

Tapping Script for Debt Stress and Trauma

Being in debt is one of the most stressful experiences a person can have. It can cause sleepless nights, feelings of shame, regret, hopelessness, and despair. These feelings can cause a kind of paralysis, so that taking action to get out of debt becomes difficult, if not impossible. When this happens, EFT can be a lifesaver. As you tap away the painful emotions that are stuck in your body, you will begin to see solutions to what may have previously seemed like a hopeless situation.

Even if you don't have any debt right now, stress and trauma from past debt could still be affecting you. One way to find out is to read the tapping statements below, and see if any of them feel stressful or upsetting to you as you think about them. If so, that indicates places in you that are in need of healing, and you can create that healing by tapping on the statements that have an emotional charge for you.

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'll never get out of debt.

I'll always be in debt and there's nothing I can do about it.

I'm drowning in debt.

I feel paralyzed by debt and lack of money to do what I need to do to take care of my life.

I don't know how I'll ever get out of debt.

In order to get out of debt, I'll have to live in poverty and work around the clock for years.

I never should have gotten into debt.

TAPPING SCRIPT FOR DEBT STRESS AND TRAUMA

I'm ashamed of being in debt.

I'm embarrassed about being in debt.

Being in debt makes me feel like a loser.

I really wish that all of my debts were paid off.

Being in debt really stresses me out.

I'm constantly worried about money and I don't know how I will ever dig myself out of this hole.

I wish I could just wave a magic wand and make all this debt disappear.

I'll never be able to truly relax until I am debt free.

I have so much debt, it will take me the rest of my life to pay it all off.

I'll never be free from debt and it constantly weighs on me.

No one will ever want me because I have debt.

I would give anything to be free from debt.

I want to pay off my debts, but I don't make enough money to afford the payments.

My student loans are hanging over my head like a black cloud, casting a shadow over every part of my life.

I wish someone had taught me the importance of never getting into debt, no matter what.

I learned the lesson of never getting into debt too late.

Getting into debt was the worst mistake I ever made.

I never should have gotten those credit cards.

No one ever taught me that spending money I didn't have would cause me so much trouble and stress.

TAPPING SCRIPT FOR DEBT STRESS AND TRAUMA

I need help to figure out how to get out of debt, but I'm too ashamed to ask anyone.

I need help to figure out how to get out of debt, but I can't afford to hire a professional, and I don't know where to turn.

If I had it to do over again, I would never, ever get into even the slightest amount of debt.

I will regret getting into debt for the rest of my life.

I feel like I ruined my life by getting into debt.