



EFT FOR HEADACHES



THE
AUTOIMMUNE COLLECTIVE

EFT FOR HEADACHES

Rate on a scale of 1-10 how this headache pain feels for you right now. 1= It doesn't bother me that much. 10 = I feel like my skull is in a vice grip and being crushed!

Rate:

Side of Hand Point (Set up Statement)

Even though I have this headache, I love and accept myself.

Even though I have this painful headache, I love and honor myself.

Even though I have this headache, I deeply and completely love and accept myself.

Round 1 (Tap on the feeling of the pain):

EB: This headache

SE - This throbbing headache

UE - I wish it would go away

UN - My head really hurts

C- It makes it hard to do anything

CB - This throbbing headache

UA - I hate having headaches

TH - I ask my body for relief



EFT FOR HEADACHES CONTINUED...

Now take a deep breath..... and notice what your pain is at now.

If your pain is still there then continue on. It may have also moved - this is quite common. If this is the case, replace the word "headache" with whatever pain you're feeling now, e.g. "shoulder pain"

Round 2 (Tap on the remaining pain):

EB: This remaining headache

SE - This remaining throbbing headache

UE - I wish it would go away

UN - My head really hurts

C- It makes it hard to do anything

CB - This remaining throbbing headache

UA - I ask my body for relief

TH - I ask my body for relief

If you notice any relief, continue repeating Round 2 until the pain has disappeared. If you don't notice any relief after 3-4 rounds of this, the tapping probably won't help this particular headache. It doesn't mean it won't help ANY headache of yours, just this one may have a cause that tapping cannot solve. Try another one of the modalities to see if they may help though!