

EFT Script: Rewriting the Past

This EFT script is designed to help you release the emotional charge of old memories, drawing on the neuroscience of memory reconsolidation and the metaphor of the Quantum Eraser. Tap gently through each point as you say the phrases aloud, breathing deeply with each round.

Setup (Side of Hand)

Point	Affirmation
	“Even though this memory feels so real in my body, I choose to remember that the past isn’t fixed — I can release the old charge and create safety now.”

Round 1 – Clearing the Old Charge

Point	Affirmation
Eyebrow	“This memory still feels alive inside me.”
Side of Eye	“My body reacts as if it’s happening right now.”
Under Eye	“All this fear and shame attached to the past.”
Under Nose	“This belief that I’ll always be defined by it.”
Chin	“The pain that’s been stuck for years.”
Collarbone	“My nervous system locked in survival mode.”
Under Arm	“I’ve carried this weight for so long.”
Top of Head	“Part of me believes I’ll never be free of it.”

Round 2 – The Quantum Reframe

Point	Affirmation
Eyebrow	“But the past isn’t set in stone.”
Side of Eye	“Memories can shift, just like particles and waves.”
Under Eye	“I can bring this memory back into possibility.”
Under Nose	“I don’t have to stay trapped in the old version of me.”
Chin	“I can rewrite the charge attached to this story.”
Collarbone	“Observation changes reality — and I am the observer.”
Under Arm	“I can choose compassion instead of fear.”

Top of Head	"I can choose calm instead of chaos."
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Round 3 – Anchoring Safety

Point	Affirmation
Eyebrow	"I am safe to revisit this memory with new eyes."
Side of Eye	"My body learns safety with every tap."
Under Eye	"I can install a new emotional truth."
Under Nose	"That I survived, and I am stronger now."
Chin	"That I am safe in this moment."
Collarbone	"That the memory no longer controls me."
Under Arm	"I can create a new ending in my nervous system."
Top of Head	"I choose freedom, safety, and resilience as my new reality."

Closing Anchor Statement

Point	Affirmation
	"This memory no longer defines me. I release the old charge, I reclaim my power, and I step into the wave of possibility — where healing and freedom are already mine."