

FREEDING YOURSELF OF STRESSES 10-0

Title of Issue (3-7 Words, naming Stress/Person/Situation /Aspect of Memory) || **Note 1-10 Intensity**



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Tapping Suggestion:

Acknowledge your truth first, then lead your thoughts with words towards a positive goal & feelings you desire.

**“Even though I felt/feel _____ when I thought/think about _____,
what I really want is to see and feel more of... *showing up in my life every day...* is _____.”**

When stressed, we can get lost in a problem. We may forget to focus on asking for more good to arrive, like more:
(calmness, peacefulness, acknowledgment, encouragement, appreciation, love, purpose, security, happiness,
meaning, support, playfulness, connection, relaxation, creativeness, freedom, confidence, energy, inspiration...)



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