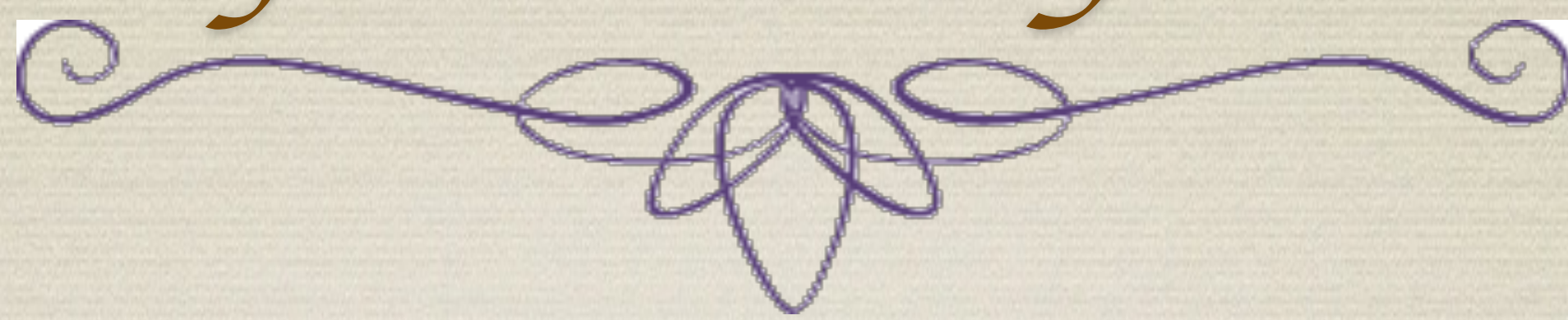


# *EFT for Money Worries*



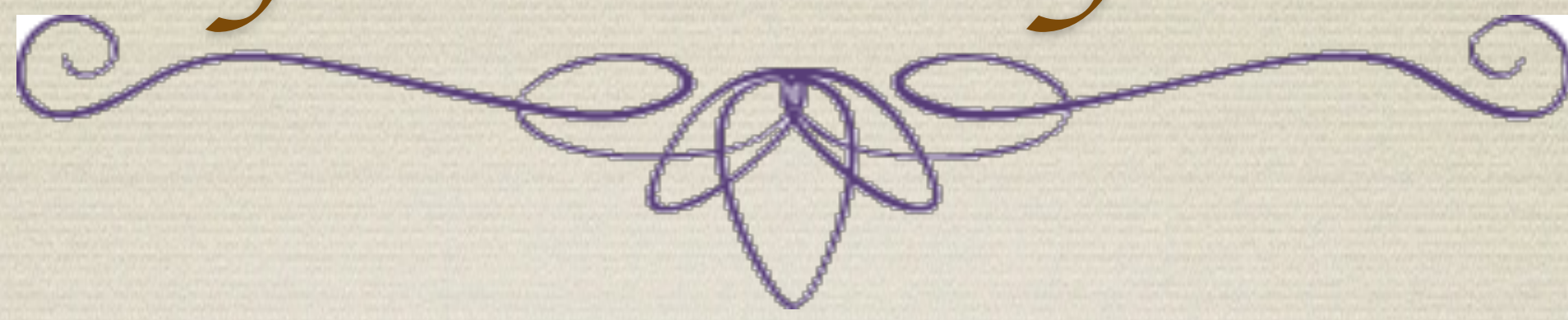
I have heard so many stories over the years from my clients who are strong and beautiful women and would love to follow their passion and dreams but are held back by a lack of money, or feel controlled and trapped by others. There is this deep desire to make a meaningful contribution to the world.



*Therefore, I was inspired  
to create a tapping script,  
just for you!*



# *EFT for Money Worries*



## *Start Tapping on the Karate Chop*

- ❖ 'Even though I am so worried when I look at my bank account, I accept who I am and how I feel'
- ❖ 'Even though I am so stressed about my future and my financial safety, I deeply and profoundly accept myself'
- ❖ 'Even though it is not fair that I am experiencing all of this struggle, it keeps me awake at night, I choose to accept myself and how I feel'



