

Jan Luther  
[www.griefismourning sickness.com/](http://www.griefismourning sickness.com/)

## Dealing with Grief with EFT

Grief is a normal experience when you have lost something or someone - a person, a pet, your home - anyone or thing important to you. During our life we all lose people and pets or things that were precious to us. Grief sucks! Grief sucks our energy, our attention. Especially in the beginning it feels like our grief may actually drain the life right out of you. Holidays seem to be a particularly trying time for those suffering the pain of grief.

Generally we take months or maybe many years trying to think or talk our way out of the painful feelings. But is there another way? I think we can actually *feel our way out of the feelings*. EFT is a great tool for this. You can follow me in this exercise with [a video on my web site](#) but the wording is below. As in any tap along exercise use your own judgment as to participate.

While many or most people notice a measurable decrease in the physical manifestation of the pain of grief, this exercise may not work for you the first time. Either way it's OK. You may need to substitute other words that better fit your situation or you may benefit by seeking help from a qualified person.

Try writing down the sentence: *I want \_\_\_\_\_ back and nothing else will make me feel better.* Rate the level of pain writing that sentence makes you feel and write that number down as well.

Find where the pain is living in your body? Is it in your neck, back, side? Grief is a physical pain that you can feel somewhere in your body. On your piece of paper write down where the pain is and describe it in detail: tight, sharp, piercing, throbbing, burning, etc. Write down a full description of your pain on your piece of paper. [Note: Jan uses all the EFT points including the fingers and the 9 gamut process. Forgotten the process? [Click here](#) or [here](#).

Starting with the Karate Chop point:

Even though I am believing that I want back and nothing will make me feel better with out \_\_\_ I deeply and completely love and accept myself.

Even though I am believing that I want back and nothing will make me feel better, And I know it only seems logical to hurt like this now that \_\_\_ is gone, I deeply and completely and I really do want to feel better.

EB - I want \_\_\_\_\_ back

SE - I want to feel better

UE - I want \_\_\_\_\_ back

UN - And I want to feel better

Ch - I want \_\_\_\_\_ back

CB - And I want to feel better

UA - I want \_\_\_\_\_ back AND I want to feel better

### Do the 9 Gamut

Karate Chop:

Even though I am pretty committed to the idea that I want \_\_\_ back and that nothing else will make me feel better and I understand that this because I love \_\_\_ and I ache to have \_\_\_ back. I and completely love and accept myself and I want to feel better. Take 2 slow deep breaths.

Even though I am still resisting the idea of accepting that \_\_\_ is gone because I want \_\_\_ back and really can't imagine that anything else can make me feel better and I deeply and completely love and accept myself. Take 2 slow deep breaths .

Even though I may feel like it would be wrong of me to feel better now that \_\_\_ is gone, I deeply and completely love and accept myself and I know that no matter how much I hurt it won't bring \_\_\_ back.

This Idea that I could never feel better

That I have to have \_\_\_ back to feel better

Releasing the attachment to the idea

That I can't feel better unless I have \_\_\_ back

Unless I get \_\_\_ back I won't feel better

CB Willing to see I can that I can feel better

UA - That it would be OK to feel better

TH - Releasing this attachment

IF- to the idea

MF - That I can't feel better unless \_\_\_ comes back

LF - That's a pretty bleak proposition

SH - that I never feel better unless \_\_\_ comes back

G – spot willing to know that I can choose to feel better and it would be OK

### 9 Gamut

Even though I am believing that nothing will make me feel better unless I have \_\_\_ back, it doesn't serve me to hurt this much. \_\_\_ would not want me to hurt this much. [or if a thing] I can probably acquire other things.

Even though I might be worried about feeling better now that \_\_\_ if gone I realize it does not honor \_\_\_ for me to feel badly that they are gone.

Even though it would be delightful that if I could get \_\_\_ back I know that the love and the joy I had because of \_\_\_ can still be mine.

EB - Releasing this pain

SE - Releasing whatever worry I may have  
UE - And the idea that someone else might think it was wrong  
UE - Or that I don't love them enough if I forget  
UN - Forget this pain that is  
Ch - Releasing this fear of releasing this pain  
TH - I want to honor my relationship with \_\_\_\_  
IF - If I am in pain I don't do that very well  
MF - Releasing this habit of hurting so badly  
LF - Releasing this pain  
SH - releasing the pain  
Gamut - willing to release the pain so I can have joy in the memory  
Go through 9 Gamut process

Relax your hands. Notice your body.

Say the sentence again:

*I want \_\_\_\_ back and nothing else can make me feel better.*

Feel it; see it. Is pain the same?

Most notice some pain decrease. Don't be discouraged if you have little or no response to this exercise. You may need to go through it several times. The above statements may not fit for you. Try substituting words that may better fit your situation.

EFT calms the central nervous system enabling you to think more clearly about your issue and may reduce the time you need to process your own grief.

Note: You can tap along to Jan showing the above EFT sequence on her web site. <http://www.griefismourningsickness.com/>