

EFT TAPPING

EMOTIONAL FREEDOM TECHNIQUE

EFT TAPPING FOR ANXIETY

What it is

EFT (Emotional Freedom Techniques), often called “tapping”, is a self help tool where you gently tap with your fingertips on specific acupressure style points while focusing on what you’re feeling. The aim is to help calm the body’s stress response and bring your system back toward balance.

What else it can help with (besides anxiety)

Tapping is commonly used for things like:

- Stress and overwhelm
- Fear and phobias
- Addictions and compulsions

Before you start

- Close your eyes
- Take 1 slow breath in and out.
- Tune in and rate your anxiety from 0 to 10
 - 0 = calm or no distress
 - 10 = the most intense it could feel right now

Step 1: Choose your focus

Pick one issue to focus on:

- “General anxiety”, or
- A specific situation (for example, a conversation, driving, work, finances, a memory).

SET-UP STATEMENT

Step 2: The setup statement (acknowledge + acceptance)

Say this out loud while tapping the Karate Chop point (side of the hand). The setup statement has two parts:

1. Acknowledge the issue
2. Add unconditional acceptance

Classic example:

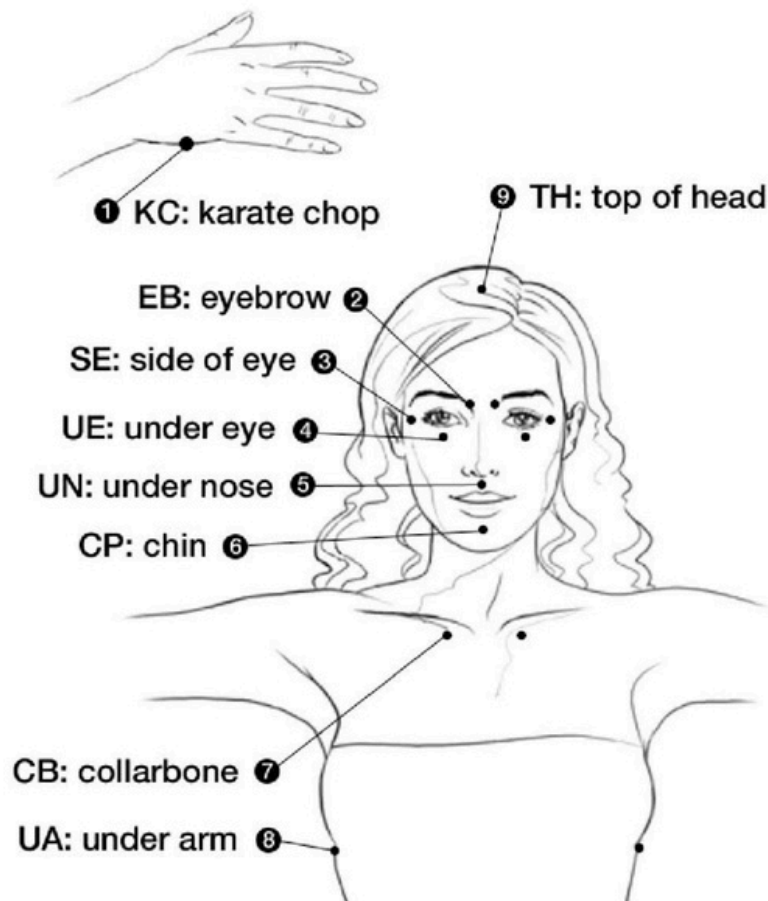
“Even though I feel this anxiety, I deeply and completely accept myself.”

Other examples you can use:

- “Even though I’m anxious about this interview, I deeply and completely accept myself.”
- “Even though I feel panic when I think about ___, I deeply and completely accept myself.”

Do this:

- Tap the Karate Chop point
- Repeat the setup statement 3 times
- Take a deep breath



TAPPING SEQUENCE

Step 3: The tapping sequence (the points)

Now tap 5 to 7 times on each point, moving from top to bottom.

As you tap each point, repeat a short reminder phrase, like:

- "this anxiety"
- "this worry"
- "this tight feeling in my chest"
- "this fear about

The points (in order)

1. Top of Head (TH): crown, top centre of head
2. Eyebrow (EB): inner edge of eyebrow near the bridge of the nose
3. Side of Eye (SE): hard area between the eye and temple
4. Under Eye (UE): under the eye on the cheekbone (beneath the pupil)
5. Under Nose (UN): between the base of the nose and upper lip
6. Chin (CP): between the lower lip and chin
7. Collarbone (CB): just under the hard ridge of the collarbone
8. Underarm (UA): about 4 inches below the armpit on the side of the body
9. Top of Head (TH) again to "complete the loop"

Step 4: Re-rate (0 to 10)

Tune back in and rate your anxiety again from 0 to 10.

- If it's still above 2, do another round.
- If the number dropped but isn't where you want it yet, that's progress. Keep going gently.

Round 2 and beyond (when anxiety is still there)

Update your setup statement to match what's true now, for example:

- "Even though I still have some remaining anxiety, I deeply and completely accept myself."
- "Even though part of me is still worried about ____, I deeply and completely accept myself."

Then repeat the tapping sequence again.

Helpful technique tips

- Tap with firm but gentle pressure.
- Use fingertips (not nails).
- Two fingers around the eye points, four fingers for broader points like head, collarbone, underarm