

RESOLVING ANXIOUS FEELINGS USING EFT/ 'TAPPING'

EFT – Emotional Freedom Technique or Tapping is an effective tool for dealing with, and changing, distressing or negative feelings and self-limiting thoughts or behaviours.

This session of EFT tapping is provided to assist you in releasing feelings of anxiety. It may also assist you in releasing some of the programming associated with the cause of your anxiousness. This session is generalised – as it is not tailored specifically to your situation and needs. I highly recommend having a few sessions with an EFT practitioner. You will experience even more profound changes and by the end of a few sessions, you will be equipped to use it for yourself to release a range of personal challenges and issues over the rest of your life.

For more information on EFT including in clinical practice and research see www.petastapleton.com.

You may wish to use this with the map of points on page 3.

Take a seat for this exercise and make yourself comfortable.

ASSESS THE LEVEL OF DISCOMFORT

On a number scale between 0 and 10, zero being not at all - where is the intensity of the feeling of anxiety right now? (also known as SUDS, or subjective level of discomfort). This is to assess where you are at during the process, and to measure the degree of improvement.

Just take a minute to settle in and take a slow breath.

SET UP

Even though I am feeling anxious right now, I deeply and completely love and accept myself.

Even though I am feeling anxious right now, I deeply and completely love and respect myself.

Even though I have this anxious feeling right now, I choose to deeply and completely love and honour myself.

TAPPING ROUNDS

- I am feeling so anxious right now.
 - I am feeling this anxiety right now.
 - This anxious feeling
 - This anxiety
 - I am feeling so anxious
 - I am feeling this anxiety
 - This anxious feeling
 - This anxiety
-
- I am feeling so anxious.
 - I am feeling this anxiety
 - This anxious feeling
 - This anxiety
 - This anxiety is making me stressed
 - This anxiety is making me feel overwhelmed
 - This anxious feeling is too much
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- I feel worried
 - What am I worried about ?
 - I am worried about the future
 - I am feeling worried about things or one thing in particular
 - I am feeling anxiousness about it
 - I am worried and anxious
 - I feel this anxious feeling
 - This anxiety

- I hate this feeling
 - I don't like this feeling at all
 - I have had enough of this horrible feeling
 - I don't want to feel like this
 - I don't want to feel this anxiousness
 - I don't want to feel this anxiety
 - I want the feeling to go away
 - I want the feeling to just go away now
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- My main focus has been on what I do not want
 - I have been focusing on what I don't want to happen
 - Focusing in this way is not helpful for me right now
 - This focus has not been helpful to me
 - I am open to not focusing so much on what I don't want
 - I am open to changing my focus
 - I am open to giving attention to what I do want
 - I am open to thinking about what I want in my life
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- I can change my focus from what I don't want
 - I could focus instead on what I do want in my life
 - I could think about what I want to happen
 - I am ready to stop feeling anxiety like this
 - I am ready to let go of this feeling of anxiety
 - I am ready to drop this anxious feeling
 - I am ready to let go of that feeling.

And take a deep breath. Let it go.

ASSESS THE LEVEL OF DISCOMFORT

On a scale of 1-10, how are you feeling now?

If it is still above a 2, repeat this exercise.

EMOTIONAL FREEDOM TECHNIQUE MAP OF POINTS

