Anxiety Tapping Script

SETUP PHRASES
Think about something that you feel anxious about and keep this in mind throughout your tapping today.

While tapping the karate chop point on the side of your hand, repeat these phrases out loud, saying one or all of the following phrases:

“Even though I feel hopeless when I’m stuck in my life, I can choose to consider moving forward with different options… I can send love and healing to that part of me that feels fearful and stuck.”

“Even though it feels like I’ve been stuck ‘forever’ and can’t see the way to get free, I love and forgive myself anyway.”

Round 1
Then move through the Tapping points on the body.

Eyebrow: “I hate feeling stuck.”
Side of Eye: “I can’t believe I’m stuck again.”
Under Eye: “I feel hopeless when I’m stuck.”
Under Nose: “I don’t know how to change.”
Chin: “Maybe I don’t want to change.”
Collarbone: “I must have conflicts about moving forward.”
Under Arm: “I can’t believe I am stuck again.”
Head: “Nothing ever moves me forward.”

Take a deep breath in and out.

Round 2

Now it's time to re-balance the negative with a positive round of tapping.

Eyebrow: "I can choose a new way."

Side of Eye: "What if it's possible to break free naturally?"

Under Eye: "I give myself permission to break free."

Under Nose: "I deserve success in my life."

Chin: "I give thanks that being stuck is in the past."

Collarbone: "I appreciate what I learned from being stuck."

Under Arm: "I deserve to be free and accept love/money/success."

Head: "I forgive myself and all concerned who set-up this stuckness – I am choosing to let it go…"

Finish this round of tapping with the upbeat affirmation:

"I am whole and free.. living my life so joyously."

Take a deep breath in and out.

Repeat this sequence 3 times.