

*5 Steps to*  
**Discover &  
Demolish your  
Conception  
Blocks**



Welcome to **5 Steps to Discover and Demolish Your Conception Blocks**.

Within this booklet you will be taken through a 5 step process which you could choose to follow over 5 days, 5 weeks, or whatever speed and intensity that feels right for you. Be aware that this is likely to be a powerful exercise, and if you feel in need of support do reach out either within our Facebook group or to me, Sarah directly if you would like to book in support consultations to explore this topic in depth.

**To use this booklet you will need to know EFT. You can find the following resources within the Sanctuary to get started!**

- EFT Basics ebook
- How To Do EFT video
- Your EFT Masterclass – with the C.A.L.M. programme

**Disclaimer:**

EFT can be learned and self applied by almost anyone - you do not have to be a professional to apply it to yourself or your friends and family. However, as with all therapies, there is a small percentage of people with severe emotional problems who should not attempt to use EFT without the advice of a skilled professional and their doctor. Typically this would include people suffering from psychiatric disorders who are under the care of a psychologist or psychiatrist. If this applies to you, check with your doctor before you use the techniques in this booklet. If you are in any doubt about using the techniques by yourself, please consult a qualified EFT practitioner alongside working through this booklet. Sarah Holland will not, and cannot, take any responsibility for how you apply the techniques either to yourself, or to your own clients if you are a practitioner. EFT is not designed to replace any appropriate medical treatment or advice. **By continuing to follow this booklet you agree to take full responsibility for your own well being.**

Now let's begin...!

*Sarah Holland*

Fertility EFT Coach and  
founder of Fertile Mindset  
[www.FertileMindset.com](http://www.FertileMindset.com)



## **Step 1 - Your Known Blocks To Conception**

We are going to start by applying EFT to all your known issues that may be causing blocks to you getting pregnant. Emotional blocks to conception are not something that can be tested for alongside the usual fertility tests, but this doesn't mean that they don't exist. Your body is extremely intelligent and will always act in your best interests. Thoughts, beliefs and other issues in your life which are not conducive to welcoming a baby into your life can become blocks by apparently keeping you safe and NOT getting pregnant. So, identifying and removing these blocks with EFT is an essential part of your preparation towards becoming a parent.

By applying EFT to all your emotional blocks, you will no longer feel scared or uncertain about a future that includes pregnancy, babies and children. You will feel safe and comfortable, which will put you in the best possible emotional state for conception.

So what blocks may you already be aware of?

There are some common areas in our life that can cause apparent blocks to pregnancy.

Think about any negative emotions you have in the following areas when thinking about pregnancy, birth and parenting:

- your thoughts and beliefs
- your health
- your lifestyle

Are there any obvious issues which could be blocks for you?

### **Step 1 EFT Exercise:**

1. Take a sheet of paper, or open a screen, and note down your main known issues that could be blocks. Keep the list fairly short so that it doesn't seem too huge a task - I suggest no more than 4 or 5. Typical blocks can include:

"I'm scared that I'll be a bad parent"  
"I work long hours and won't have time for a family"  
"I'm terrified about giving birth"

2. Starting with the first issue on your list, grade it on the 0 to 10 scale how strongly you believe this block, or have an emotion (such as fear) attached to it. The strongest belief/emotion will be 10. Write down the number next to the issue.

3. Apply a round of EFT using the following script, using words that accurately sum up your thoughts and feelings. (If you have trouble finding the words to use, post in the Facebook group with an outline of the issue and tag me so I can give you the wording to use).

## **Tapping Words:**

Set Up: "Even though .....(e.g. "I am terrified of giving birth")..., I deeply and completely love and accept myself". Say 3 times while tapping the KC point on your hand.

Then tap each point below while saying a reminder phrase, e.g. "I'm terrified of giving birth" and thinking about that issue:

Top of Head  
Eyebrow  
Side of Eye  
Under Eye  
Under Nose  
Chin  
Collarbone  
Underarm

4. After completing the round go back to the issue on your list, say it out loud and grade its intensity on the 0 to 10 scale again.

5. Keep applying more rounds until you are at a zero if possible, and then move on to the second block in the list and work through points 2 to 5 again.

