

SUGGESTIONS FOR TAPPING (EFT) ANXIETY

Rate the Intensity of **anxiety** on Scale of 0 to 10 (10 being worst)

Start by tapping on side of hand and start each **statement** with: **Even though ...**

<p>Statement (while tapping side of hand) repeat the following <u>3 times</u></p>	<p>Say the words (feeling anxious) once only while using 2 fingers of each hand and tapping on each of the points listed below...</p>
<p>Even though I'm feeling anxious ...</p> <p>I can let that feeling go ... Watching it fade away ... Whatever happens I know I can deal with it ... I am in control ... I choose to feel calm and relaxed ... and I love and accept myself.</p> <p>Then move to next column →</p>	<p>2 fingers of each hand Beginning of each eyebrow Outer corners of eye sockets Under eyes</p> <p>Then with one hand only ... Under nose On chin Collar bone (both hands this time)</p> <p>Using one hand Under arm</p>

Then, tapping on **crown of head**, say the following once ...

Even though ... I'm feeling anxious ...

I can let that feeling go ...
Watching it fade away ...
Whatever happens I know I can deal with it ...
I am in control ...
I choose to feel calm and relaxed ...
And I love and accept myself

At the end of full round of tapping - rate level of **anxiety** again on scale 0 - 10 to see if it's come down – if not, repeat. Try and bring anxiety level down to zero.

Remember – you can tap just on your collar bone if it isn't convenient to do the full round of tapping.

NB: You can use the above examples for any issue by simply adjusting the wording accordingly.