



Tapping Script

FOR ANXIETY AND WORRY IN THE MIND-BODY

SETUP Karate Chop:

EVEN THOUGH I'm worried because _____ ... and
worry has never been my friend, I accept myself and how I feel

EVEN THOUGH a part of me believes that anxiety is a solution, the wiser me knows that it hasn't worked and I'm tired, I'm open to another way

Even if I haven't found another way yet, I give myself permission to relax, to let this worry go and to trust that it will be ok

MOVE ON TO TAPPING POINTS

1. I want so many things to change
 2. I don't feel good now
 3. I recognize all the Pain I've been putting on myself
 4. I have been through so much
 5. I give myself permission to let this pain go and to trust that it will be ok
 6. I choose to release this worry right now and right here.. from every cell of my mind & body ...and I am ok
 7. I recognize how far I've come
 8. I can desire more change and still relax
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1. As I release the need to know all of the answers right now, I allow my path to unfold
 2. I am exactly where I am meant to be and my future is bright
 3. I allow my mind & body to relax
 4. Breathe in peace...exhale what I no longer need
 5. I choose to feel grounded & centered, calm & confident. I'm open to new ideas
 6. I begin to take one step at a time. I take it 1 calming breath at a time.
 7. Feeling calm & centered, I allow myself to feel good. This is the beginning of something
 8. Feeling relaxed and hopeful in my mind, body and spirit.

Take deep breath. CHECK INTENSITY OF WORRY. If not zero continue....



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SETUP Karate Chop:

Even though I can still feel this anxiety in my mind-body and it doesn't feel safe I choose to know that I am ok now

Even though there is a _____ ****be specific about the type of pain in my body (examples: arms, head, stomach, rapid shallow breath, rapid heartbeat, these sweaty palms,) I am doing my best to remember that I'm doing ok right now anyway

Even though anxiety is showing up in my body, I choose to accept myself and my body with these feelings

TAPPING POINTS:

TAPPING POINTS

1. this anxiety in my body
2. it's showing up in my arms
3. in the tightness of my chest
4. in the rapid beating of my heart
5. as these feelings in my stomach
6. the anxiety is so active in my body right now
- 7 its hard to think of anything but my body
- 8 What if something bad is happening?

TAPPING POINTS

1. I can't stop feeling this way
2. No matter how hard I try
3. The anxiety is just there
4. These feelings of anxiety
5. My body being run by these feelings of anxiety



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6. The pain of these feelings
7. I'm not sure how to get relief
8. Relief from these anxious feelings in my body

Final round if intensity still high

Even though my body is still tight I'm willing to find a way to get calm in my body

Even thoughI'm still feeling some anxiety, I can't seem to let it go for whatever reason, I'm still ok now

Even though these feelings of anxiety are still showing up in my (examples: body, head, chest, stomach) or in other parts of my mind and body, I'm willing to love and accept myself as much as I can

1. I still feel the anxiety throughout my body
2. Its still right there
3. I'm still noticing some of it
4. There's a bit of it still gripping my body
5. But perhaps its starting to ease just a little bit
6. I can start to take a breath
7. Releasing that tight grip of anxiety
8. From that area of my body

1. Even though I still feel a little anxiety – choosing now to feel and become lighter
2. Its safe to feel my body becoming more at ease
3. Letting that easy feeling come into all the parts of my body
4. Letting my body feel the calm coming in
5. Its ok for my body to feel more calm
6. Learning to enjoy the calm in my body
7. Enjoying that I'm doing this
8. Taking another breath into the freedom that I am creating

Breathe in and slowly out. Take inventory of the body. Notice before and after—some relief & release?

When the anxiety intensity is 3 or lower, you may start to tap with positive choices:

I choose to lean into peace, I choose to feel pulled toward joy, I choose to allow myself to feel better, I choose to have faith that the world is unfolding as it should... ..you can add your own positive choices to complete . Deep breath.....

Deep breath. Check intensity of emotions as you replay what happened. If any remaining, tap more to clear to zero. Then celebrate what you did for you!



Tapping Script

If you're stuck, don't be hard on yourself and feel free to reach out for an [online EFT session](#).