

## **Tapping Script for Parents Whose Child Has Gone Off to College**

Tapping out these statements will release feelings of sadness and loss for those whose child has grown up and gone off to college (or moved away to pursue other things, like a job, etc.). Even if it's been many years since your child or children have grown up and moved out of your family home, you may find that the tapping statements here still have an emotional charge for you. I recommend reading them over, and giving each one a number between 0 and 10, which gauges how much emotion you experience when you focus on it. I recommend tapping down to 0 anything with a charge of a 2 or above. If you find it difficult to figure out what number your emotional charge is, simply ask yourself, "Does this statement hurt when I think about it?" If the answer is yes, tap on it!

As is the case with all of my tapping scripts, these statements 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 turn into 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, bringing you both peace and clarity about whatever it is that's causing you to suffer.

### **Here are the tapping statements:**

My daughter/son went off to college and I'm going to miss her so much.

My daughter/son is the center of my world, and I can't imagine life at home without her/him.

When I try to imagine daily life without my daughter/son, I just cry.

I'm so happy for my daughter/son, and so sad that I won't get to see her/him every day anymore.

I wish I could have had more time with my child at home.

I wish I could have given my child more while he/she was growing up, and now it's too late.

## TAPPING SCRIPT FOR PARENTS WHOSE CHILD HAS GONE OFF TO COLLEGE

Moving my daughter/son into his/her dorm and driving away was one of the hardest things I've ever done.

I hope I've given my child everything he/she needs to be happy and successful away from home.

Being a parent has been the center of my identity for so long—with my child grown up and out of the house, I don't know who I am anymore.

I wish my daughter/son could always be a part of my daily life, but now she/he lives far away, and that's just not possible.

It's hard to believe that my baby is all grown up and living his/her own life in a new place.

The hardest part about my daughter/son not living at home anymore is \_\_\_\_\_.

It's really hard to walk by my daughter/son's room and know that I won't see her/him for a long time.

I just want to be able to see my daughter/son every day like I always have since she/he was born.

I'm worried that my daughter/son will need me and I won't be able to be there for her/him because we live so far away from each other now.

I know my daughter/son is at the right college, but a part of me wishes she/he had picked one that was closer to home.

Without my child at home to take care of every day, I don't know what I'm going to do with myself.

It's hard to believe that my baby is all grown up.

I wish I could go back in time to when my daughter/son was still little.

I'm worried that my son/daughter and I won't be close anymore now that he/she has grown up and moved away.

Having my daughter/son out of the house is such a huge change that I feel disoriented and am having a hard time settling into a new routine.

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I want my son/daughter to do what's right for him/her, but I also hope he/she moves back home after college.

I can't believe that my baby is away at college—it seems like just yesterday that he/she was starting preschool.

With my child living so far away from me, I feel powerless to protect him/her.

My child has always been my number one focus, and now that he/she has grown up and moved away, I'll have to find something new to focus on.

I keep expecting my son/daughter to walk through the door, but those days are over, and I'm so sad.

I really miss all of the little ways I used to take care of my daughter/son, like driving her/him places, cooking for her/him, and doing her/his laundry.

A part of me wishes my child didn't have to grow up.

I miss my son/daughter so much, and I'm counting the days until I get to see him/her again.

I really don't know what I'm going to do without my child at home.