

Tapping Script to Heal from Losing Your Brother

Losing a sibling is one of the most profoundly painful experiences we can have. Whether our relationships with them are primarily positive, negative, or a mix of both, our experiences with our siblings are woven into the fabric of who we are, and when they are gone, the sense of loss can be devastating. Thankfully, with EFT, this pain doesn't have to be permanent. What we learn when we tap our way through loss is that while love is forever, grief doesn't have to be.

As is the case with all of my tapping scripts, the statements below 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 use as 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.

Here are the tapping statements:

I'm overwhelmed with sadness because my brother died.

My brother died and I'll never see him again.

My brother died and I didn't get to say goodbye to him.

I wish I could have had more time with my brother.

I was really close to my brother, and now he's gone.

I wish there was something I could have done to save my brother.

I should have done more for my brother when I had the chance.

I would give anything to have my brother back.

I'm so sad for my parents because their son died.

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I wish I could see my brother one last time and tell him how much I loved him and how much he meant to me.

I had unfinished business with my brother, and now I'll never get to resolve things with him because he died.

I really miss my brother and I wish he was still here.

I'm worried about my brother's kids because they will have to grow up without their dad.

I should have been a better brother/sister, but now it's too late.

I'm so sad for my brother because there were a lot of things he still wanted to do in life and now he won't get to do them because he died.

I'm angry at God/Life/The universe for taking my brother from us.

I really miss my brother and I wish I could see him again.

No one understands me like my brother did, and I really miss that.

I'm sad for my kids because their uncle died.

My brother died and I feel like a part of myself died with him.

I should have tried harder to save my brother.

I'll always be sad about losing my brother.

I wish my brother could have had a longer life--there was still so much he wanted to do, and I'm sad that he won't get to.

Sometimes when the phone rings, I think it's my brother and then I remember it couldn't be, and the loss hits me all over again.

The holidays are really hard without my brother. I miss him so much at that time of year.

My brother was the one I could always turn to for advice and support, and now that he's gone, I feel really alone.

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I just can't believe that my brother is gone--it's like it won't sink in.

I wish I could just pick up the phone and call my brother, even just to hear the sound of his voice.

The hardest part about losing my brother is knowing that I'll never see him again.

Sometimes when I think about my brother, I'm just completely overcome with sadness.