



You can find the audio that goes along with this tapping script at <http://TappingPodcast.com>

Pod #404: Tapping For Grief And Loss

It is sad to lose someone I care about...It is heartbreaking to know I will never talk to them again...That I will never see them again...That I will never hug them again...That I will never laugh with them again...It hurts to feel sad...It hurts to feel grief...Even though I know death is a fact of life, it doesn't make it any easier...It doesn't make it any less painful...I give myself permission to appreciate my loved one...I give myself permission to appreciate the time that we had together...To appreciate the relationship that we had...To appreciate everything that I learned from them...I give myself permission just to be present to feeling that appreciation...Simply to take a moment to feel deeply appreciative...Even though I will never see this person again...They are a part of me...Even though I will never see them again...They are woven into the fabric of who I am...And I give myself permission to celebrate that...To know how lucky I am to have had them in my life in that way...It doesn't feel like it is enough...It feels like I have been cheated...Wishing I could have had more time with them...No matter how much time I had spent with them...I would still feel that way...And I give myself permission to grieve...I give myself permission to feel sad...It is human to feel that way...It is natural to feel that way...This experience is more than just sadness...With sadness I also feel appreciation...With sadness I can still celebrate their life...I give myself permission to know that they will always be a part of me