

## EMOTIONAL FREEDOM TECHNIQUES – SCRIPT IDEAS FOR VETERANS TO USE AS POTENTIAL THEMES AND STARTING POINTS FOR ROUNDS OF TAPPING.

See the download that shows the tapping points and describes how to assess your starting 'distress level' aka Subjective Unit of Distress, EFT tapping protocols from starting with the set up statement, to doing a 'round of tapping' and checking back on your SUD level at [www.sacredrenewalstudios.com/veteranstogetherft](http://www.sacredrenewalstudios.com/veteranstogetherft)

### SET UP STATEMENT THEMES AND STARTING POINT IDEAS

#### Identity and Sense of Purpose

- Even though I feel like I've lost my identity since leaving the service, and I'm struggling to find my place in civilian life...
- Even though I wake up each morning feeling directionless and unsure of my role in society now...
- Even though I miss the clear chain of command and defined objectives I had in the military...
- Even though I feel like my skills and experiences aren't valued or understood in the civilian world...
- Even though I'm haunted by the feeling that my most meaningful days are behind me...

#### Physical Senses & Challenges

- Even though I have this pain in my shoulder
- Butterflies in my stomach
- Even though my heart is racing
- My hands are clammy
- Even though my body carries the weight of my service, and I struggle with chronic pain that civilians don't understand...
- Even though I had that accident and I still suffer today...
- Even though I struggle with cognitive changes that affect my memory and concentration...

#### Stories and Specific Experiences

- Even though I can't shake the memory of that mission where... (specific detail)...
- Even though I'm haunted by the faces of civilians we couldn't protect during... (specific operation)...
- Even though I replay that moment when... (specific incident)... over and over in my mind...
- Even though I feel guilty for surviving when my mate didn't make it through... (specific event)...
- Even though I can't forget the smell of... (specific sensory detail)... from that day in... (specific location)...
- Even though I can't sleep through the night without reliving intense moments from my deployment...

- Even though I'm plagued by intrusive thoughts about my deployment / service experiences...

### **Loss of Connection and Community**

- Even though I feel isolated from my former unit members who were like family to me...
- Even though I struggle to connect with civilians who can't understand what I've been through...
- Even though I miss the camaraderie and shared sense of purpose I had with my squadron...
- Even though I feel like an outsider in my own community since returning from service...
- Even though I find it hard to trust anyone who hasn't experienced what I have in combat...

### **Handling Big Crowds**

- Even though my heart races and I feel trapped when I'm in a crowded place...
- Even though I constantly scan for threats in public spaces, unable to relax...
- Even though large gatherings make me feel exposed and vulnerable...
- Even though I can't shake the feeling that danger lurks in every crowd...
- Even though I feel overwhelmed by the noise and movement of many people around me...

### **Going Out (e.g., to the shops or a restaurant)**

- Even though a simple trip to the supermarket feels like a high-stakes situation...
- Even though sitting with my back to the door in a restaurant makes me feel unsafe...
- Even though I struggle to focus on a menu when I'm busy assessing potential threats...
- Even though I feel anxious and exposed when standing in a checkout line...
- Even though I can't enjoy a meal out because I'm constantly on alert...
- Even though my heightened alertness that kept me alive in combat now makes me feel constantly on edge...

### **Support Systems**

- Even though dealing with DVA is a nightmare...
- Even though I am buried in DVA paperwork and have a pounding headache...
- Even though I feel adrift without the structured support network I had in the military...
- Even though I long for the unwavering backup I could count on from my unit...
- Even though I struggle to ask for help from civilian support services...
- Even though I doubt my ability to overcome obstacles without my military mindset...

### **Reintegration Challenges**

- Even though I feel overwhelmed by the seemingly trivial concerns of civilian life...
- Even though I struggle to find meaning in a 9-to-5 job after the intensity of military service...

- Even though I'm unsure how to tap into my inner strength in this unfamiliar new environment...
- Even though I feel like I'm speaking a different language when trying to explain my experiences to civilians...
- Even though I'm frustrated by the lack of structure and discipline in civilian workplaces...
- Even though I feel out of place in social situations that used to be normal before my service...

### **Not Being Understood**

- Even though I feel frustrated when civilians can't grasp the depth of my experiences...
- Even though I've stopped sharing my thoughts because no one seems to understand...
- Even though I feel isolated when people dismiss my hypervigilance as paranoia...
- Even though I'm tired of hearing "I understand" from people who clearly don't...
- Even though I feel like an alien trying to communicate in a world that doesn't speak my language...

### **Having Forgotten the Ease of Navigating the World Before Signing Up**

- Even though I can't remember how it felt to walk down the street without assessing threats...
- Even though I've forgotten how to relax in public spaces like I used to before my service...
- Even what happened to me before I signed up meant that I was never able to relax properly in public spaces...
- Even though I struggle to recall the more carefree person I was before I enlisted...
- Even though I can't shake the combat mindset, even in the most mundane civilian situations...
- Even though I feel like I've lost the ability to navigate social interactions with ease...