

# Fertile Mindset

## with Sarah Holland



# Fertility EFT Tapping Sheets

by Sarah Holland, the Fertile Mindset Coach [www.FertileMindset.com](http://www.FertileMindset.com)

### Important Notes:

EFT can be learned and self-applied by almost anyone - you do not have to be a professional to apply it to yourself or your friends and family. However, as with all therapies, there is a small percentage of people with severe emotional problems who should not attempt to use EFT without the advice of a skilled professional and their doctor. Typically, this would include people suffering from psychiatric disorders who are under the care of a psychologist or psychiatrist. If this applies to you, check with your doctor before you use the techniques in these sheets.

If you are in any doubt about using the techniques by yourself, please consult a qualified EFT practitioner alongside working through these sheets. Sarah Holland will not, and cannot, take any responsibility for how you apply the techniques either to yourself, or to your own clients if you are a practitioner. EFT is not designed to replace any appropriate medical treatment or advice. **By continuing to use these sheets you agree to take full responsibility for your own wellbeing.**

### Introduction:

These Fertility EFT Tapping Sheets presume that you already have a working knowledge of EFT. To familiarise yourself with the technique, please read my ebook EFT Basics first. Then you will find that these Tapping Sheets provide a very easy way to apply EFT to a range of fertility issues.

Feel free to pick and choose which Tapping Sheets feel appropriate for you right now, knowing that you can go back to the others at any time.

When working through the sheets, be sure to first of all see how much you identify with the initial statement, and grade the intensity on the 0-10 scale, 10 being the highest. After each round of EFT take a note of your new number, and keep applying rounds until you reach 0 if possible.

I hope you enjoy using these Tapping Sheets and feel some immediate benefit as you apply EFT to your fertility issues and emotions.

With love and best wishes,

*Sarah* 

**Sarah Holland**

Fertile Mindset® Coach

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## **TAPPING SHEET 1**

Say this phrase out loud and check how strong your belief/emotion surrounding it is.

***“I don’t believe I will ever have a baby”***

Grade it on the 0-10 scale and make a note of your number. Say this phrase 3 times while tapping the Side of the Hand point:

***“Even though I don’t believe I will ever have a baby, I deeply and completely love and accept myself”***

Tap each point from Top of Head down to Under Arm while saying:

***“I don’t believe I will ever have a baby”***

Now bring in the positive! Tap the points while saying each phrase:

Top of Head: ***“I choose to be more open in my thinking”***

Eye Brow: ***“I may have a baby one day”***

Side of Eye: ***“It’s quite possible I will have a baby”***

Under Eye: ***“I can believe that I will have a baby”***

Under Nose: ***“I can feel my thinking shifting”***

Chin: ***“I can do everything in my power to have a baby”***

Collarbone: ***“Why shouldn’t I have a baby?”***

Under Arm: ***“I can now believe I will have a baby”***

Say the original phrase again:

***“I don’t believe I will ever have a baby”,***

and check how you feel on the 0-10 scale.

Keep doing more rounds as above until your number has reduced to zero or a level you are happy with for now.

## **TAPPING SHEET 2**

Say this phrase out loud and check how strong your belief/emotion surrounding it is.

***“I feel real grief for the baby I have not conceived”***

Grade it on the 0-10 scale and make a note of the number. Say this phrase 3 times while tapping the Side of the Hand point:

***“Even though I feel real grief for the baby I have not conceived, I deeply and completely love and accept myself”***

Tap each point from Top of Head down to Under Arm while saying:

***“I feel real grief for the baby I have not conceived”***

Now bring in the positive! Tap the points while saying each phrase:

Top of Head: ***“I am feeling hopeful that I will conceive”***

Eye Brow: ***“I am optimistic that things will change”***

Side of Eye: ***“I do not yet know my future”***

Under Eye: ***“There may be a child in my future”***

Under Nose: ***“I may be a parent yet”***

Chin: ***“It’s too early to grieve”***

Collarbone: ***“I can feel hope, not grief”***

Under Arm: ***“I am feeling positive and happy”***

Say the original phrase again:

***“I feel real grief for the baby I have not conceived”,***

and check how you feel on the 0-10 scale.

Keep doing more rounds as above until your number has reduced to zero or a level you are happy with for now.

