

Tapping Script for Relationship Issues

Tapping along to these statements will release anger, heal feelings of betrayal, neutralize guilt and shame, and catalyze spontaneous feelings of forgiveness, transforming any relationship from the inside out. It is amazing how much things can change when our own pain, limiting beliefs, and fears are released using EFT. As soon as you start tapping, you'll begin to feel all of the negativity melt away, leaving peace, gratitude, and love in its place.

As is the case with all of my tapping scripts, these statements can be used as is, or modified in any way that makes them resonate more fully with your experience. Also, you may notice that when you start tapping on one of these statements, thoughts and feelings will arise that you can then turn into new tapping statements, which will then give rise to still more thoughts and feelings, which you can use to create additional tapping statements, and so on. I call this following the thread, and it's a very efficient way to heal and release a lot of painful feelings in a short amount of time, bringing you both peace and clarity about whatever it is that's causing you to suffer.

Here are the tapping statements:

I'm upset because my partner and I had a fight.

I feel hopeless because my partner and I seem to be speaking different languages and neither of us can understand each other.

My partner isn't listening to me and it's really frustrating/aggravating/hurtful.

I don't know what I did to upset my partner—I'm really at a loss here, and it's scary.

I don't want to fight with my partner, but we keep doing things that upset each other and I'm afraid that all of this conflict will be the end of us.

My partner really hurt my feelings but I don't want to tell him/her because I'm afraid he/she won't understand.

I'm really sad that my partner and I have been fighting; I wish we could just be happy and peaceful together.

TAPPING SCRIPT FOR RELATIONSHIP ISSUES

My partner is so sensitive; I feel like I have to work really hard just to keep from upsetting him/her.

It seems like my partner really doesn't care about my feelings, and I can't stay in a relationship like that.

When my partner does/says _____, I feel like he/she doesn't really love me.

I feel really alone because my partner and I had a fight and now our connection seems broken.

I'm really angry at my partner because _____.

I feel terrible because I said something really hurtful to my partner.

I feel guilty because I lost my temper with my partner.

When my partner and I fight, it makes me feel really sad and afraid.

I'm afraid my partner and I will never be able to overcome the issues that we have as a couple, and that makes me really sad.

I don't understand why my partner does/says _____, and it's really confusing and upsetting for me.

When my partner gets angry with me I completely shut down and I don't know what to do.

My partner lied to me and now I feel like I can't trust him/her.

My partner cheated on me and I'll never be able to trust him/her again.

I wish I could trust my partner, but he/she has lied to me so many times, I don't see how I can.

I want to forgive my partner, but I don't know how.

We've had so much conflict, I'm afraid we'll never be able to go back to being happy and in love like we used to be, and that makes me really sad.

TAPPING SCRIPT FOR RELATIONSHIP ISSUES

My partner doesn't understand me.

I'm worried that even though we love each other, we're not really right for each other.

When my partner shuts down, I don't know what to do.

I feel rejected when my partner shuts down.

I feel angry and hurt because my partner is not making me a priority.

I need to feel important to my partner, and right now I really don't.

Sometimes my partner gets really angry, and I don't understand why.