

EFT TAPPING TECHNIQUE FOR ANXIETY

In this PDF, we'll go over:

- ✔ What EFT tapping is.
- ✔ How tapping helps with anxiety.
- ✔ Tapping points for anxiety.
- ✔ How to use EFT for anxiety (step-by-step).
- ✔ How often you should use tapping.
- ✔ Current research on EFT tapping for anxiety.



Print this PDF for free so that you can use it for your daily tapping practice.

If you would like to learn more about the Gamut procedure, what it is and its benefits you can click the button below.

GAMUT POINT PROCEDURE

Scientific research highlighting the effectiveness of EFT in treating conditions like anxiety, depression and PTSD.

EFT FOR SPECIFIC CONDITIONS

If you would like to schedule a free consultation or contact me by email follow the links below:

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EFT HANDOUT

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TAPPING TECHNIQUE FOR ANXIETY: A STEP-BY-STEP GUIDE

Anxiety has more of an impact on your life, mind, and body than many people consider. It can affect your mental health by provoking racing thoughts, excessive worry, negative beliefs, physical pain or tension, and other symptoms.

However, it can be hard to find treatments and tools that work. If you're looking for alternative therapies for anxiety that are effective and backed by research, the emotional freedom technique is an ideal solution.

What is Tapping (EFT)?

EFT tapping is an evidence-based, holistic treatment that works by combining modern psychology and acupressure points. In the context of tapping therapy for stress and anxiety specifically, science tells us that EFT can help you find relief from both mental and physical markers and symptoms of the two.

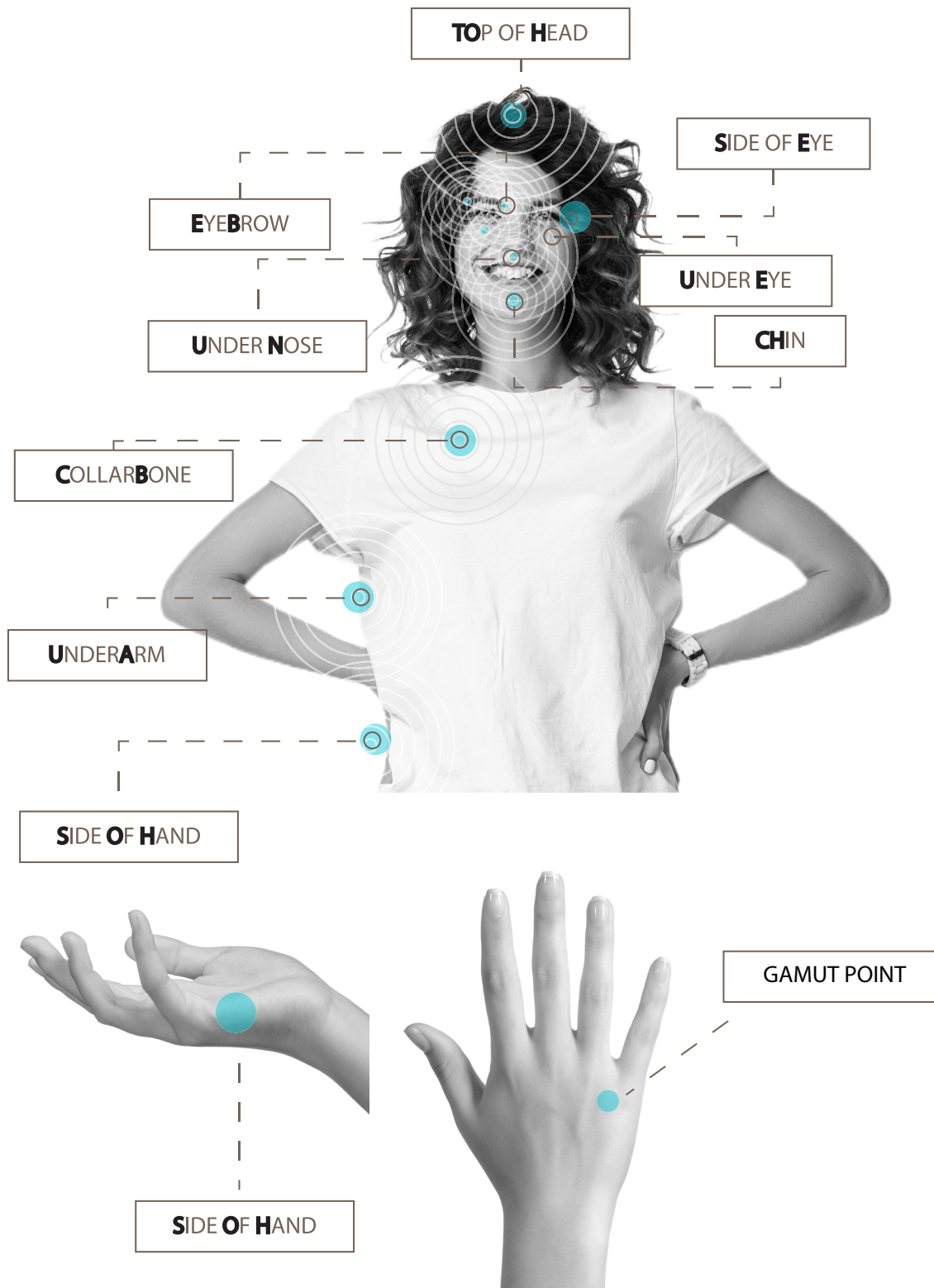
Well [over one hundred studies](#) now demonstrate the efficacy of EFT. These studies have shown that EFT tapping can lower blood pressure and cortisol, increase happiness, and decrease anxiety, depression, and post-traumatic stress disorder (PTSD) scores.

