

## **I Have These Exhausting Night Sweats**

Tapping on the Karate Chop Point (Side of Hand) repeat the following:

Even though I have these exhausting night sweats,  
I deeply and completely love and accept myself.  
Even though I have these exhausting night sweats,  
I deeply and completely love and forgive myself.  
Even though I have these exhausting night sweats ...  
As soon as I get into bed,  
And lie down,  
Up they start,  
These exhausting night sweats.  
And it NEVER goes away.  
It doesn't matter if I'm hot or cold,  
Inside or out,  
If I have the fan full on,  
Or if I'm wearing the lightest of bed clothes,  
And have the best pure cotton bedding.  
It is SO exhausting;  
I don't know what's worse,  
The sweats or the insomnia!  
I can't stay awake in the evening,  
I keep nodding off,  
How embarrassing when the family are there.  
Yet as soon as I get into bed,  
Up they start!  
Those incredibly hot and wet sweats.  
They come on with a vengeance,  
Sudden and intense.  
I wake up in the night,  
Feeling like I'm going to combust.  
And I am SOAKED in perspiration,  
Soaked to the bone,  
My hair drenched,  
And the pillows and sheets, too.  
I have to change clothes and bedding,  
And sleep on towels.  
These night sweats prevent me from sleeping.  
WHY am I sweating like this?  
EVERY single ruddy night!  
I get so clammy and wet,  
From head to toe.  
When does this all freaking end?  
Is there nothing I can do to stop it?  
Will it ever go away?  
I lie in this furnace,  
This heat-wave that feels  
As if my blood is boiling  
Tossing and turning.

First I throw off the bedding  
Longing for a current of cool air,  
For any tiny bit of refreshing coolness.  
And then freeze as I cool  
And the sweat evaporates.  
I feel so bad  
Because it affects my husband/partner,  
Disturbs their sleep too.  
I've even had to go  
And sleep in the spare room,  
With the windows wide open,  
Even in the midst of winter!  
I feel so out of control,  
As my body takes over,  
Its thermostat constantly on high.  
What have I done to deserve this?  
Why does my body do this to me?  
Will it ever end?  
It's driving me mad!  
And even though I have these exhausting night sweats,  
I deeply and completely,  
Love, forgive and accept myself.

Now it's time to move on to the individual tapping points. Tap gently but firmly a few times (about 5-7) on each point as you say the phrases.

Eyebrow Point: These exhausting night sweats  
Side of Eye: These exhausting night sweats  
Under Eye: These exhausting night sweats  
Under Nose: These exhausting night sweats  
Chin (Under Mouth): These exhausting night sweats  
Collar Bone: These exhausting night sweats  
Under Arm: These exhausting night sweats  
Top of Head: These exhausting night sweats

EB: Starting when I get into bed,  
SE: As soon as I lie down.  
UE: So sudden and intense.  
UN: Even when I'm trying to stay cool,  
CH: Even with the fan full on,  
CB: Even with the lightest of bed clothes,  
UA: Up they start,  
TH: These exhausting night sweats!

EB: These incredibly hot and wet sweats.  
SE: Waking me in the night,  
UE: So clammy and wet,  
UN: From head to toe.  
CH: I lie in this furnace,  
CB: In a heat-wave,

UA: That feels like my blood's boiling,  
TH: And soaked in perspiration

EB: I don't know what's worse,  
SE: The sweats or the insomnia.  
UE: It's all SO exhausting!  
UN: Waking in the night  
CH: Feeling as if I'm about to combust,  
CB: Drenched in sweat,  
UA: Drenched to the bone,  
TH: These terrible night sweats,

EB: Coming on with a vengeance,  
SE: Drenching my body,  
UE: Drenching my hair,  
UN: Drenching my bedding,  
CH: Just what I want!  
CB: Changing the bed in the middle of the night!  
UA: Having to sleep on towels.  
TH: How I long for a dry night's sleep!!!

EB: And I feel so bad  
SE: Because it disturbs my husband's/partner's sleep as well.  
UE: It's absolutely no fun  
UN: Having to sleep  
CH: In the spare room.  
CB: Needing the window wide open  
UA: For any cooling breeze.  
TH: WHY am I sweating like this?

EB: Why does my body thermostat not work  
SE: The way it always has?  
UE: Why is this happening to me?  
UN: What have I done to deserve this?  
CH: This hellfire of night sweats!  
CB: These night sweats,  
UA: Keeping me awake.  
TH: They are driving me mad!

EB: I feel so out of control.  
SE: Wish I could flick a switch on MY thermostat  
UE: Like I can with the central heating!  
UN: Will it EVER go away?  
CH: Is there anything I can do stop it?  
CB: These dratted night sweats!  
UA: These dratted night sweats!  
TH: These poxy, exhausting night sweats!

EB: But what if  
SE: I decide

UE: Enough is enough!  
UN: What if  
CH: I choose to believe  
CB: That my mind can affect my body?  
UA: What if  
TH: I make the choice

EB: That these night sweats  
SE: Can only bother me  
UE: If I allow them to.  
UN: What if I can see  
CH: Something positive  
CB: Come out of this?  
UA: I have to be honest  
TH: And say at this time,

EB: I've no idea what that may be.  
SE: Perhaps I could consider  
UE: That my body is trying to speak to me;  
UN: To get me to listen  
CH: To its message.  
CB: It must be pretty important  
UA: For it to be 'shouting' at me like this.  
TH: After all,

EB: Not every woman  
SE: Going through menopause  
UE: Suffers from night sweats.  
UN: Many women have no trouble at all.  
CH: Why should that be?  
CB: Why shouldn't I be one of them?  
UA: Are there things going on in my life  
TH: Which are getting me all hot and bothered?

EB: Am I trying too hard  
SE: To do too many things,  
UE: To be Superwoman,  
UN: And just ending up  
CH: Getting all in a sweat?  
CB: Can I allow myself  
UA: To see these night sweats  
TH: As my body's deep cleansing mechanism?

EB: Can I allow myself to go with the flow?  
SE: To become more relaxed  
UE: Cooler, calmer and more collected  
UN: About things going on in my life?  
CH: What if  
CB: I can see these "tropical moments",  
UA: These "thermostatically-challenged" times,

TH: As part of the natural process

EB: Indicating the changes in my life

SE: And the need to slow down,

UE: De-stress and relax.

UN: I allow myself to see myself

CH: In a state of balance.

CB: I allow myself to know

UA: That my body thermostat

TH: Can be set to normal

EB: And stay that way.

SE: I choose to listen to the messages

UE: My body tells to me.

UN: I allow myself

CH: To take every step

CB: I need

UA: To love and nurture my body

TH: And my self.

EB: I choose

SE: To love and accept myself.

UE: I choose

UN: To love and forgive myself,

CH: Even when I feel

CB: That my body is betraying me.

UA: I choose to know that all things pass,

TH: That what I resist,

EB: Persists.

SE: I choose to know

UE: That I can let myself trust

UN: My body's innate ability for harmony.

CH: I choose to know

CB: That releasing any and all resistance

UA: Is always for the good.

TH: And I bless my body with love.

Take a nice, slow deep breath and let it out. Drink a glass of water too.

So there you have it - keep an open mind and give it a whirl. Any queries or problems, just get in touch.

<http://www.eft-not-hrt.com>

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