

Emotional Freedom Technique Script for Anxiety and Finding Grace

- 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 lost, worried and anxious, I accept how I feel and I am open to grace.

 - EB
 - This feeling of anxiety, it's always with me
 - SE
 - It's so deep
 - UE
 - I'm overwhelmed
 - UN
 - Sometimes I can't breath
 - CH
 - I'm scared to say this
 - CB
 - It doesn't feel safe
 - UA
 - This worry is so deep
 - TH
 - I'm suffering alone
-
- EB
 - Maybe I can notice this feeling of anxiety, slowly
- SE
 - Maybe I don't have to feel so lost
- UE
 - Maybe I can believe I can help myself
- UN
 - I can breath in, I can breath out
- CH
 - I'm safe saying this
- CB
 - I'm safe in my boy
- UA
 - I feel myself sitting right now
- TH
 - I feel the aire on my face
-
- EB
 - I'm not alone
- SE
 - I notice where I am
- UE
 - I can begin to see clearly
- UN
 - I can breath in through my nose
- CH
 - I can breath out through my nose
- CB
 - I am safe right now
- UA
 - I am open to noticing I am here
- TH
 - I am aware of this moment
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- EB
 - I can care for myself
- SE
 - Caring is a process
- UE
 - I can care for others
- UN
 - Connecting is healing
- CH
 - I have a purpose
- CB
 - I notice what is right
- UA
 - I believe in myself
- TH
 - I am open to grace