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Suggested EFT Videos on YouTube

I've done a fair few EFT videos on YouTube in the last few years, and some have been amazing. It's really about your own personal preference who you choose to watch and listen to.

[Brad Yates](#) is an EFT practitioner who I really like as he speaks slowly enough for you to repeat what he's saying and doing, and his voice is good to listen to. Sometimes an accent, whiney voice or the practitioner going too fast can be annoying, so have a look through the videos I've suggested and if you find someone you particularly like then stick with them.

Click on the links below, choosing whatever resonates with you as a feeling or emotion that you'd like to work on clearing right now.

If nothing in the list below feels right for you, then simply go onto YouTube and search for EFT + a keyword of your choice.

[Watch an Intro to EFT here](#)

<i>If you're feeling....</i>	<i>If you're</i>
All alone	Afraid to heal
Angry	Ashamed about current circumstances
Betrayed	Burned Out
Fearful of rejection	Depressed and having suicidal thoughts
Financial Fear	Experiencing fear and worry
Frustrated	Experiencing rejection and abandonment
Like giving up	Experiencing/have experienced trauma and abuse
Like you are failing	Fearful about making mistakes
Not good enough	If you're suffering
Nothing works for me	Insecure or embarrassed about being seen
Self-Destructive	Not feeling nurtured or supported
Stuck	Suffering to punish others
Unheard/ignored	Taking responsibility for how others feel
Unsafe	Trying to avoid the pain of loss
Worthless/unworthy	Worried about what others think of you

<i>If you want to</i>	<i>If you</i>
<u>Allow love in</u>	<u>Aren't being treated with love and respect</u>
<u>Be at peace when others aren't</u>	<u>Can't forgive yourself</u>
<u>Clear resentment</u>	<u>Have broken up with someone</u>
<u>Deal with someone else's suicide</u>	<u>Have Insomnia</u>
<u>Forgive Yourself or someone else</u>	<u>Keep sabotaging yourself</u>
<u>Handle other peoples' tough times</u>	<u>Need approval/validation</u>
<u>Love Yourself</u>	<u>Need to impress people</u>
<u>Raise your vibration/ feel better now</u>	<u>Need to relax</u>
<u>Release emotional pain</u>	<u>Want others to suffer</u>

Regards,

Coach Carly xx