

Emotional Freedom Techniques

**Balance The
Stress and Anxiety
In Your Life
With EFT**

by
Karen Lewis

This manual contains material protected under International and Federal Copyright Laws and Treaties. Any unauthorised reprint or use of this material is prohibited. No part of this manual may be reproduced, transmitted or utilized in any form or by any means, electronic or mechanical, including photocopying, recording, or by any storage or retrieval system, without prior permission in writing from the author. karen@EFT-Reiki.com

This eBook may be shared with others but only if it is distributed freely, for educational purposes. This copyright notice has to be included and proper attribution made to the author.

Please address any queries to: karen@EFT-Reiki.com

I have endeavoured to ensure that all the links throughout this eBook are live. If you come across any that do not work, I would appreciate it if you could please let me know so that I can take the opportunity to amend the text. Please be aware that due to the dynamic nature of the Internet, there are times when web pages may no longer be available.

Version 1.03 April 2012

© Copyright 2007- 12 Karen Lewis

All Rights Reserved Worldwide

DISCLAIMER:

This EFT oriented publication is provided as a good faith effort to expand the use of EFT in the world. It represents the ideas of the author and does not necessarily represent those of EFT founder Gary Craig or any other EFT advocate. For a more complete understanding of EFT, and rental copies of Gary Craig's original EFT training DVDs you can visit the [new EFT website](#).

All the information presented here is based upon the experiences and research of the author(s). As EFT has only been used in its current form since the mid 1990s, it may be considered still in the experimental stage. Therefore all users of EFT, both practitioners and laymen, *must take complete and personal responsibility for their use of it.*

The author(s) cannot be held responsible for any adverse effects or consequences resulting from the use of the techniques underlined here, either on you or others.

This information, which should NOT be considered as taking the place of medical advice, is shared with you on the understanding that:

- You accept complete responsibility for your own psycho-emotional and physical health and well-being.
- You are required to instruct others whom you help with EFT, or to whom you teach EFT, to take complete responsibility for their psycho-emotional and/or physical well-being.
- You should never try to treat psychotic or other seriously ill people, unless you are qualified to do so.
- You should never stop, or advise others to stop, taking prescribed medication without consulting your doctor.

If ever you are in doubt you should always seek the help of a qualified medical practitioner.

TABLE OF CONTENTS

| | |
|--|----|
| INTRODUCTION..... | 1 |
| THE USE OF EFT IN COUNTERING STRESS AND ANXIETY..... | 1 |
| POSITIONS OF TAPPING POINTS..... | 4 |
| THE EFT BASIC RECIPE – QUICK OVERVIEW..... | 9 |
| STRESS..... | 10 |
| SYMPTOMS OF STRESS..... | 11 |
| PHYSICAL SYMPTOMS OF STRESS..... | 11 |
| PSYCHOLOGICAL SYMPTOMS OF STRESS..... | 14 |
| BEHAVIOURAL SYMPTOMS OF STRESS..... | 16 |
| ANXIETY..... | 19 |
| CAUSES OF ANXIETY..... | 19 |
| SYMPTOMS OF ANXIETY..... | 22 |
| PHYSICAL SYMPTOMS OF ANXIETY..... | 22 |
| GASTROINTESTINAL SYMPTOMS OF ANXIETY..... | 24 |
| MISCELLANEOUS SYMPTOMS OF ANXIETY..... | 26 |
| PSYCHOLOGICAL SYMPTOMS OF ANXIETY..... | 27 |
| WHAT YOU CAN DO (along with EFT)..... | 29 |
| GOOD GENERAL HEALTH..... | 29 |
| DIET..... | 30 |
| EXERCISE..... | 32 |
| RELAXATION..... | 34 |
| ALCOHOL..... | 36 |
| SMOKING..... | 36 |
| CHECK YOUR ATTITUDE..... | 36 |
| PRACTICAL GOAL SETTING..... | 38 |
| POSITIVE OUTLOOK..... | 38 |
| SUMMARY..... | 39 |
| SOURCES AND READING LIST..... | 41 |
| WEBSITE RESOURCES..... | 41 |
| READING LIST..... | 42 |

INTRODUCTION

Please Note: *This EFT oriented publication is provided as a good faith effort to expand the use of EFT in the world. It represents the ideas of the author and does not necessarily represent those of EFT founder Gary Craig or any other EFT advocate.*

Due to Gary's retirement at the start of 2010, the wealth of information that could be found in the articles on his original website have now been re-homed by Dawson Church, at www.eftuniverse.com. A further understanding of EFT via the numerous articles and free videos is available at this new EFT site, and the original Gary Craig EFT training DVDs are available for rental [here](#).

