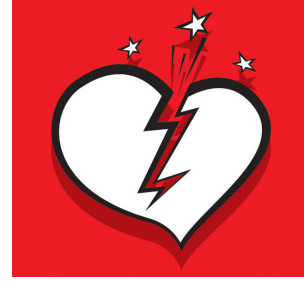


12 Reasons Why We Might Hold onto Emotional Pain



Emotional healing, healing our broken heart, is not a simple matter. When our heart is broken, we feel as if our heart has been shattered in a million pieces and it will never be whole again. **We** will never ever be whole again.

Time does not heal all. Emotional healing requires a conscious desire and effort on our part to put all the pieces back together again. It requires hope that tomorrow will be better than today...that the next minute will be better than this minute.

Why would we hold onto emotional pain? Sometimes we hold onto emotional pain because:

1. We do not know how to let it go, how to move on, and/or how to heal the pain of the heart.
2. We want to remain “connected” to that which caused our pain...the death of a loved one, the ending of something we did not want to end.
3. We cannot and/or will not forgive. (We remain connected to those that we are not able to forgive.)
4. We are afraid if we let the pain go, we are letting the loved one go as well. If we let go, we will forget and we do not want to forget.
5. We feel if we heal our pain, it is letting those that created our pain “off the hook.”
6. We benefit from a pay-off to remain in the pain; pay-off of blaming, avoiding, feeling sorry for ourselves, and/or staying angry.
7. This is all we feel we deserve.
8. We believe this is as good as it gets. Our lives won’t get any better no matter how much work we do on ourselves.
9. We don’t think we can move through the pain. We don’t have the tools to move through the pain.
10. We can’t find our way out of the pain by ourselves and we won’t and/or don’t ask for the help we need.
11. It is our identity. Who would we be without our pain?
12. It is easier to stay in the pain than to do anything about it.

How Do We Heal Emotional Pain?

All of our actions, reaction, thoughts, feelings, choices, and decisions are preceded by our beliefs. If we want to make changes in our lives, long-lasting, permanent changes, we have to change the unhealthy beliefs in the subconscious where our beliefs are stored. EFT (Emotional Freedom Technique) Tapping is a technique that allows us to do just that, to change unhealthy beliefs and emotions on a subconscious level.

The technique of EFT Tapping involves making a statement while tapping different points along meridian paths.

The general principle behind EFT Tapping is that the cause of all negative emotions is a disruption in the body's energy system. By tapping on locations where a number of the different Chinese meridians flow, we are able to release unproductive memories, emotions, and beliefs which cause the blockages.

EFT Tapping is a fast, simple technique that allows us to make permanent changes to our lives by eliminating the unhealthy beliefs on a subconscious level.

