

EFT Downloads.com

Empowerment tools for personal transformation

Emotional Freedom Technique for Anxiety Relief



Creative Life Coaching
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Disclaimer

EFT (Emotional Freedom Technique) is a member of a new group of treatment techniques referred to as *Energy Therapy*. While EFT produces some amazing results, this process is still considered investigational and experimental in nature and no claims are made for its effectiveness. The information provided is intended to educate, inform and inspire you on your personal success journey. Every effort has been made to accurately represent the EFT process and it's potential.

Please take full responsibility for your health and well-being. If you have any questions or concerns about the appropriateness of using the EFT process for yourself, please contact me, Kathy Atkinson, or consult with a health care professional.

EFT is **not** intended or implied to serve as a replacement for traditional counseling, therapy or any medical treatment. Never make any changes or modifications in your lifestyle, diet, exercise routine or medication without consulting your personal health care professionals.

Kathy Atkinson offers this material as a professional life coach and EFT practitioner. Kathy is **not** a licensed therapist, counselor or medical health care provider.

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Important Information and Tips to Enhance Your Experience with EFT

(These are suggested guidelines to enhance your EFT experience. You do not have to utilize all the suggestions in order to benefit from the EFT process.)

EFT Meridian Points

- You can tap the EFT meridian points using either hand.
- You can tap on either the right side or left side of your body or both sides at the same time if that feels comfortable for you.
- You can switch sides at any time during the process.
- If you wear glasses, you will want to take them off to access the points around the eyes.
- You don't have to worry about whether you are tapping in the exact spot. If you are tapping in the general area, you will be stimulating that point. Please refer to the EFT tapping point diagram on page 5.

Be Specific

The EFT download scripts and audio's are topic specific, but it is extremely important for you to identify the specific person, place, situation, feelings, emotions, etc. connected to the topic you are addressing.

First, write down the specific issue you are working on. (Use the topic of this download.) Then list all the specific events, experiences, memories, people, feelings, emotions, sights, and sounds that you associate with the issue. Use the tapping sequences to address each aspect you have identified one by one. Repeat the EFT sequences until you have covered all the aspects.

It is helpful to stop after each tapping sequence and check to see if any other thoughts, feelings or memories have popped up. It is important to zero in on the different aspects connected to your issue in order to collapse or shift the issue completely. The EFT scripts and audio recordings are meant as a guide, so feel free to add or delete words to make the material more personal and pertinent to your issue.

Intention

Always set a clear intention for your EFT sessions. After you have identified the specific aspect you want to address during the EFT session set an intention. State clearly what you want to release and/or instill. Suggested intention statements are included with the EFT downloads. Feel free to add your own to make the session more personal and powerful for you.

The Power of Why

Once you have a clear intention statement, it is important to ask yourself “why” you want what you want.

Most people never get what they want because they don’t know “why” they want it!

Why is it important for you to release your fear, doubt or limiting belief?
Why is it important for you to instill this new thought, belief, characteristic or pattern of behavior? What’s in it for you? How will you be different?
How will your life be different?

Be Persistent

Persistence is a key element for experiencing success with EFT. Many issues have several layers or aspects that need to be cleared before you experience the permanent shift you are looking for. Don’t give up too soon. Consult with a trained EFT specialist if you are not achieving the results you expect.