How Does Tapping Help with Anxiety?

During an EFT tapping sequence, you will tap on acupuncture points while saying positive affirmations. This helps release negative energy and thoughts that may be holding you back while instilling and solidifying positive, adaptive beliefs.

EFT tapping for anxiety works by targeting its underlying causes to reduce its symptoms over time. As seen in studies that show physical and mental indicators of anxiety and stress relief, like cortisol levels, using EFT calms the nervous system and fight or flight response. Since EFT tapping is effective in managing anxiety naturally, it has become more popular over the years—especially as research continues to emerge.

Tapping Points for Anxiety



Here are the acupressure points you will tap on while saying your positive affirmation or phrase. Tap on the following acupressure points firmly but gently, as though you're tapping on a piece of fruit to see if it is ripe.

- Side of the hand (below your little/pinky finger)
- Beginning of the inner eyebrow
- Side of the eye (the bone on the outside of the eye)
- Under eye
- Under nose (above your upper lip)
- Chin
- Collar bone
- Under arm
- Top of head

Step-by-Step Tapping Technique for Anxiety

Now that you know where the tapping points are, let's go over how to tap for anxiety relief, step by step, including how to create your set-up statement.

1. Identify the problem you want to focus on. This could be generalized anxiety, physical anxiety symptoms (e.g., racing heart), specific phobias, panic attacks, work-related stress, or anything else going on in your life.
2. Rate the intensity of your distress on a scale of 0-10, with 0 being the least distressed and 10 being the most distressed.

TIP: . During the tapping process, use two fingers or more to tap about seven times on each point. Some tapping points have a twin point (like SE or EB), but it is only necessary to tap one side. For example, if the tapping point in question is SE, you'd only need to tap the outer corner of one eye.

TIP: KEEP IN MIND TO FORMULATE PERSONALIZED AFFIRMATIONS WHILE PERFORMING TAPPING ON SPECIFIC POINTS ON YOUR BODY, REFLECTING YOUR UNIQUE EXPERIENCE.

3. Create your set-up statement.

This should be a positive affirmation or phrase related to the problem you want to focus on. For example,

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

4. Tap on each point 5-7 times while repeating your set-up statement. This should take a few minutes or less.

5. Rate your distress on a scale of 0-10 again.

Repeat the sequence if needed.

To tailor your tapping practice to your individual symptoms, needs, or goals, include them in the set-up statement you use while you tap. For example, **“Even though I am anxious about work tonight, I deeply and completely accept myself.”**

How Often Should You Use Tapping?

Start by using EFT tapping for anxiety once daily to see how your body and mind respond. To establish a consistent EFT tapping practice, set aside time at night or in the morning to complete your tapping sequence each day.

To make a daily tapping practice more easily accessible, print out this tapping technique for anxiety PDF so that you can follow it step-by-step each day.

Research on EFT Tapping for Anxiety

Talk therapy can help rewire neural pathways for anxiety relief, and EFT tapping for anxiety does the same. A [2022](#) randomized control trial on EFT vs. cognitive behavioral therapy for generalized anxiety found that the two treatments led to similar outcomes, which were retained at the 6-month follow-up. However, those participating in EFT had a lower dropout rate.

EFT can be used for specific phobias in addition to other types of anxiety (e.g., social anxiety, generalized anxiety).

Frequently Asked Questions

How long does it take to feel results from using the emotional freedom technique (EFT) for anxiety?

Some people feel the positive effects of EFT tapping for anxiety after their first tapping sequence. However, a consistent (daily) practice is the best way to get results.

Can I use tapping for other emotions besides anxiety?

Yes. You can use EFT tapping for anxiety, fear, sadness, depression, grief, uncertainty, trauma, chronic pain, and a wide range of other concerns.

Do I need a practitioner, or can I do it myself?

Many people start using EFT tapping on their own. This tapping technique for anxiety PDF is a great place to start if you want to try tapping exercises for emotional release and anxiety. However, [guidance from a practitioner](#) can help you get the best results.

IT IS IMPORTANT TO NOTE THAT WHILE EMOTIONAL FREEDOM TECHNIQUE (EFT) HAS PROVEN TO BE EFFECTIVE FOR CERTAIN INDIVIDUALS, IS IS STILL CONSIDERED AN ALTERNATIVE METHOD AND THE RESULTS MAY VARY. BY UTILIZING ANY OF THE TECHNIQUES OR STRATEGIES OUTLINED IN THIS WORKSHEET, YOU TAKE FULL RESPONSIBILITY FOR YOUR OWN MENTAL AND PHYSICAL WELL-BEING. NEITHER THE AUTHORS NOR ANY OTHER PARTIES CAN BE HELD LIABLE FOR THE OUTCOME OF THE USE OF EFT. IF YOU HAVE ANY DOUBTS OR RESERVATIONS ABOUT USING EFT FOR YOURSELF OR OTHERS, IT IS RECOMMENDED THAT YOU SEEK PROFESSIONAL GUIDANCE. BY CHOOSING TO CONTINUE USING THIS WORKSHEET, YOU ACKNOWLEDGE AND ACCEPT THIS DISCLAIMER.

