

WORKING WITH THE EMOTIONS WITH PAIN

While this document does describe methods of working with pain using EFT, if you have physical pain in the body, it is important that you consult with your doctor or medical professional.

There are numerous ways to work with pain using EFT. Sometimes pain just shifts while working on another issue. That issue could be anything: past trauma; anger; grief; sadness, and a myriad of other issues. At other times, you may want to do EFT while focused specifically on pain in the body.

This document outlines three ways to work with pain in the body.

1. Focus on the actual pain.

Even though I have this lightning bolt pain in my side, I deeply and profoundly accept myself.

Even though I have this throbbing headache in the front of my head, I deeply and profoundly accept myself.

Even though I have this dull ache in my left knee, I deeply and profoundly accept myself.

2. Focus on how you feel about the pain.

Even though I'm afraid if this pain keeps up, I won't be able to dance anymore, I deeply and profoundly accept myself.

Even though I'm terrified I'll lose my job if this pain gets worse, I deeply and profoundly accept myself.

Even though if I was the person I think I am, I would have gotten rid of this pain long ago, I deeply and profoundly accept myself.

Even though I have these emotions about having this pain, I deeply and profoundly accept myself.

3. Find an emotion or quality in the pain or part of the body in pain.

Even though I have this resentment in my shoulder, I deeply and profoundly accept myself.

Even though I have this anger in my lower back – nobody ever supported me and I'm tired of doing it all myself – I deeply and profoundly accept myself.

Even though I have this shame/grief/sadness (whatever it is) in my _____, I deeply and profoundly accept myself.

These are just a few ideas. Use your genius and your intuition.

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