

The Women, Food & Forgiveness Institute

Healing the Mother Wound: EFT Tapping Guide

Have the answers to your journal prompts handy as you follow along with this EFT Tapping sequence to release your mother wound.

Starting with your emotion word in Question 1 of your journal prompts, tune in to that feeling and rate its strength on a scale of 1 to 10, with 10 being the strongest.

Then begin fingertip tapping on the fleshy side of your hand (either hand is fine) while saying the following (use your own words if mine don't resonate):

"Even though I feel _____ when I think about my mother, I choose to love and except myself.

Even though I feel _____ when I think about my mother, I choose to love and honor myself.

Even though I feel _____ when I think about my mother, and I've been feeling this way for a long time, and I would really love to find freedom, and whether I can or not in this moment, I choose to love myself no matter what.

Top of the head: I feel _____ when I think about my mother.

Eyebrow: I really feel this way toward her.

Side of the eye: I really struggle with these feelings.

Under the eye: I've been struggling for a long time.

Under the nose: All this _____ I feel toward my mother.

Under the mouth: I really want to be kind to myself.

Collarbone: What should have happened that didn't happen was

Under arm: What shouldn't have happened that didn't happen

Top of the head: My mother should have

Eyebrow: My mother should not have

Side of the eye: And in order for me to have peace with us I need her to I need her to

Under the eye: I need her to

Under the nose: is it true? Is it true?

Under the mouth: What if that's not true?

Collarbone: I need her to

Under arm: I don't need her to

Top of the head: I really need her to

Eyebrow: actually I don't need her to

Side of the eye: what if I could just cut her loose
Under the eye: what if I could set her free
Under the nose: what if I could just say mom you're off the clock?
Under the mouth: I'm taking my life back
Collarbone: I don't need you to
Under arm: mom I'm just gonna let you be who you are/were

Top of the head: I'm gonna just let you be who you need to be in this incarnation
Eyebrow: and I'm gonna set myself free
Side of the eye: so I can be quiet need to be
Under the eye: so I can be quite used to be
Under the nose: so I can be who I love to be
Under the mouth: thank you mom
Collarbone: I'm sorry it's been hard
Under arm: I love you

Top of the head: and I'm not gonna carry this anymore
Eyebrow: let's get out of the shadows together

Take a nice deep breath. Check in with your initial distress level is it higher, lower, or about the same? Keep repeating rounds of tapping until you feel relief, and feel free to post about your experiences in the Comments section.