

# EFT Process for Releasing Limiting Beliefs Around Creativity

1. Identify the main issue and create a topic sentence.
2. On a scale of 1-10, how does this issue feel for you today?
3. Can you locate a place on your body where you notice your response to this issue?
4. Make a quick list of the negatives around this issue you'd like to address.
5. **Tap – using a sentence like this:** “Even though (insert limiting belief, issue, negative item) I deeply and completely love and accept myself.”
6. **Shift your negative to neutral or maybe:** “Instead of believing I'm just not creative, maybe I can believe I have a little creative instinct – and I deeply and completely love myself.”
7. Tap again – using your neutral sentence.
8. **Shift your negative to a positive:** “I believe I am creative – it's just taking me a while to discover the ways creativity shows up for me – and I deeply and completely love myself.”
9. Tap again – using your positive sentence.
10. On a scale of 1-10, how does this issue feel for you now?