***Signs You have Blocked Energy***

**Handout**

**Here are some signs you have blocked energy (a trigger) around an issue. Pay attention to these so you can understand how your body experiences negative emotions (blocked energy).**

* Anger
* Frustration
* Sadness, sometimes very deep sadness
* Hurt
* Tiredness
* Inability to think
* Feeling like a victim
* Wanting to “check out”
* A desire to hide
* A desire to “lash out”
* A sense of “It’s impossible” and “What I want is unbelievable”
* A feeling of “I can’t” or “I can’t have that”
* A feeling of “It’s too hard!” or “It’s too much!”
* And so on…

*Negative feelings or thoughts simply mean there’s* ***blocked*** *energy.* You can tap and release the energy and thus release the feeling.

Now THAT is true freedom! (And it’s why tapping is called The Emotional Freedom Technique!) ☺