## **Step 2 - Conception Blocks From Your Past**

Now you've dealt with the most obvious issues which may be causing blocks, the remaining 4 steps will help you to uncover any other relevant areas. As always, look after your wellbeing and do not work with too many issues at once if it feels overwhelming.

Now we are going to look for any incidents in your past that may be causing blocks to pregnancy today. This can include experiences in childhood, and also your more recent past as an adult and within your fertility journey.

A very common conception block that can have its foundations in the past is a fear of childbirth. As a child you may have heard about the drama of your siblings or even your own birth, or have been shocked by the sex education videos at school showing childbirth. If your first experience of birth was to be shocked and scared, this imprint can have stay with you until you are facing the possibility of having a baby yourself.

Similarly, as an adult you may have heard your friends talk about their birth 'horror stories', or have been worried by their experiences of sleep deprivation with a newborn, post natal depression or marriage breakdown.

Personal experiences such as miscarriage and termination may have also left you with emotions that are clouding how you feel about getting pregnant.

### **Step 2 EFT Exercise:**

1. Take a few minutes to mentally scan through your life, from early childhood onwards and look for any experiences related to pregnancy, birth and parenting. As you identify each one, see if you can feel any negative emotion such as anxiety, fear or worry attached to it. Write down 1 or 2 of these memories (or more if you have them).
2. Starting with the first experience on your list, grade on the 0 to 10 scale how strong any negative emotion attached to it is. The strongest emotion will be a 10. Write down the number next to the memory.
3. Apply a round of EFT using the following script, using words that accurately sum up your thoughts and feelings.

### **Tapping Words:**

Set Up: "Even though I feel (your emotion) about (this memory,) I deeply and completely love and accept myself" Say 3 times while tapping the KC point on your hand.

Then tap each point below while saying a reminder phrase, e.g. "Anxious about my friend's birth story" and thinking about that issue:

Top of Head  
Eyebrow  
Side of Eye  
Under Eye  
Under Nose  
Chin  
Collarbone  
Underarm

4. After completing the round go back to the issue on your list, say it out loud and grade its intensity on the 0 to 10 scale again.
5. Keep applying more rounds until you are at a zero if possible, and then move on to the second block in the list and work through points 2 to 5 again.

### **Step 3 - Conception Blocks In The Present**

Here we are at step 3, and you'll soon be over half way through this process, and hopefully well on the way to helping you feel more relaxed and prepared to become a parent.

Now we are going to look for potential blocks to conception in your current lifestyle. This can include anything involved with your relationship, your career, your physical and emotional health, your environment, and anything else in your life which influences how ready you feel to become a parent. But first remember that no one has the 'perfect life' for a new-born baby to be brought into, so not every non-ideal part of our life is necessarily a block. What is important is how you feel about them, and we'll be applying EFT to every area of your current life that you have negative emotions and feelings attached to.

#### **Step 3 EFT Exercise:**

1. Think about your current lifestyle, and what a typical day and week is like for you. Try adding in the idea of a baby being in your life, and see how you feel about it. Are there any areas where a baby does not seem to fit into your life? Does the thought cause you any anxiety, fear or worry? Write down anything in your life that may be causing blocks to conception.
2. Starting with the first possible block on your list, grade on the 0 to 10 scale how strong any negative emotion attached to it is. The strongest emotion will be a 10. Write down the number next to the issue.
3. Apply a round of EFT using the following script, using words that accurately sum up your thoughts and feelings.

#### **Tapping Words:**

Set Up: "Even though I feel (.....) about (.....) I deeply and completely love and accept myself" Say 3 times while tapping the KC point on your hand.

Then tap each point below while saying a reminder phrase, e.g. "Scared that my career will suffer if I have a baby" and thinking about that issue:

Top of Head  
Eyebrow  
Side of Eye  
Under Eye  
Under Nose  
Chin  
Collarbone  
Underarm

4. After completing the round go back to the issue on your list, say it out loud and grade its intensity on the 0 to 10 scale again.

5. Keep applying more rounds until you are at a zero if possible, and then move on to the second block in the list and work through points 2 to 5 again.

#### **Step 4 - Conception Blocks In Your Future?**

We've looked at blocks from your past and in the present and now, you've guessed it, we're going to look into the future. You may feel that you covered your future thoroughly yesterday as you thought about your relationship, career and other areas changing with a baby arriving. However take a moment now to check in and really think ahead. How will life be for you with one or more children to care for? I'm sure you imagine all the wonderful aspects of being a parent, as this is what you are striving to achieve. However it's not unusual to have real fears and apprehension about a future that may include children. Or even a future that may not include children. As well as clearing any fears about being a parent, now is the time to also use EFT on any anxiety about not being able to conceive.

