

# HOW TO HANDLE A DIFFICULT EMOTION



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Describe the emotion as a sensation in your body, for example a “burning feeling in my chest.” If you are alone, touch each one of your acupressure points while you visualize a colour (green or blue) that flows from your brain, through your body, and softening, lifting and wiping away the sensation.

Acupressure points: Crown, forehead, above your eyebrows, corners of your eyes, under your eyes, upper lip, chin, under your collarbones, centre of chest, underarms, ribcage, the corner of each fingernail, karate chop point, snuff cavity and top and bottom of your wrists.

**Say the following, in your mind, or out loud:**

“Even though I feel this (burning sensation), I accept myself 100%.”

“Even though I feel this (...), I love myself deeply, truly, unconditionally.”

“Even though I feel this (...), I am still a wonderful and valuable human being.”

and

“Even though I feel this (...), I am now ready to let go of this feeling and be free of it.”



## HOE HANTEER JY 'n SLEGTE EMOSIE?

Voel die emosie in jou liggaam, en beskryf dit as 'n sensasie of gevoel. Byvoorbeeld, "‘n brandgevoel in my bors", of "‘n gloei-gevoel in my gesig." As jy kan, of as jy alleen is, raak aan elkeen van jou EFT akupunte terwyl jy 'n kleur (groen of blou), visualiseer, wat van jou brein, deur jou liggaam vloei en die emosie (gevoel) versag, oplig en uitwis.

Akupunte: Jou kroontjie, middel van jou voorkop, bokant jou wenkbroue, hoekie van oë, onder oë, bolip, ken, onder sleutelbene, middel van bors, onderarms, ribbes, hoekie van elke vingernael, karate kap punt, snuif holte, bo en onderkant van pols.

**Sê nou vir jouself – hardop of saggies in jou gedagtes:**

"Al voel ek hierdie (brandgevoel en gloei-gevoel), aanvaar ek myself 100%."

"Al voel ek hierdie (...), het ek myself diep, absoluut en onvoorwaardelik lief."

"Al voel ek hierdie (...), is ek nogsteeds 'n waardevolle en wonderlike mens."

en

"Al voel ek hierdie (...), is ek nou bereid om hierdie gevoel te laat los en te laat gaan."



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*Artwork by Michael Parkes.*

