

Tapping Script to Heal from Losing Your Mother

As with all of my tapping scripts, these statements can be used as is, or modified in any way that makes them resonate more fully with your experience. You may notice that when you start tapping on these statements, thoughts and feelings will arise that you can then turn into new tapping statements, which will then give rise to still more thoughts and feelings, which you can use to create additional tapping statements, and so on. I call this following the thread, and it's a very efficient way to heal and release a lot of painful feelings in a short amount of time.

Here are the tapping statements:

I'm overwhelmed with sadness because my mother died.

My mother died and I'll never get to see her again.

My mother died and I didn't get to say goodbye.

I wish I could have had more time with my mom.

My mom died and when I have kids she'll never get to meet them.

I wish there was something I could have done to save my mom.

I should have tried harder to save my mom.

I'm angry at God for taking my mother away from us.

My mom died when I was a kid and I had to grow up without her.

I would give anything to have my mom back.

I wish I could see my mom one last time and tell her how much I love her.
There are so many things I wish I'd said to my mom before she died.

No one will ever love me as much as my mom did.

TAPPING SCRIPT TO HEAL FROM LOSING YOUR MOTHER

I really miss my mom and I wish she was still here.

I'll always be sad about losing my mom.

I'm sad that my mom died before I got married.

My mom didn't live long enough to see her kids grow up, and that makes me really sad.

I wish my mom had lived long enough to realize her dreams.

I should have been a better daughter/son, and now it's too late.

The holidays are really hard without my mom.

I'm sad that my kids won't get to know my mom.

I'm sad that my mom never got to know my kids.

My mom loved me more than anyone else, and I really miss that kind of affection and support.

I wish my mom could be here to see what I've accomplished.

I still need my mom, but she's gone, and sometime that makes me feel like I have no one to turn to.

Sometimes when the phone rings, I think it's my mom, and then I remember it couldn't be, and the loss hits me all over again.

I'm really sad that I didn't get to say goodbye to my mom before she died.

I wish my mom could have had a longer life--there was still so much she wanted to do, and I'm sad that she didn't get to.

My mom was the one I could always turn to for advice and support, and now that she's gone, I feel really alone.

I still can't believe that my mom is gone--it's like it won't sink in.