

ALTERNATIVE EFT SET UP STATEMENTS

If the traditional EFT set up statement feels uncomfortable in any way i.e. "I deeply and completely love and accept myself" select an alternative below which you resonate with more.

- I'm learning to love and accept myself
- I am willing to love and accept myself anyway
- I accept myself just the way I am
- I accept who I am and how I feel
- I am special, unique and valuable
- I choose to be ok with this
- I'm open to accepting myself just the way I am
- I've decided to be more open and accepting of how I feel
- I allow myself to move through this
- I'm in the process of loving and accepting myself
- I honour myself
- I am learning to love, accept and appreciate all parts of me
- I'm a good person
- I accept all of me and the feelings I have
- I accept that I'm doing the best that I can
- I am beginning to feel it's ok for me to let this go
- I allow myself to move through this
- I've decided to take it one day at a time
- I choose to find new ways to work this out