



EFT-Tapping Script: Releasing the Fear of Conflicts and Embracing Peace

Introduction:

Before you start tapping, take a few deep breaths to center yourself. Ensure you are in a comfortable and quiet space where you won't be disturbed. Remember, this script is a guide. Feel free to modify the words to better suit your personal experiences and emotions.

Tapping Points:

- Karate Chop (KC): Side of the hand.



- Eyebrow (EB): Beginning of the eyebrow, just above the nose.



- Side of the Eye (SE): On the bone alongside the eye.



- Under the Eye (UE): On the bone directly under the eye.



- Under the Nose (UN): Between the nose and upper lip.



- Chin (CP): Midway between the bottom of the lower lip and the chin.



- Collarbone (CB): Just below the hard ridge of the collarbone.



- Under the Arm (UA): About 4 inches below the armpit.



- Top of the Head (TH): Directly on the crown of the head.



Step 1: Identify the Issue

Begin by identifying the specific fear or emotion related to conflict that you want to address. Rate the intensity of this fear on a scale from 0 to 10, with 10 being the highest.

Step 2: Setup Statement

Tap on the Karate Chop point (the side of your hand) while repeating the setup statement three times:

"Even though I have this fear of conflict and the emotions it brings up, I deeply and completely accept myself."

Step 3: The Tapping Sequence

Tap on each of the following points while repeating the reminder phrase. Repeat the entire sequence 2-3 times.

Step 4: Addressing Specific Aspects

"Eyebrow: I'm afraid of how conflict makes me feel."

"Side of the Eye: I worry about the outcomes of conflicts."

"Under the Eye: I fear losing control during a conflict."

"Under the Nose: I feel overwhelmed by the emotions conflict brings."

"Chin: I don't know how to handle conflict peacefully."

"Collarbone: I fear the anger and frustration."

"Under the Arm: I feel tension and stress in my body."

"Top of the Head: This fear affects my peace of mind."

Positive Affirmations

"I am open to finding peace in conflict."

"I choose to release these fearful emotions."

"I am capable of handling conflicts calmly."

"I choose peace over fear."

"I am in control of my emotions."

"I can approach conflicts with confidence."

"I feel the tension leaving my body."

"I am embracing peace and calm."

"I am at peace with myself and others."

"Conflicts are opportunities for growth."

"I release all fear and embrace calm."

"I am grounded and centered."

"Peace flows through me."

"I am confident in resolving conflicts."

"I feel a deep sense of peace."

"I am living in harmony and balance."

Step 5: Reassess the Intensity

After completing the tapping sequence, take a moment to reassess the intensity of your fear or emotion on a scale from 0 to 10. Notice any changes or shifts in your feelings. If the intensity is still high, repeat the tapping sequence until you feel more at peace.

Conclusion:

Take a few deep breaths and acknowledge the work you have done. Remind yourself that conflicts are a natural part of life and that you have the power to handle them with grace and peace. Use this script whenever you feel the fear of conflict arising, and over time, you will find it easier to navigate challenging situations with calm and confidence.

Connect with Me:

If you have any questions or would like to book a 1:1 session, feel free to reach out to me through my [social media profiles, email, or LinkedIn](#). Follow me for more insights and updates on peacebuilding and conflict transformation.

I look forward to supporting you on your journey towards inner peace and conflict resolution.