THE USE OF EFT IN COUNTERING STRESS AND ANXIETY

The simple and elegant technique of EFT (Emotional Freedom Techniques®) works very well for enabling and empowering people to deal and cope with the stresses of their lives with equanimity. You only have to go to the [EFT Universe site](#) and type in 'stress' or 'anxiety' in the search box to see how many people have found it to be an excellent tool to have at their fingertips.

Once you know the basic routine then the symptoms of stress and anxiety can in themselves give you good starting points for providing your set-up phrases.

I have included my Tapping Point Positions and Quick Overview, or you can find a simple 'how to' section on my [website](#), which gives you a basic run-down on how to apply EFT for yourself, or you can download my EFT manual "[Balance Your Life With EFT](#)".

There now follows details of the symptoms most commonly associated with stress and anxiety states, along with some suggested set-up phrases that you can use as starting points.

If they ring true for you then use them. Hopefully you may find you can come up with your own phrases, which is even better as they will be personal to your own unique and individual circumstances! Do not be afraid to use your own words and descriptions; you do not have to use technical words, phrases or jargon.

As an example, which is likely to mean more to you? “I have these bouts of tachycardia.” Or, “It feels as if my heart is racing.”? Those of us with a medical or technical background may find the first description works for us. If however, you have little or no idea of what ‘tachycardia’ is, then it’s more or less meaningless to use that phrase for yourself. Even I would prefer to use the description “Even though I have this racing, pounding heartbeat, I deeply and completely love and accept myself” in preference to “Even though I get this tachycardia,”.

It always helps if you can tie down an emotion or feeling associated with the symptom and tap away on what that brings up for you. So try to remain aware of what thoughts and feelings affect you as you tap away, and then you can tap away on those in turn.

This can help you to get down to the ‘nitty-gritty’ of your issue; the emotional underlying cause of the ‘dzzzt’ or disruption in your energy system. You may be surprised at what comes through!

I have also included some common-sense day-to-day approaches you can incorporate into your life, and some set-up phrases that may help overcome any resistance to making these changes 😊.

My intention is to give you a starting point to using EFT to balance your life when the stresses and strains get you down. If you find you have any problems and can’t move on after applying EFT for yourself then you can always consult with an EFT practitioner.

YOUR EFT PRACTITIONER

If you feel that you do need further assistance then you may call me for a **free 15 minute chat** (+44(0)1902 863466) to see if I can point you in the right direction and get things moving again. Weekday afternoons, between 4 and 6.30 pm (GMT/BST), are good times to get me. If you then wish to make an appointment for a one-to-one consultation, that can be arranged.

Consultations can be either face-to-face at my practice or may be held over the telephone or Skype. That is one of the benefits of EFT – you can tap away

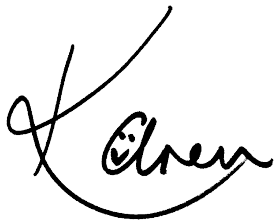
EFT For Stress and Anxiety

over the phone and even the Internet. This can save you travelling time and costs. If, like me, you don't like having to travel to unknown destinations, (my navigation skills are abominable!) this can immediately reduce the stress load that might otherwise arise.

It also means that distance is no problem; you can contact me locally or from further afield, or even from abroad (although not from the USA or Canada due to insurance restrictions), all from the comfort of your own home.

Alternatively, you may find it useful to check the list of practitioners on the [AAMET website](#).

Happy Tapping!

A handwritten signature in black ink that reads "Karen". The letters are cursive and fluid, with a large 'K' and a long, sweeping underline that curves under the name.

Karen Lewis

Tel: +44(0)1902 863466

[Email](#)

www.EFT-Reiki.com

www.EFT-not-Hrt.com

[EFT, Reiki and All Kinds of Everything Blog](#)

POSITIONS OF TAPPING POINTS

The two endpoints of any energy meridian are readily accessible to tapping near the surface of the body. The following shows the various locations of the tapping points used in EFT.

