

# EFT-Tapping Words



- o Even though I attached myself to my thoughts,
  - o I love myself deeply and completely
  - o Even though I forgot who I was,
  - o I love myself deeply and completely
  - o I accept myself just the way I am right now
  - o I am not my thoughts
  - o I am becoming more aware of myself
  - o I am not just my physical body
  - o I have a connection that runs deep within
  - o I am divinely connected
  - o My higher self is within me
  - o I am more than my mind
  - o I am the stillness within
  - o My purpose to connect with this stillness
  - o To remember who I am at my core
  - o Who I am when I'm not in this physical body
  - o I accept myself deeply and completely
  - o Just the way I am
  - o I love myself deeply and completely
  - o Just the way I am
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