

Relationship Tapping Statements

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There is a lot of material here! I recommend spending anywhere from 20 to 60 minutes on this, but not more than that.

That means you'll only have time to tap out a small number of the statements on this script in one session.

If you're thorough, and tap things down to 0, you'll likely feel MUCH better after tapping out just a few of them. You can attend to other ones at another time.

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.

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.

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.