



Tapping for Fear of the Baby Blues

For some women, the fear of baby blues far outweighs the reality of the feelings. These women tend to be those with a history of depression and for them the 'baby blues' can be a very frightening thing to anticipate. Tap in advance to clear these fears.

Remember, the majority of women will experience this hormonal dip in mood without ever going on to develop full post-natal depression.

Even though I am scared of feeling depressed I deeply and completely love and accept myself

Even though I am frightened of getting the baby blues I deeply and completely love and accept myself

When women do experience this dip in mood a few days after giving birth the most important thing they can do is actually recognize it! Often they are exhausted and overwhelmed by the birth and looking after their newborn baby and all clear thinking is lost. It is important that they realize that this is a normal biological process, and most times it will pass. Women may feel like they are not coping, that they are failures..... many 'shoulds and shouldn'ts' can appear at this time – I should be happy, I should be coping etc.

The following tapping protocols may be useful, but as ever it is important to adapt them to suit the individual feelings.

Even though I am not coping I deeply and completely love and accept myself

Even though I cant stop crying I deeply and completely love and accept myself

Even though I should be happy I deeply and completely love and accept myself

Even though I feel so low I deeply and completely love and accept myself

Even though I feel like a failure I deeply and completely love and accept myself

Emma Roberts

www.theftcentre.com theftcentre@googlemail.com