

# Tapping to release anxiety

*This tapping script accompanies my Youtube video  
"How To TAP: The Basic Guide To EFT tapping"*

*Please check out the video for further instructions.*

## **Set-up phrase:**

Even though there is so much anxiety and tension, I choose to love and accept myself anyway.

Even though I'm experiencing anxiety, I feel out of control and it's showing up in my body, I choose to be gentle with myself and accept all of my feelings.

Even though I'm overwhelmed, my mind is racing, I'm feeling anxious and it feels uncomfortable, I choose to love and accept myself as I am right here and right now.

## **Tap as shown in the video while speaking out loud:**

This feels uncomfortable  
This anxiety  
Showing up in my body  
There's all this tension  
I want it to go away  
I don't like it  
Just the word anxiety  
brings so much discomfort

I'd rather not experience it  
but I am I am experiencing it  
It's here  
I can feel it in my body  
This tension  
This flutter in my chest  
My body is expressing anxiety  
It feels uncomfortable but it's okay to feel what I'm feeling

# Tapping to release anxiety

Instead of trying to fix it  
or manage it  
Maybe it's okay to just sense it  
Even if I don't like the sensation  
or understand where it's coming from  
I drop into my body and keep breathing  
Breathing through this anxiety  
This tension and all of these uncomfortable sensations

This tightness in my mind  
That feels so debilitating  
It's restricting me  
In my decision making  
and how I show up  
In my capacity to relax and be kind  
This is not how I want to be  
and this is not who I really am.

Pause for a moment, if you wish you can close your eyes. Drop into your body and become aware of what's present for you now.

Has anything shifted? Is anything different?  
What's present for you now?

Then, with that awareness, we go into another round of tapping.

## **Set-up phrase:**

Even though I experience some remaining anxiety it's okay. I am okay  
and I choose to hold myself in compassion.

Even though I sense some remaining tension in my body, I know this is  
changing and I choose to love and accept myself fully and completely.

Even though maybe there are some remaining anxiety, I know it's coming  
and going and I can always choose to love myself more.

# Tapping to release anxiety

It's okay to feel what I'm feeling  
Even if part of this anxiety is still there  
It's still bothering me  
I can be with it  
I just acknowledge it's there  
and I don't have to fix anything right now  
What if I just allow it to be there?  
Let it flow through

While I tap  
and breathe  
and observe what's happening  
I can soften  
open my awareness  
and be curious to what's there  
I just keep breathing

## **Silent round of tapping:**

Stay with what's present for you: this could be a sensation, a thought or maybe you just would like to focus on your breathing or on the tapping itself.

Then pause again and take a moment. Bring one hand on your heart and note what's what's present for you now.

Now take a deep breath in through your nose, exhale through your mouth and open your eyes.