# *EFT for Money Worries*

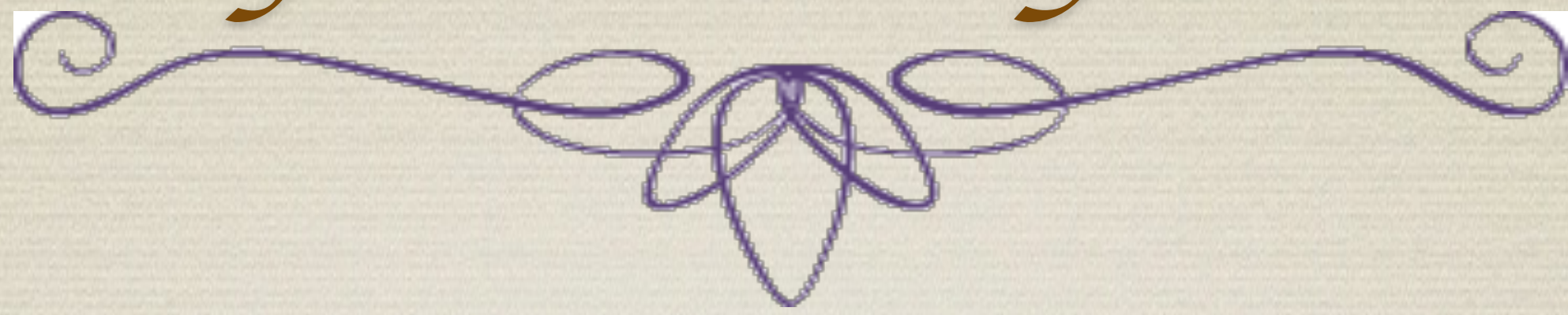


## *Tap Through All the Points*

- ❖ I am so worried
- ❖ I even don't want to look at my bank account anymore
- ❖ I feel so scared about my future
- ❖ What will happen with me?
- ❖ I am so stressed out
- ❖ My money worries are keeping me awake at night
- ❖ And I do so my very best
- ❖ I work so hard
- ❖ I have tried everything
- ❖ It is not fair
- ❖ I am angry
- ❖ I feel disappointed
- ❖ Why me?
- ❖ I deserve so much better
- ❖ I have been struggling for so long
- ❖ I would love to have money
- ❖ I should have money by now
- ❖ Lots of it
- ❖ But when I would have lots of money
- ❖ Then I am worried they will judge me
- ❖ In our family your supposed to work hard and suffer
- ❖ Having lots of money doing what you love is for lazy people
- ❖ That is what my tribe is saying
- ❖ And I don't want to be judged as lazy
- ❖ This is one of the worst sins in my family
- ❖ And moreover rich people are mean
- ❖ Money is the root of all evil
- ❖ But for me, having NO money is the root of all evil
- ❖ I would love to express myself
- ❖ In a beautiful way
- ❖ And live congruent with my values
- ❖ Express my creativity authentically
- ❖ I am not just about money only
- ❖ Money is a valuable tool to realize my dreams
- ❖ And walk my life purpose



# *EFT for Money Worries*



## *Tap a Positive Round While Tapping Through All the Points*

- ❖ I am open to receiving
- ❖ I am open to receiving miracles
- ❖ I will say thank you every time
- ❖ I am open to receiving big things
- ❖ I am open to receiving small things
- ❖ I am open to receiving wealth
- ❖ In all its forms
- ❖ I am open to receiving help and support
- ❖ I am open to receiving fantastic ideas
- ❖ Million dollars/Euros ideas
- ❖ And I am going to say 'thank you' all day long
- ❖ I will say 'yes' to money
- ❖ In all its forms
- ❖ I choose to feel more relaxed around money
- ❖ and expanding my receiving container
- ❖ I totally honor my deserving
- ❖ I am open to receiving
- ❖ From the moment I wake up
- ❖ To the moment I go to bed
- ❖ I say thank you, thank you, all day long.



