

TH: I need closure.

## **Checking in**

Take a deep breath in through the nose and out of the mouth and let it go.

Check in with the original negative emotion and see how it's feeling now.

If the value went up, brought up new memories or stayed the same, continue tapping on the negative emotions associated with the memory and remember to use as many of your senses as possible that relate to the negative memory. Experience the memory in as much detail as you can while you go through your rounds of negative tapping.

Has the value gone down? Have you managed to get it below a value of 5? If you have, you're ready to do a positive round of tapping.



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## **Tapping sequence – positive statements**

Tapping the side of the hand:

SH: Even though I have this feeling of emotional confusion, I love and accept myself now.

Two more times, still tapping on the side of the hand:

SH: Even though I have so much to sort out, I know I'll get through it.

SH: Even though I'm not sure where to start, I'm going to start by letting the pain of these feelings go.

Now we start tapping through the points.

EB: I am stronger than I think.

SE: I know I have the resources to get through this.

UE: I choose to look to the future with optimism.

UN: I take responsibility for handling my emotions well.

UM: I choose to harness my resourcefulness.

CB: To get through this emotionally painful time.

UA: I know I can do this.

TH: I deserve happiness and am creating it now.

## **Checking in**

Take a deep breath in through your nose, hold it for a few seconds and out through your mouth. How are you feeling now? It may take a little while to notice the differences, but you will feel the change occurring as you start now to have a growing awareness about the availability of your resourcefulness.

When a relationship ends, there will be several memories that come to mind that hold pain and possibly regret. Make sure to tap on each of the memories you need to work on individually. Those memories may be attached to scenes you can see playing out in your mind, they may relate to the feeling of finding something out, the memory of what you said to each other. Make sure to hone in on as many of the senses as possible when recalling a memory: sight, sound, touch, smell and taste.



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By removing the emotional sting from your current break up memories, you will help to pave the way for future happiness.

So, I'm going to let the music play on for another 5 minutes or so. If you want to do some more tapping, stay relaxed and go with what feels right for you. Don't worry about using the right words and if you miss a tapping point, just keep going. Enjoy this time now, your time. You may just want to sit quietly and focus on your mind and body. Remember this is your time.

Until next time, this is Kate Hartley from <http://www.flourishtherapy.co.uk>