

A woman with long, dark, wavy hair is lying in bed, covered with white and light pink bedding. She is covering her face with both hands, with her fingers spread across her forehead and eyes. The lighting is soft and warm, creating a calm and intimate atmosphere.

# EFT FOR INSOMNIA



THE  
AUTOIMMUNE COLLECTIVE

# EFT FOR INSOMNIA

*\*We're skipping a rating on this one as you're probably either asleep or not, right? So the purpose of this session is to get you to sleep, not reduce any emotion or stress.*

## Side of Hand Point (Set up Statement)

Even though I can't sleep at night, I deeply and completely love and accept myself.

Even though it seems impossible that I'll fall asleep, I deeply and completely love and accept myself.

Even though I'm so frustrated with being awake when I should be sleeping, I deeply and completely love and accept myself.

## Round 1 (Expressing frustration):

**EB:** I'm having such a hard time falling asleep

**SE:** I feel so very tired and exhausted

**UE:** I am so frustrated with being awake when I should be sleeping

**UN:** So many thoughts are racing through my mind

**C:** I'm frustrated because I don't want to think these thoughts right now

**CB:** I feel like this is wasted time. I should either be doing something or sleeping, but I'm just tossing and turning

**UA:** Wouldn't it be nice to just store my thoughts so I could sleep?

**TH:** It would be so nice to get an uninterrupted sleep

# EFT FOR INSOMNIA CONTINUED...

## Round 2 (Continuing to express frustration):

**EB:** I know churning through these thoughts isn't helping me

**SE:** But I can't seem to stop

**UE:** It's like my mind is running all on its own

**UN:** And the more it happens, the more frustrated I get, causing a cycle of me being even more awake

**C:** How do I stop this?

**CB:** Is there anything I can do to stop this?

**UA:** It's driving me insane

**TH:** And I know I'm not getting the rest I need

## Round 3 (Exploring possibilities):

**EB:** What if I could choose to relax and feel safe even if I'm awake during the night

**SE:** I don't have to think all of these thoughts right now

**UE:** I can choose to think of them during the day, when it's appropriate

**UN:** Nothing is going to change by me thinking them now

**C:** Nothing is going to change by me stressing over them now

**CB:** In fact, I'm probably not even thinking about them clearly

**UA:** Things always seem so much clearer when I'm awake

**TH:** So it's pointless to think about them now



# EFT FOR INSOMNIA CONTINUED...

## Round 4 (Release):

**EB:** I give myself permission to stop thinking right now.

**SE:** I give myself permission to sleep right now. I deserve a goodnight's sleep

**UE:** I am letting go of all the stress that is stuck in my body

**UN:** I am choosing to release all thoughts of discomfort

**C:** I am choosing to believe that I can sleep through the night

**Cb:** I give my body and mind permission to stay calm and peaceful

**UA:** I thank my bed for giving me the comfort to rest my body

**TH:** I let my thoughts, worries and anxiety slowly drift away

## Round 5 (Gratitude and full release):

**EB:** I release all the tension and resistance in my body and mind to fall asleep. I deserve a goodnight's sleep

**SE:** I'm grateful for all that I have

**UE:** I'm grateful for all the good in my life

**UN:** I'm grateful for being able to put my worries, fears, and stressors away for now

**C:** I'm grateful for all the choices I have in my life

**CB:** I'm grateful for my bed

**UA:** I'm grateful for my body's ability to rest

**TH:** I'm grateful for letting go of my worries, fears, and stressors; I deserve a goodnight's sleep

**Now take a deep breath..... and release. And go get some wonderful, restorative sleep!**