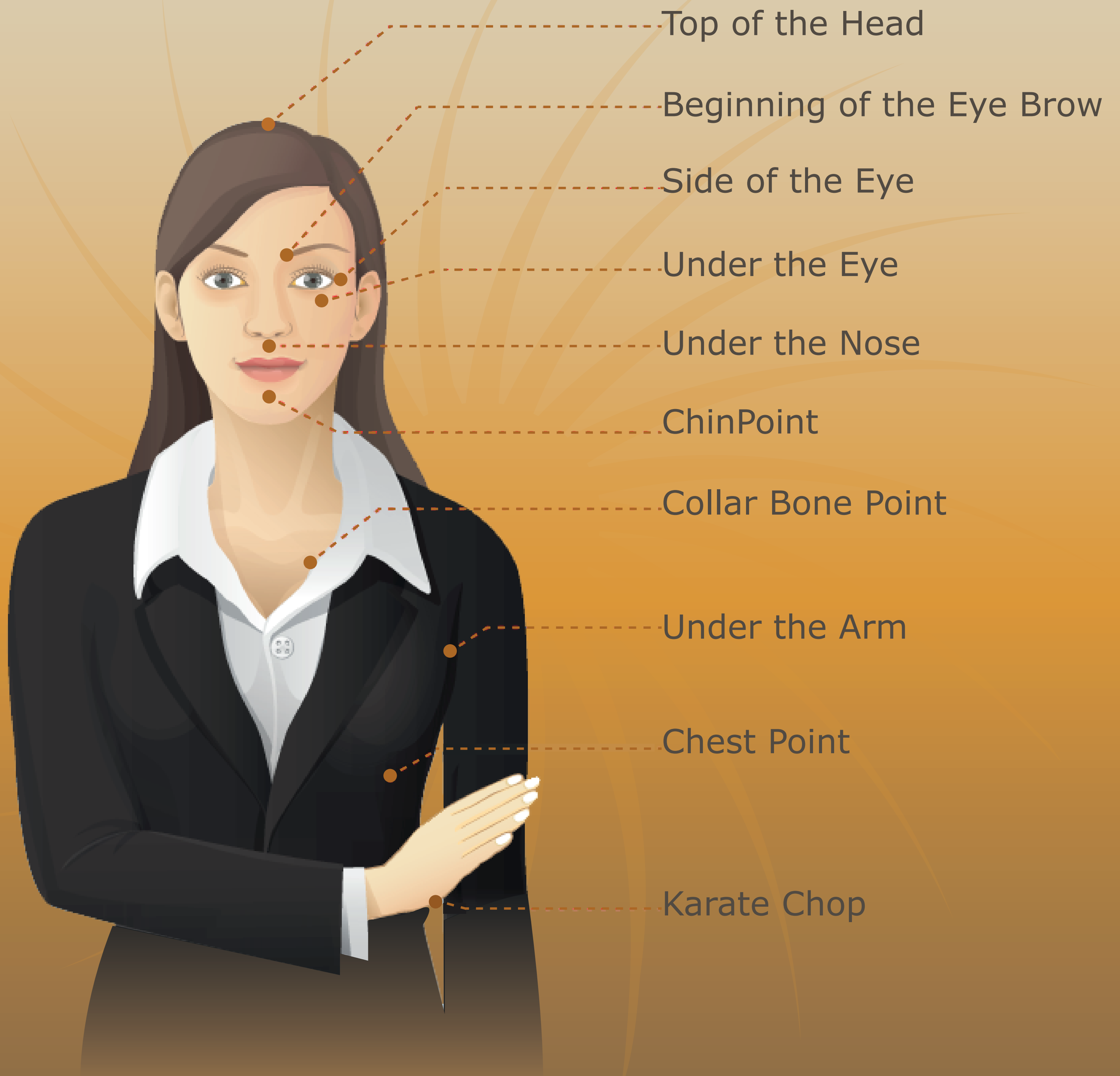


EFT for Life

Emotional Freedom Techniques (EFT)

# EFT Tapping Procedure

## THE SHORTCUT



Would you like to introduce your organization to the benefits of EFT?  
Please contact Jeanine for details about your Complimentary EFT Intro Event

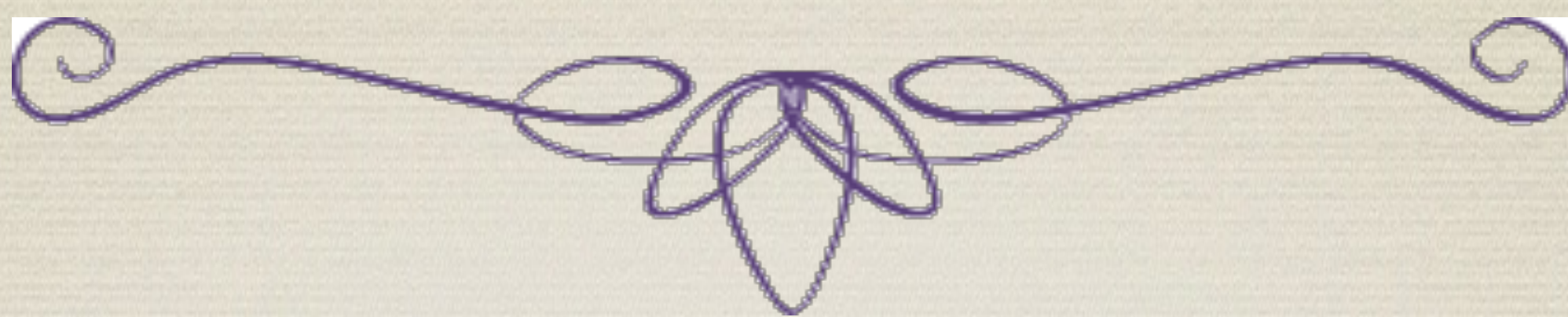
**Jeanine Crombé**

EFT Authority & Trainer  
Emotional Freedom Techniques

T +32 (0) 3 283 49 41 / M +32 (0) 479 13 47 71  
[jeanine@EFTforlife.com](mailto:jeanine@EFTforlife.com)



# Borrowing Benefits



## Procedure

1. Identify 1 specific bothersome memory, or 1 specific event
2. Each memory or event should be 2 or 3 minutes long
3. Each memory or event needs to be short enough to have only 1 emotional crescendo
4. Make a mental movie of each specific event/memory
5. Give a brief title for each event/memory
6. Estimate the crescendo's intensity on a 0-10 scale as the intensity shows up NOW (not when the event originally happened)
7. Write down the movie titles and the 0-10 intensities of the corresponding crescendo's
8. Select 1 of these specific events/memories for which you would like to Borrow Benefits
9. Tap along with the demo's in the class
10. When the intensity is zero, choose another specific event/memory and resume tapping along with the class

