

Tapping Script to Heal from Losing Your Spouse

As 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. You may notice that when you start tapping on 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.

Here are the tapping statements:

My wife/husband/partner died, and I am overcome with grief.

I can't believe my husband/wife/partner is gone.

We were supposed to grow old together, and now he/she is gone.

I will never get over this.

I just want to crawl into bed and never get out.

I can't believe our children have to grow up without their dad/mom.

I'm so sad for our kids. They're too young to lose their mom/dad.

I can't believe I'll never see my husband/wife/partner again.

I wish there was something I could have done to save my wife/husband/partner.

I should have tried harder to save my husband/wife/partner.

I'm angry at God for taking him/her away from us.

TAPPING SCRIPT TO HEAL FROM LOSING YOUR SPOUSE

Our kids will have to grow up without their dad/mom, and that breaks my heart.

I would give anything to have my husband/wife/partner back.

I wish I could see my wife/husband/partner once last time.

There are so many things I wish I'd said to my husband/wife/partner before he/she died.

I miss my husband/wife/partner so much—the pain is unbearable.

I will never heal from this loss.

He/she won't get to see our kids grow up, and that fills me with sorrow.

The holidays are really hard without my wife/husband/partner.

Just when I think I'm doing better, another wave of sadness hits me—I feel like I'll be grieving forever.

It's not fair that I lost my husband/wife/partner.

Why did God have to take him/her away from me? It just feels so cruel.

I feel like I'm going to wake up tomorrow and this will all be just a bad dream.

I wish I could wake up from this nightmare.

I am so sad and lonely without him/her—I feel like I can't go on.

Telling our kids that they will never get to see their mom/dad again was the hardest thing I've ever had to do.

I know it sounds selfish, but I wish I could have been the one to go first.

I hate waking up in the morning without my husband/wife/partner.

I don't know how to go on without him/her.

I will be grieving for the rest of my life.