SORE SPOT - SS



The Sore Spot is rubbed as you repeat your Set-up Phrase. This is usually the most effective and preferred method.

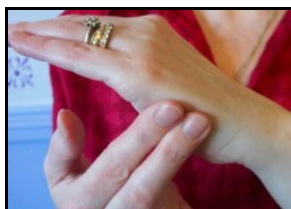
The Sore Spot position is found by locating the U-shaped notch at the top of the breastbone (sternum) and then moving down 3 inches and across 3 inches to the left or the right. This leaves you in the upper portion of the chest.

This is an area where lymphatic congestion often occurs and when pressed or rubbed with vigour this area may feel tender or sore, hence the name. If the congestion is dispersed then the soreness disappears, so it may be that you don't actually feel any tenderness in this area.

Should you have had any injury or surgery to the area, or there are other medical reasons to avoid it, then you can use an alternative for your Set-up Phrase Routine.

Alternative:

KARATE CHOP - KC



The KC Point, usually on the non-dominant hand, is tapped vigorously with two fingertips as you repeat your Set-up Phrase. This is located in the middle of the fleshy part of the outside edge of the hand, between the top of the wrist and the base of the little finger.

EB - BEGINNING OF EYE BROW - BLADDER MERIDIAN



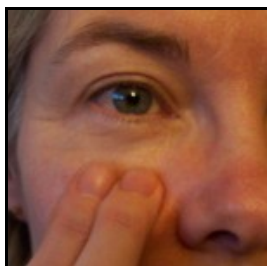
This is found at the beginning of the eyebrow - just above and to one side of the nose.

SE - SIDE OF EYE - GALL BLADDER MERIDIAN



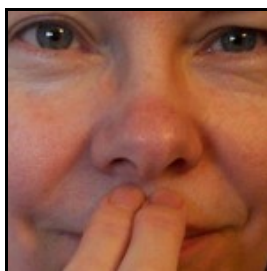
This is found at the outside corner of the eye, where you can feel the edge of the bone.

UE - UNDER THE EYE - STOMACH MERIDIAN



This is found on the cheekbone under the eye, about 1 inch below the pupil.

UN - UNDER THE NOSE - GOVERNING VESSEL



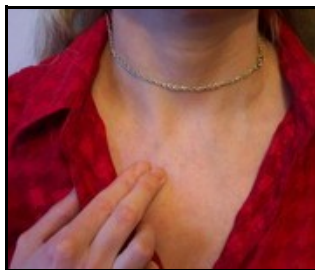
This is found over the philtrum, the vertical groove between the base of the nose and the top of the upper lip.

CH - CHIN - CONCEPTION VESSEL



This is found midway between the bottom of the lower lip and the point of the chin.

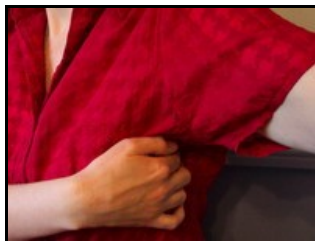
CB - COLLAR BONE - KIDNEY MERIDIAN



This is found at the junction of the sternum (breastbone), collarbone and first rib. You can find it by placing your fingertip on the U-shaped notch at the top of the breastbone. From the base of the notch, move the finger down 1 inch and then go left (or right)

by 1 inch.

UA - UNDER THE ARM - SPLEEN MERIDIAN



This is found on the side of the body, about 4 inches below the armpit. It is at a point level with the nipple for men, or in the middle of the bra strap for women.

TH - THUMB - LUNG MERIDIAN



This is found on the outside edge of the thumb, at the point even with the base of the nail.

IF - INDEX FINGER - LARGE INTESTINE MERIDIAN



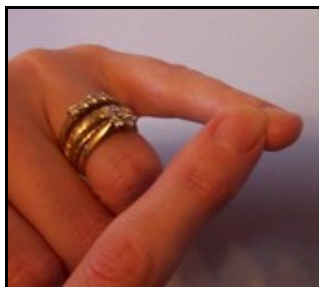
This is found on the side of the index finger that faces the thumb, at the point even with the base of the nail.

