

Anger EFT

(can switch to another emotion if needed)

BOX BREATH CYCLE

- Even though I feel angry about XXXX I deeply and completely love, honour and accept, myself...
- Even though I'm disappointed in myself, getting angry about XXXX, I deeply and completely love, honour and accept, myself...
- Even though I feel like I have no control over my anger and I hurt myself and others, I deeply and completely love, honour, accept AND forgive myself...

1. All this fear of anger coming up for me
2. Right now I am feeling in my body- Speak it out where
3. I don't want or need these feelings
4. Its not doing me any good
5. Right now I am feeling (emotions)- Speak it out
6. I don't want or need these feelings
7. Its not doing me any good
8. This anger I feel
9. It can feel more powerful than me.
10. I don't feel like I can control it.
11. Sometimes part of me likes the feeling of power that comes with the anger.
12. Part of me is ashamed of myself
13. I don't want to feel this way anymore...

1. What is the very first thing that happens in my body that tells me I'm getting angry? Speak it out
2. As I notice my anger pattern, I gain power over it.
3. I give myself permission to stop if I start to feel it bubbling
4. I deserve to stop and take some time out
5. To check in with myself or ask for help Speak it out who they could ask or give suggestions.
6. I deserve to let some of this anger go
7. Because I deserve to feel good
8. I am worthy of feeling good
9. I choose to feel safe
10. I choose to feel calm
11. I choose to believe in myself
12. I deserve to feel good
13. Because I am awesome

YES YES YES YES YES YES YES

Optional extra:

1. I am ready to believe in myself
2. I am ready to love myself
3. I am open to listening to myself
4. About how I am feeling
5. And what I need to feel OK
6. I will look for reasons to feel good today
7. I will appreciate everything around me today
8. I am open to stop seeing the worst in myself and focus on the good
9. I give myself permission to be kinder to myself
10. I choose to see myself through a new lens
11. Knowing that I am good enough
12. I add value to this world just by being myself
13. I believe in me

YES YES YES YES YES YES YES

Useful questions

- What do I say to myself that tells me I'm getting angry?
- Where in my body do I notice the fire of my anger building?
- What is the very first thing that happens that tells me I'm getting angry?