



Tapping Script for Fibromyalgia – EFT by Mary-Ann Lagerwey

One of the things that I know to be very helpful in many physical and mental health situations, including fibromyalgia is EFT or tapping.

Here I have an EFT tapping script that will help you to change some things in your situation.

EFT is a tapping system that is derived from acupuncture, it uses the same meridians or energy streams in your body, but without the needles, we just tap on the acupuncture points.

We now know that our mindset and thoughts are also a big contributor to the things we think, feel and experience, so if you can change some of that, it will bring you relief.

Let us start, all you have to do is just follow what I am doing and allow the words to enter into your nervous system, into your subconscious.

Do not worry about doing it correctly, this is a very forgiving system, if you omit a point or go in another order, it does not matter.

It will still work.

KC: Karate Chop

EB: Eye Brow

SE: Side of the Eye

UE: Under the Eye

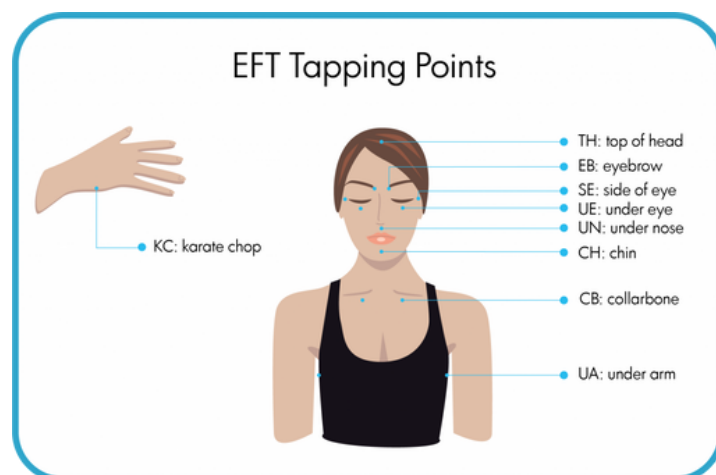
UN: Under the Nose

CH: Chin

CB: Collar Bone

UA: Under the Arm

TH: Top of Head





KC- Even though I am struggling with fibromyalgia and it is impacting my life, especially my relationships, and I feel overwhelmed by the stress, I deeply and completely choose to love and accept myself.

KC- Even though it feels like the pain and suffering will never go away, and I blame myself for it, I deeply and completely choose to love and accept myself anyway.

KC- Even though I feel trapped and helpless, I know that I have the power to release the stress and work towards feeling calm and at peace, and I choose to take responsibility for my situation now.

EB - I feel trapped and helpless.

SE - I can not handle this pain and suffering anymore.

UE - It is impacting every area of my life, especially my relationships.

UN - I feel like it is my fault,

CH - As if I am to blame for all of this.

CB - But the truth is, it is not my fault.

UA - I did not ask for this pain and suffering.

TH - It is okay for me to feel angry, frustrated, and sad about it.

EB - I choose to be open and receptive to my emotions.

SE - And to trust in my heart's wisdom and guidance.

UE - I trust in my ability to connect with my heart.

UN - I let go of any judgments or expectations I may have about my emotions.

CH - I am now willing to take the first step towards connecting with my heart.

CB - I choose to move from my head into my heart.

UA - I am open to the possibility of deep emotional connection.

TH - And curious about what I might discover.

EB - Because it feels like the pain and suffering will never go away.

SE - And I feel so stressed out and overwhelmed.

UE - I do not want to be in this pain and suffering any longer.

UN - So it is okay for me to feel angry, frustrated, and sad about it.

CH - It is fucking up every area of my life, especially my marriage.

CB - And even though it sometimes feels like it is my fault,

UA - That I am to blame for all of this.

TH - The truth is that I am not to blame.



EB - I did not ask to be in this situation.

SE - I did not do anything to deserve this.

UE - But it is time for me to take responsibility for my situation.

UN - It is time to acknowledge that I have the power to change this.

CH - To realise that I can be in control.

CB - It will not be easy to begin with.

UA - But I choose to let go of the belief that I am not good enough.

TH - I choose to let go of the fear that my relationships will suffer because of this fibromyalgia.

EB - I choose to let go of the anger towards my body for causing me pain.

SE - I choose to let go of the guilt and shame that I feel for not being able to do certain things.

UE - I choose to accept my situation for what it is.

UN - I choose to focus on what I can control and not on what I can not.

CH - I choose to find joy in small moments and victories.

CB - I choose to take responsibility for my emotional well-being.

UA - I choose to be kind and gentle with myself.

TH - I choose to prioritize self-care and relaxation techniques.

EB - I choose to be honest and open with my partner about my struggles.

SE - I choose to not let this fibromyalgia define my partnership.

UE - I choose to communicate my needs and boundaries clearly.

UN - I choose to celebrate the love and connection that we have.

CH - I choose to remember that I am not alone and that there is always hope.

CB - I choose to keep moving forward and finding ways to thrive, despite my challenges.

UA - I choose to release the stress and anxiety that is weighing me down.

TH - I choose to acknowledge and feel into the pain and suffering, but not let it control me.

EB - I choose to work towards feeling calm and at peace.

SE - I choose to take care of myself, physically and emotionally.

UE - I choose to let go of the blame and shame.

UN - I am not my illness.

CH - I am a person with fibromyalgia, but that does not define me.

CB - I am still capable of living a full and meaningful life

UA - I choose to focus on what I can do, rather than what I can't.

TH - I choose to be kind and patient with myself.



EB - I choose to celebrate my progress, no matter how small.

SE - I am strong and resilient, and I can get through this.

UE - I am not alone in this.

UN - I have a support system, including myself.

CH - I choose to reach out for help when I need it.

CB - I am worthy of love and care, even when I am struggling.

UA - I am worthy of love and care, even when I am struggling.

TH - I am worthy of love and care, even when I am struggling.

Take a deep breath in and let it out.

Check in with how you are feeling now.

If there is still some emotional intensity around the issue, repeat the tapping script again or adjust it as needed to address any specific emotions that were coming up.

Remember to be gentle with yourself and take things one step at a time.