

Tapping Script for When You Feel Wronged or Hurt by Someone

It's an unavoidable fact of life that sometimes other people cause us stress and/or pain. Maybe they hurt us intentionally, maybe they do it by accident, or maybe they do it because they're hurting, and in the confusion caused by their own suffering, they end up causing us to suffer, too. Whatever the reason or reasons, it's no fun, and sometimes it can really get under our skin and into our heads in ways that interfere with our ability to make it through the day with any semblance of peace.

With that in mind, I created this tapping script, so that if and when you find yourself at the mercy of painful thoughts and feelings about another person, you can sit down and use these statements to tap yourself free. As always, modify or skip any statements that aren't a fit for you and your situation, and also add statements that come to you as you're tapping so that you can release as much negative emotion as possible about the person in question.

Here are the tapping statements:

This person really hurt me.

This person in my life has caused me so much pain and suffering.

I need this person to acknowledge what he/she did.

I need him/her to apologize for what he/she did.

I could never forgive this person for what he/she did.

I don't even want to forgive this person.

What _____ did to me is unforgivable.

This person destroyed my ability to trust.

I'll never be able to trust anyone again because of what _____ did to me.

I need everyone involved to understand and acknowledge the wrongs that were done to me by this person.

TAPPING SCRIPT FOR WHEN YOU FEEL HURT OR WRONGED BY SOMEONE

I wish this person had never come into my life—I would be so much better off.

I just don't understand how someone could treat another person like this.

I am filled with bitterness and resentment toward this person.

I never used to be a bitter person, but I am now, and it's because of what _____ did to me.

I'll never get over what this person did to me.

I trusted _____ and he/she betrayed me.

I gave this person all my love and he/she trampled all over it.

This person doesn't deserve forgiveness.

I need this person to understand how his/her actions affected my life.

I need this person to understand how he/she made me feel.

My life would have been so much better if this person hadn't been a part of it.

What happened with _____ really shook my confidence.

I can't stop thinking about how this person wronged me.

I should have known better than to get involved with someone like this.

The way this person treated me made me feel worthless.

This person treated me with a total lack of respect and I'm really angry about it.

This person hurt me deeply and I need him/her to apologize.

I wish I could forgive this person but I can't.

I know I should forgive this person, but I can't.