

EFT FOR WRITERS: "I am stuck"

*Even though I am stuck with my writing,
I deeply and completely love and accept myself
Even though I am overwhelmed and confused,
I am o.k. anyway
Even though I feel trapped and resentful,
I choose to relax now*

Eyebrow: I am stuck with my writing

Side of eye: I don't know where to turn

Under eye: I don't know what to do

Nose: There is no way out

Chin: I am overwhelmed by my project

Collarbone: I have no idea what I am supposed to do

Under arm: It's so scary

Top of head: I am angry at everybody including myself

Eyebrow: I have been trying so hard

Side of eye: I can't do it anyway, I am not good enough

Under eye: I am all alone in this

Nose: There is nobody around to help me

Chin: Writing is such a struggle

Collarbone: There is no solution, I am doomed

Under arm: It's pointless, I should give it up

Top of head: This fear, this hopelessness

Eyebrow: I give myself permission to relax now

Side of eye: I choose to let go of all my tension

Under eye: I send myself the insights that I need

Nose: I listen to the wiser part of me

Chin: I trust the flow of life

Collarbone: It is easy, it is natural

Under arm: I know that my writing project will work out

Top of the head: Solutions are coming out of the blue. And so it is.

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