

OVERWHELMED BY CLUTTER EFT TAPPING

INTRODUCTION:

Before we begin, find a quiet and comfortable space where you can focus on your feelings of overwhelm and decluttering. Take a deep breath in and exhale slowly to center yourself.

Assess how you feel on a scale of 1 to 10, and where you feel it.

Let's use EFT tapping to release these overwhelming emotions and help you take the first steps toward decluttering.

Setup Statement (Karate Chop Point):

"Even though I feel overwhelmed by all the clutter in my life, I deeply and completely accept myself and my feelings."



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TAPPING SEQUENCE

ROUND 1 - IDENTIFYING OVERWHELM:

Tap each point about 5-7 times while repeating the following statements:

1. Eyebrow: I feel so overwhelmed by all this clutter.
2. Side of the Eye: It's hard to know where to start.
3. Under the Eye: All this stuff is weighing me down.
4. Under the Nose: I'm afraid I'll never get it all done.
5. Chin: I accept these feelings of overwhelm.
6. Collarbone: It's okay to feel this way.
7. Under the Arm: I give myself permission to release this overwhelm.

Take a deep breath in and let it out.



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ROUND 2 - SHIFTING PERSPECTIVE:

Tap each point while repeating these statements:

1. Eyebrow: What if I could take it one step at a time?
2. Side of the Eye: What if I started with just one small area?
3. Under the Eye: I choose to believe I can do this.
4. Under the Nose: Decluttering is a process, and I am capable.
5. Chin: I'm open to feeling more in control.
6. Collarbone: I choose to focus on progress, not perfection.
7. Under the Arm: I can release the overwhelm and take action.

Take a deep breath in and let it out.



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ROUND 3 - EMPOWERING ACTION:

Tap each point while repeating these statements:

1. Eyebrow: I'm ready to take the first step.
2. Side of the Eye: I deserve a clutter-free and peaceful space.
3. Under the Eye: I release any attachment to unnecessary things.
4. Under the Nose: I can let go of items that no longer serve me.
5. Chin: I am in control of my space.
6. Collarbone: I can create a more organized and serene environment.
7. Under the Arm: I choose to declutter with ease and confidence.

Take a deep breath in and let it out.



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CONCLUSION:

Close your eyes, take a deep breath, and visualize yourself making progress in decluttering your space. See yourself feeling lighter, more in control, and enjoying the benefits of a clutter-free environment.

Remember that decluttering is a journey, and it's okay to take it one step at a time.

Now re-assess how you feel on a scale of 1 to 10.

Use this EFT script as often as needed to help you release overwhelm and regain your motivation to declutter. You've got this!

