



EFT | TAPPING FOR ANXIETY

Emotional Freedom Technique

Measure Feeling State or Pain 0 – 10

Use the scientific model (measure, measure, measure) so you know how well it is working.

Gamut Point - Focus on Issue

Start with point between metacarpal bones of pinky and ring finger, either hand.

Tune into and name the feeling state that you want to release (anxiety, anger, even physical pain). Then recite it as you tap. Examples: *All this anxiety, I'm worried about the meeting, I'm tired of feeling this way, all this stress.*

EFT for Anxiety - Release and Let Go

As you tap, recite the issue (*all this anxiety*) for a few rounds, you can also just say: *release, I let it all go, I release it now, I am free of that now, clearing it away now*, or some other phrase like that.

Tapping Points:

- **Top of Head***
- **Third Eye (*exact midpoint between the two eyebrows*) ***
- Side of Eye (on bone of eye socket)
- Under Eye (on bone of eye socket)
- Between Nose and Upper Lip
- Chin Line
- **Center of Chest on Sternum (*between nipples*)***
- **Wrist – On wrist line under pinky finger***

*(*Acupuncture points related to anxiety)*

Again, Measure Feeling State or Pain 0 – 10

After a few rounds of tapping, measure again and see where you are. Keep tapping until the issue is at zero.

Karate Chop Point – Empower

Now start positive tapping to fill yourself up. You get rid of the anxiety garbage first, you take out the trash, and then in the void create a super positive resourceful state.

While tapping on the karate chop point you only say positives (and not negatives disguise as a positive like: "I don't worry anymore", "I'm not anxious anymore"). Recite only real positives: *I feel so peaceful, I am calm and focused, I feel amazing, I am a superstar, I feel really happy, I am powerful, I have so much energy, I feel great, I am super confident about this test, etc.*

Variation #1 – Faster EFT for Anxiety

For a quicker version of the above tapping sequence, just tap on the points related to anxiety:

As you tap, recite the issue (*all this anxiety*) for a few rounds, you can also just say: *release, I let it all go, I release it now, I am free of that now, clearing it away now*, or some other phrase like that.

Tapping Points:

- **Top of Head***
- **Third Eye (*exact midpoint between the two eyebrows*) ***
- **Center of Chest on Sternum (*between nipples*)***
- **Wrist – On wrist line under pinky finger***

Variation #2 – Tap On Single Point

To maintain a feeling of peace and ease, pick one of the four points associated with relieving anxiety and tap on that one point about 30 or more times once a day as part of your self-care routine.

Example: Pick the point at top of your head and tap lightly about 30 times or more if you feel like it. There are no rules to this, and everyone's system is different so do what feels best.