#### **Step 4 EFT Exercise:**

1. Think about what will change in your life with a baby. What does your future look like? How do you feel about the inevitable changes? Write down any thoughts that make you feel uneasy, anxious or scared.
2. Starting with the first possible block on your list, grade on the 0 to 10 scale how strong any negative emotion attached to it is. The strongest emotion will be a 10. Write down the number next to the issue.
3. Apply a round of EFT using the following script, using words that accurately sum up your thoughts and feelings.

#### **Tapping Words:**

Set Up: "Even though when I think about my future with a child, I feel (.....) about (.....) I deeply and completely love and accept myself" Say 3 times while tapping the KC point on your hand.

Then tap each point below while saying a reminder phrase, e.g. "Anxious that my relationship will never be the same" and thinking about that issue:

Top of Head  
Eyebrow  
Side of Eye  
Under Eye  
Under Nose  
Chin  
Collarbone  
Underarm

4. After completing the round go back to the issue on your list, say it out loud and grade its intensity on the 0 to 10 scale again.

5. Keep applying more rounds until you are at a zero if possible, and then move on to the second block in the list and work through points 2 to 5 again.

### **\*\*Bonus Tapping Words\*\***

Set Up: "Even though I'm scared that my future may not include children, I deeply and completely love and accept myself" Say 3 times while tapping the KC point on your hand.

Then tap each point below while saying a reminder phrase next to it:

Top of Head: "I'm so worried I may never have a baby"

Eyebrow: "I'm anxious that I'll never conceive"

Side of Eye: "I can't bear the thought of never having children"

Under Eye: "Feeling scared about a possible future without children"

Under Nose: "That's not how I thought my life would turn out"

Chin: "Feeling scared that time will run out"

Collarbone: "And I'll never be pregnant"

Underarm: "All this anxiety about whether or not I'll ever have a baby"

And continue tapping:

Top of Head: "Although I have been anxious about my future"

Eyebrow: "I choose to be open to all the possibilities"

Side of Eye: "I cannot know if I will have children"

Under Eye: "But I can do everything possible to make it happen"

Under Nose: "I feel relaxed and calm about my future"

Chin: "Without knowing whether I will have a baby"

Collarbone: "I am happy to wait and see what happens"

Underarm: "And trust that all will be well in my future"

### **Step 5 - Discovering Further Blocks To Conception**

You've worked so hard through the previous 4 steps, so today I'm going to give you some simple tapping words to follow. Keep your mind open and relaxed as you tap and see if any new thoughts, memories and ideas come up. Keep a pen and paper nearby and note any that do appear. Don't worry if nothing does - that just means you've worked thoroughly already, and you can always repeat this exercise at another time to check-in.

If you find you have some more issues arise with this exercise, apply EFT to them in the same way as before. Here are the tapping words for you to uncover any remaining blocks to conception.

## **Tapping Words:**

Set Up: (say all 3 phrases while tapping KC point)

"Even though I don't know what may be preventing me from getting pregnant, I deeply and completely love and accept myself"

"Even though I feel I have already addressed all my blocks to conception, I deeply and completely love and accept myself"

"Even though I may still have remaining blocks to having a baby but I am unaware what they are, I deeply and completely love and accept myself, and forgive myself for holding on to these blocks"

Then tap each of these points while saying the words next to them:

Top of Head: "I'm not sure if I have any remaining blocks to pregnancy"

Eyebrow: "I feel like I've already worked on all my blocks"

Side of Eye: "What other issues could possibly be blocking my chance of a baby?"

Under Eye: "I'm aware that it can be difficult to uncover these blocks"

Under Nose: "What else could be preventing my chances of getting pregnant?"

Chin: "Is there any way I have been sabotaging myself?"

Collarbone: "Do I have any other emotional issues about having a baby?"

Underarm: "I am open to realising remaining blocks to pregnancy and I am ready to address them".

I hope you have gained some useful insights and healing while following these 5 steps. Remember to check in with us in Your Sanctuary Facebook group for support.