### **TAPPING SHEET 3**

Say this phrase out loud and check how strong your belief/emotion surrounding it is.

***“I don’t deserve to be a parent”***

Grade it on the 0-10 scale and make a note of the number. Say this phrase 3 times while tapping the Side of the Hand point:

***“Even though I don’t deserve to be a parent, I deeply and completely love and accept myself”***

Tap each point from Top of Head down to Under Arm while saying:

***“I don’t deserve to be a parent”***

Now bring in the positive! Tap the points while saying each phrase:

Top of Head: ***“I do deserve to be a parent”***

Eye Brow: ***“I have a lot to give a child”***

Side of Eye: ***“I am a good person and will be a great parent”***

Under Eye: ***“I am looking forward to being a parent”***

Under Nose: ***“I will give everything I have into doing a good job”***

Chin: ***“I can create a loving home for a child”***

Collarbone: ***“I will love and nurture a baby”***

Under Arm: ***“I have many qualities to pass on to my child”***

Say the original phrase again:

***“I don’t deserve to be a parent”,***

and check how you feel on the 0-10 scale.

Keep doing more rounds as above until your number has reduced to zero or a level you are happy with for now.

## **TAPPING SHEET 4**

Say this phrase out loud and check how strong your belief/emotion surrounding it is.

***“I’m too old now to have a baby”***

Grade it on the 0-10 scale and make a note of the number. Say this phrase 3 times while tapping the Side of the Hand point:

***“Even though I’m too old now to have a baby, I deeply and completely love and accept myself”***

Tap each point from Top of Head down to Under Arm while saying:

***“I’m too old now to have a baby”***

Now bring in the positive! Tap the points while saying each phrase:

Top of Head: ***“I will not let my age stop me”***

Eye Brow: ***“There are ways to have a child at any age”***

Side of Eye: ***“I need to find out if my age is an issue”***

Under Eye: ***“My age means I need to take better care of myself”***

Under Nose: ***“There are steps I can take to boost my fertility”***

Chin: ***“I am not ready to let my age beat me”***

Collarbone: ***“I have a lot of life experience to bring to parenthood”***

Under Arm: ***“I am not going to let age be an excuse”***

Say the original phrase again:

***“I’m too old now to have a baby”,***

and check how you feel on the 0-10 scale.

Keep doing more rounds as above until your number has reduced to zero or a level you are happy with for now.

## **TAPPING SHEET5**

Say this phrase out loud and check how strong your belief/emotion surrounding it is.

***“It’s so unfair that others conceive easily”***

Grade it on the 0-10 scale and make a note of the number. Say this phrase 3 times while tapping the Side of the Hand point:

***“Even though it’s so unfair that others conceive easily, I deeply and completely love and accept myself”***

Tap each point from Top of Head down to Under Arm while saying:

***“It’s so unfair that others conceive easily”***

Now bring in the positive! Tap the points while saying each phrase:

Top of Head: ***“It’s ok that others conceive easily”***

Eye Brow: ***“Everyone has different challenges to face”***

Side of Eye: ***“Maybe it wasn’t so easy for all of them”***

Under Eye: ***“Maybe it will become easy for me too”***

Under Nose: ***“I am learning to overcome this challenge”***

Chin: ***“There are ways I can make it easier for me”***

Collarbone: ***“They show me it is possible to conceive”*** Under Arm:  
***“I will have a baby at the right time for me”***

Say the original phrase again:

***“It’s so unfair that others conceive easily”,***

and check how you feel on the 0-10 scale.

Keep doing more rounds as above until your number has reduced to zero or a level you are happy with for now.

## What Now?

Perhaps now you've worked through the Tapping Sheets you have some more ideas on what you'd like to use EFT with. You can try using EFT on anything and everything so feel free to experiment and see what positive results you can achieve. The rule is, if an emotion feels uncomfortable to you, it can usually be tapped away.

If you've enjoyed using EFT for fertility and would like to now work further and deeper, I'd love to welcome you to the Fertile Mindset Sanctuary membership. Read more and join us here:

<https://www.fertilemindset.com/sanctuary/>

I wish you well on your fertility journey.

With love,

*Sarah*



**Sarah Holland**

Fertile Mindset® Coach

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