



The EFT Academy

EFT Tapping for Anxiety

(Need a refresher on Jan's tapping points? Just [click here for a quick video](#) on her tapping points. There's also tapping points and SUD scale info at the end of this document.)

Okay, let's get started...

KARATE CHOP:

Even though I'm feeling really anxious and it's hard to tell where this anxiety begins and ends,

I deeply and sincerely love and appreciate that this disrupted energy in my body does not need to be here right now.

KARATE CHOP:

Even though I'm feeling really anxious and I can point to the place where it feels like it lives in my body,

I deeply and earnestly give myself permission to relax. I open my hands. I breathe and I allow this energy to dissipate.

KARATE CHOP:

Even though this anxious feeling has my mind all spun up. And it's a case of the chicken and the egg – I'm not sure which started first – the stinkin' thinkin' or the freaky feelings,

I honestly and sincerely accept the fact that my body responds to my thinking. And this anxious thinking really stinks!

TOP OF THE HEAD (CROWN):

I'd like to change my mind; or at least calm it down!

BETWEEN THE EYES:

I want to see that in this moment I am safe and that whatever dangers I'm imagining – they're probably not realistic if I'm able to sit here and tap.



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SIDES OF THE EYES:

Calming my mind.

UNDER THE EYES:

Quieting my thoughts.

(Take a slow deep breath)

UNDER THE NOSE:

Inviting my heart and energy to be calm...
to balance

CHIN:

Inviting all the energy in my body to relax.

COLLAR BONES:

Knowing it won't cost me a thing.

UNDER THE ARM:

Breathing...
Relaxing...
Calming myself...

RIB CAGES:

My mind might tell me that I'm not allowed to do that. It might be resisting my seeking relief from this anxiety.

(Comment from Jan: This is about the time that the EGO mind starts getting frustrated that it's losing its grip. It might tell you that this is nonsense; that calming your mind and calming your body isn't really solving the problem. I invite you to consider that that's OK. Try not to resist those thoughts. And, in fact, let's do around on that.)



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KARATE CHOP:

Even though my mind is telling me this is stupid! (*Say it with passion!*)

It may even be telling me that this is a waste of my time because it's not resolving anything.

I deeply and completely recognize the fact that being anxious...

Getting all spun up...

And being in a bad mood...

Doesn't solve a freaking thing either!

(Take a slow deep breath)

KARATE CHOP:

So, even though my mind seems to want my body to feel anxious.

And it seems that it's fighting against my peacefulness.

I am fully aware that I want to discipline my mind.

I want to tame that EGO thought that this is useless and stupid.

And I'm taking note of how my very own mind is bullying me.

As I try to create peace.

KARATE CHOP:

Even though it's OK for me to have relief.

Even when my mind wants to stay in chaos and distress.

And even though my mind wants me to believe that I should focus on trying to solve a problem that may be unsolvable in this moment,

I deeply and completely accept that this thinking pattern that is causing me anxiety isn't my solution.



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TOP OF THE HEAD (CROWN):

My mind is resistant.

My body is feeling threatened.

BETWEEN THE EYES:

My mind is searching for a solution to something – IN THE FUTURE!!

SIDES OF THE EYES:

I'll bet if I recognize that this is worry about controlling something in the future that I could give myself permission to let it go – even if it's just for this one hour.

UNDER THE EYES:

This worry...

This sense of being threatened...

By not having an answer or solution to something that's outside of my control...

Actually takes me away from my brilliant mind which can help me resolve the problem.

UNDER THE NOSE:

Reminding my mind that IF I KNEW WHAT TO DO I'D BE DOING IT ALREADY!

CHIN:

If I knew how this story will Play out in the end...

If I knew what part I need to play...

If I really had any power to influence the outcome in this moment...

Then – I could take some action.

COLLARBONES:

Clearly, I don't have the answer...

And spinning my mind...

And creating an anxious body...

Is not gonna get me any closer to a solution.



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UNDER THE ARM:

Calming my body.

Quieting my mind.

Relaxing in this present moment.

RIB CAGES:

Trusting that in this moment there must be NO-Thing for me to do.

Therefore, I can quit wrestling with this problem for now.

(Take a slow deep breath)

Comments from Jan:

Anxiety always comes from when I call “crystal ball” 🧠 thinking.

Something is happening that I feel out of control about and the more I worry, fret and fear it, the more anxiety my body experiences for nothing.

It’s like revving your engine while your transmission is in park.

Worrying is “stewing without doing.”

This is really hard on your emotional system.

It’s really hard on your adrenals.

And it makes your day feel hard for no good reason.

If we were working together one-to-one or in a group this would be the time that we would explore the fear of thoughts that are driving that engine revving, but not making any movement.



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I invite you to take a few moments and write out what future thing it is – it could even be two hours from now – but, identify it and know that, generally speaking, anxiety comes from future worry.

Figure out the “who”...

What is your narrative or story about the “who?”

In what ways are you feeling that you need to control or direct an outcome that you may be totally powerless to accomplish in this moment?

Know that I’m wishing you peace and looking forward to working with you one-to-one, in a group or in a sample session soon.



Tapping Points

For The EGO Tamer® (TET) Tapping Technique



Karate Chop Point



SUBJECTIVE UNITS OF DISTRESS (SUD) SCALE



Courtesy of Jan Luther, The EGO Tamer®