



When creating Issue & Solution Reminder Phrases for EFT Tapping it can be more impactful to use words and phrases that clearly define the emotional feeling. Using clear language that defines the emotions can help to create powerful reminder phrases.



**7 Major Negative Emotions**

- Fear
- Jealousy
- Hatred
- Revenge
- Greed
- Superstition
- Anger



**7 Major Positive Emotions**

- Desire/Knowledge
- Faith
- Love/Appreciation
- Sensual
- Enthusiasm
- Romance/Passion
- Hope/Content

| Issue Reminder Phrases               | Solution Reminder Phrases            |
|--------------------------------------|--------------------------------------|
| Not Accepted                         | I am Accepted                        |
| Not Understood                       | I am understood                      |
| I don't have control                 | I am in control                      |
| Lack of peace                        | I am peaceful                        |
| Feeling unsafe                       | I am safe                            |
| Feeling disrespected                 | I am respected                       |
| Feeling uncomfortable                | I am comfortable                     |
| Feeling limited                      | I am limitless                       |
| Uncertainty                          | I am certain / I embrace uncertainty |
| Feeling unloved                      | I am loved                           |
| Feeling unworthy                     | I am worthy                          |
| Feeling like I wasn't treated fairly | I value fair/honest people           |
| Feeling not valued                   | I am valued                          |
| Feeling excluded                     | I am included                        |
| Feeling not needed                   | I am invited                         |
| Feeling weak                         | I am strong                          |
| My opinions don't matter             | My opinions matter                   |
| Feeling like I don't matter          | I matter                             |
| Feeling out of control               | I am in control of my own thoughts   |
| Feeling unimportant                  | I am important                       |
| My voice isn't heard                 | My voice is heard                    |
| Feeling unsupported                  | I am supported                       |
| Feeling underappreciated             | I am appreciated                     |