

EFT Tapping

a script for anxiety

This simple script is perfect for EFT tapping beginners dealing with general anxiety or emotional overwhelm.

Step 1

Rate your current emotional intensity on a scale from 1 to 10.

1

10

Step 2

Use this setup phrase while tapping the side of your hand, the “karate chop point”.

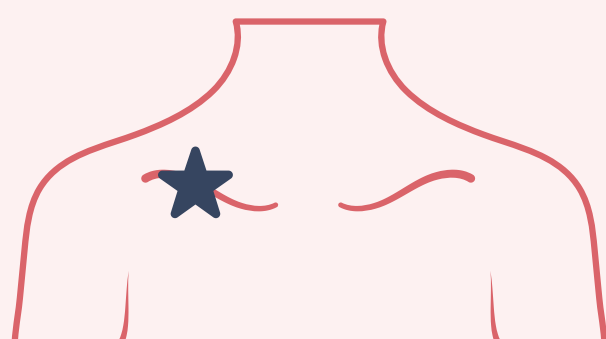


Step 3

Tap through the points below, repeating the short phrases.

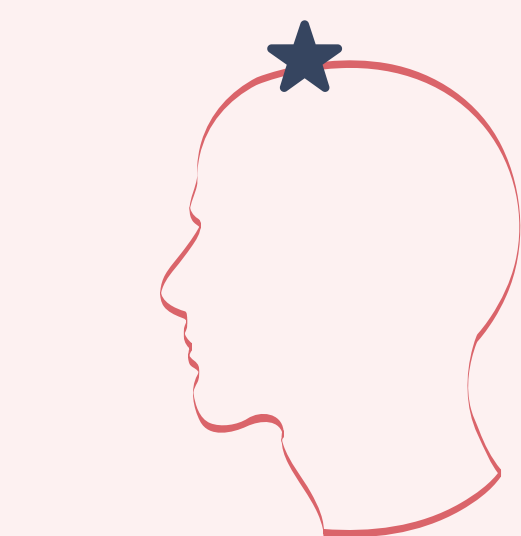


Eyebrow: This anxiety I’m feeling



Side of Eye: It feels heavy in my chest

Under Eye: I don’t feel safe or in control



Under Nose: It’s hard to slow down

Chin: So much pressure in my body

Collarbone: I acknowledge this feeling

Under Arm: I allow myself to be present

Top of Head: Letting go of tension now

Step 4

Take a deep breath.

Re-rate your emotional intensity. Repeat if needed, or revise the setup phrase to match your feelings.



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