

EFT: TAPPING Worksheet



Welcome to the Tapping Exercise, Tapping, also known as Emotional Freedom Technique (EFT), involves physically tapping on endpoints of meridians in the body. Research shows that tapping can send a calming signal to the brain's amygdala, helping to rewire neural pathways associated with stress and anxiety.

Instructions:

- Find a quiet and comfortable space where you can safely relax.
- Take a moment to identify a problem or situation causing strong emotions.
- Rate the intensity of these emotions on a scale from 1 to 10, with 10 being the highest.

Tapping Technique:

- Begin by tapping with two fingers beneath your pinky, as if doing a karate chop.
- Repeat the following phrase, or come up with your own, while tapping: Example:
"Even though I feel [fill in the blank], I am choosing to let go of this emotion."
- Continue tapping on each of the following points while repeating the phrase:



- Top of the head
- Above the eyebrow
- Temples
- Under the eye
- Above the lip
- Below the chin
- Across the chest on either side of your collarbone
- Underneath your armpits

Focus: As you tap, focus on the issue you want to let go of.

Acknowledge any stress, anxiety, or anger you're experiencing.