

Emotional Freedom Technique Script for Feeling Worried and Scared

- EB-Eyebrow
- SE-Side of Eye
- UE-Under Eye
- UN-Under Nose
- CH-Chin
- CB-Collarbone
- UA-Under Arm
- TH-Top of Head
- KC-Karate Chop

Pair these statements with the picture chart showing the meridian tapping points

- KC
 - Opening Statement/Closing Statement:
 - Even though I feel afraid, worried and scared, I accept that I am afraid and I am open to noticing my strength.

 - EB
 - This feeling of worry, it's strong
 - SE
 - I feel it in my chest
 - UE
 - I feel it in belly
 - UN
 - I'm scared
 - CH
 - I'm scared I will freeze
 - CB
 - I want to curl up and hide
 - UA
 - This worry is so deep
 - TH
 - I'm scared
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- EB
 - Maybe I can allow myself to feel this worry
- SE
 - Maybe I can go slow so I can feel safe
- UE
 - Maybe I can breathe in this moment
- UN
 - I can breath in, I can breath out
- CH
 - I'm safe saying this
- CB
 - I'm safe in my body
- UA
 - I'm safe with my thoughts
- TH
 - In this moment I'm safe
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- EB
 - I'm able to notice the movements of my body
- SE
 - I'm able to notice the movement of the breath in my body
- UE
 - I'm moving my body
- UN
 - I'm moving my breath
- CH
 - The breath is allowing me to notice my strength
- CB
 - I can feel afraid, worried and scared
- UA
 - And I can feel safe, steady, and confident
- TH
 - In this moment I can feel both my worry and my strength
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- EB
 - I am strong
- SE
 - Strength is within my body
- UE
 - Strength is within my mind
- UN
 - Strength is within my breath
- CH
 - I am present with my body, my mind, and my breath
- CB
 - I notice my fears, I notice my breath
- UA
 - I notice my strength
- TH
 - I am strong. I can stand with my strength. I am safe