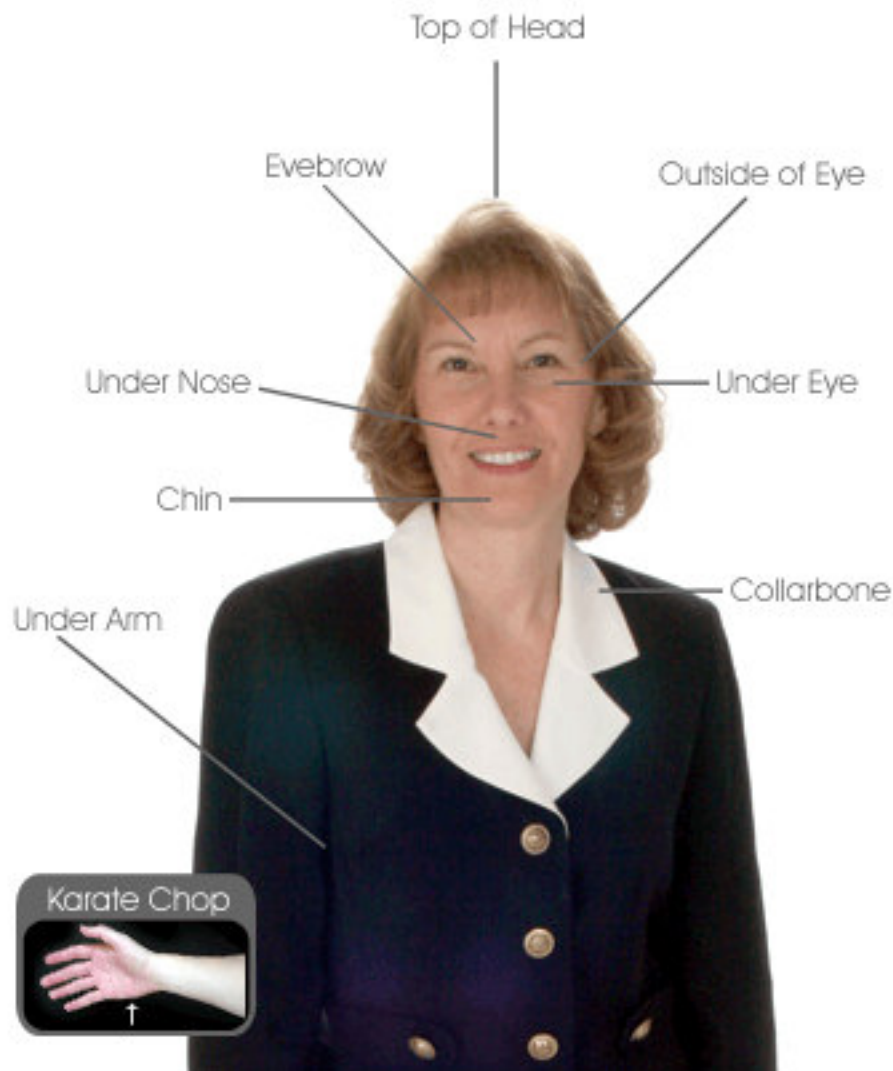
Experiment

If you are not experiencing the shift that you want, try experimenting with the EFT process.

- Try different times of the day for your sessions.
- Try different environments such as inside or outside, different rooms or another house or building.
- Try using your non-dominant hand for the tapping.
- Have someone else tap on you.
- Rub the meridian points in a circular motion instead of tapping.
- Hold the points and take a deep breath in and out before moving to the next point.
- Try EFT on everything. What do you have to lose?

Dehydration can affect the results you experience with EFT.

- Keep your body well hydrated.
- Always have a glass of water available to drink during any EFT session.
- After an EFT session or any energy shifting process, make it a habit of drinking extra water throughout the day in order to support the shifting and rebalancing your body is doing.



- Karate Chop** use 3 or 4 fingers of one hand to tap on the edge/side of other hand between the wrist and little finger
- Eyebrow** use 1 or 2 fingers, tap on either eyebrow above the nose where the eyebrow starts
- Outside of Eye** use 1 or 2 fingers, tap on the outside edge of either eye on the bone
- Under Eye** use 1 or 2 fingers, tap just below either eye on the bone
- Under Nose** use 1 or 2 fingers, tap the area below the nose and above the upper lip
- Chin** use 1 or 2 fingers, tap below lower lip in the crease where the chin starts
- Collarbone** use 3 or 4 fingers or a closed fist, tap 1 or 2 inches left or right of center on the collarbone
- Under Arm** use 3 or 4 fingers, tap about four inches down from the armpit on the side of the body on the rib cage
- Top of Head** use 3 or 4 fingers, tap around on the top of head

Emotional Freedom Technique for Anxiety Relief

“While situations, encounters or events may seem intrinsically “stressful,” it is truly how an individual perceives and reacts to an event that determines whether or not the stress response is achieved.” Institute of HeartMath, Research Overview

Anxiety, stress and tension can be overwhelming at times. They can leave you feeling like you are out of control and out of your mind. Stress and tension alter the way your brain and body function to such an extent that the littlest thing can send you into a tailspin. When you feel anxious and stressed you lose your natural ability to think clearly and effectively. Your ability to cope efficiently with day-to-day life is also compromised.

This EFT session helps you release tension and anxiety and allows you to become more peaceful and relaxed. Regular use of this process can help you inhibit the production of the hormone that causes stress and anxiety.

“Worry and stress affects the circulation, the heart, the glands, the whole nervous system, and profoundly affects the heart action.” Charles W. Mayo, M.D.

Rate Your Level of Intensity

Before you begin the EFT sequences, rate your level of anxiety right now. Think about a specific situation or person that is your source of tension and anxiety.

Close your eyes and on a scale from 0 to 10 (10 being extreme anxiety and 0 being calm and peaceful) how anxious do you feel? This is just a perceptive guess, so that you can have some way to tell if your level of intensity is going up, down or staying the same. Write down that number so you can refer to it after the first tapping sequence.

Set an Intention

Set a clear intention to release this anxiety and tension and to come back into a state of balance and relaxation.

Ask yourself why it is important for you to release this tension, stress and anxiety. How will you be different? How will your life be different?

State out loud: I intend to release this tension, stress and anxiety I feel right now. I allow myself to easily come back into a state of balance and relaxation.

First EFT Sequence for Anxiety Relief

Begin tapping on the karate chop point and say out loud...

Even though I feel anxious, I choose to feel calm and relaxed.

Even though I feel anxious and uncomfortable, I choose to feel calm and relaxed.

Even though I feel anxious and uptight, I allow my body to relax and feel calm.

Eyebrow: All these anxious feelings, I release them now.

Outside eye: I allow my body and mind to relax.

Under eye: I release all these anxious feelings.

Under nose: My body and mind are relaxing now.

Chin: I am coming back into balance, back into harmony.

Collarbone: I release any remaining anxious feelings.

Under arm: I choose to feel peaceful and relaxed now.

Top of head: I allow peace and relaxation to fill me up.

Stop tapping. Take a deep breath in and release it out.

Make note of any changes in your awareness, thinking or in your physical body. Make note of any signs of release such as sighing, yawning, warmth, tingling or relaxation.

Close your eyes and rate your level of anxiety now on a scale from 0 to 10. Has your number gone down, stayed the same or possibly even gone up? If you are not at a 0 or 1, feeling calm and peaceful continue with the next tapping sequence.

Second EFT Sequence for Anxiety

Begin tapping on the karate chop point and say out loud...

Even though I still feel anxious, for just right now, I give myself permission to relax and let these feelings go.

Even though part of me still feels tense and anxious, I allow this part of me to relax.

Even though I still feel some of this tension and anxiety, I can release it all now.

Eyebrow: I release any remaining anxiety.

Outside eye: I release any remaining tension.

Under eye: I allow my body to fully relax.

Under nose: I allow my mind to fully relax.

Chin: I am releasing any remaining tension.

Collarbone: I am releasing any remaining anxious feelings.

Under arm: I choose to feel totally relaxed and peaceful now.

Top of head: I allow all parts of me to relax, release and let go.

Stop tapping. Take a deep breath in, and release it out.

Make note of any changes in your awareness, thinking or in your physical body. Make note of any signs of release such as sighing, yawning, warmth, tingling or relaxation. These are all good signs that energy is moving.

Close your eyes and on a scale from 0 to 10, how anxious do you feel now? If you are not at a 0 or 1, feeling peaceful and relaxed, then repeat the tapping sequences until you feel peaceful and relaxed. If you are feeling relaxed and comfortable, anchor in the following affirmations.

Affirmations

Affirmations are great a way to support the energy releasing and shifting taking place as you work with the EFT process. Use the following affirmations, or similar ones that you create for yourself, on a daily basis. Affirming what you want helps sustain the belief-shifting process.

Eyebrow: I have the ability to relax any time I wish.

Outside eye: I am in charge of my life.

Under eye: I choose to deal with all my life situations with ease.

Under nose: Every time I take a deep breath I become more and more relaxed.

Chin: I am fun and easygoing with everyone I encounter.

Collarbone: I am happy and relaxed in all situations.

Under arm: I relieve my stress in positive ways.

Top of head: I allow my body and mind to stay relaxed and peaceful no matter what is going on around me.

Stop tapping. Take a deep breath in, and release it out.

Repeat the affirmations on a regular basis until you feel like you have anchored them into your belief system. Feel free to change the wording to make the affirmations more personal and appropriate for you.

Coaching Tips and Questions

“Its not stress that kills us, it is our reaction to it.” Hans Selye

What are you currently doing on a regular and consistent basis to release and relieve your tension, anxiety and stress?

Do you need to add meditation, relaxing quiet time, massage, exercise, play, fun, recreation or daily EFT into your schedule?

What lifestyle changes are you willing and able to make today?

Do you need to make dietary changes, adopt better sleep habits, avoid negative people and situations, or avoid the daily news?

“The mark of a successful man is one that has spent an entire day on the bank of a river without feeling guilty about it.” Author Unknown