MF - MIDDLE FINGER - CIRCULATION / SEX MERIDIAN



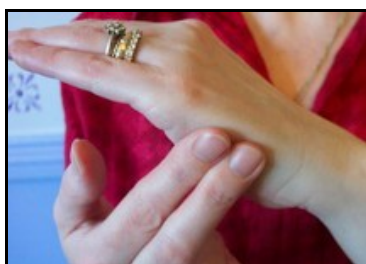
This is found on the side of the middle finger that is closest to the thumb, at the point even with the base of the nail.

LF - LITTLE FINGER - HEART MERIDIAN



This is found on the side of the little finger, closest to the thumb, at the point even with the base of the nail.

KC - KARATE CHOP - SMALL INTESTINE MERIDIAN



This is located in the middle of the fleshy part of the outside edge of the hand, between the top of the wrist and the base of the little finger.

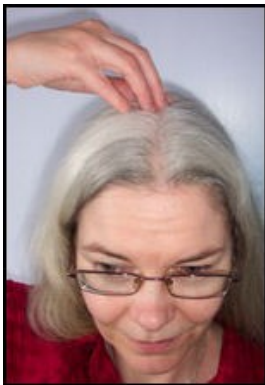
GAMUT - TRIPLE WARMER MERIDIAN



This is found on the back of either hand. It is marked by the little indentation to be felt between the knuckles at the base of the ring and little fingers, about 1/2 inch up.

The two endpoints of any energy meridian are readily accessible to tapping near the surface of the body. The following shows the various locations of the tapping points used in EFT.

TOP OF HEAD - GOVERNING VESSEL 20 or "VAI HUI" ("100 MEETINGS")



According to Michael Gandy, a licensed acupuncturist who features in the first DVD of the 'EFT- Beyond the Basics DVD' set (formerly 'Steps Towards Becoming the Ultimate Therapist'), this is found "*right at the top of the apex of the ears, on the midline*".

Tapping on this point "*will touch all of the yan channels in the body. All of the major meridian channels*". Although not part of the EFT Basic Recipe it is often used in the Shortcut version of tapping.

THE EFT BASIC RECIPE – QUICK OVERVIEW

(adapted from Gary Craig's original Manual – page 32 - EFT On A Page)

The Set-up... Continuously rub the Sore Spot or tap the Karate Chop point and as you do, repeat your Set-up Phrase 3 times:

Even though I have this _____, I deeply and completely love and accept myself.

The Sequence... Repeat your Reminder Phrase as you tap 5 - 7 times on each of the following acupoints:

EB, SE, UE, UN, Ch, CB, UA, Th, IF, MF, BF, KC

The 9 Gamut Procedure... Continuously tapping on the Gamut point, perform each of these 9 actions:

- (1) Eyes closed
- (2) Eyes open
- (3) Eyes hard down right
- (4) Eyes hard down left
- (5) Roll eyes in circle
- (6) Roll eyes in other direction
- (7) Hum 2 seconds of a song
- (8) Count to 5
- (9) Hum 2 seconds of a song

Repeat of The Sequence... Repeat your Reminder Phrase as you tap 5 - 7 times on each of the following acupoints:

EB, SE, UE, UN, Ch, CB, UA, Th, IF, MF, BF, KC

This completes one round of the 'basic recipe'.

Note: In subsequent rounds The Set-up affirmation and the Reminder Phrase are adjusted to reflect the fact that you are addressing the *remaining* problem.

STRESS

Stress is very common-place in this day and age. In fact we do actually need a certain amount of stress in our life to motivate us and keep life interesting. But different people have differing responses to stress levels; some appear to thrive on it, whereas others just cannot manage.

Too much stress, or rather levels of stress that an individual is unable to cope with, can be harmful, increasing the amount of the fight-or-flight hormone, *adrenaline*, flowing through the body, sending up blood pressure and causing all manner of symptoms. The adrenaline surge affects the levels of *cortisol*, also produced by the adrenal glands. This hormone governs the way the body controls energy and an excess puts everything on hold in an emergency; it switches off certain systems and one of the first to go are the white blood cells. This leads to a lowered level of immunity and an increased susceptibility to illness and dis-ease. (Dr. Derek Roger, director of Stress Research Unit, York University).

The autonomic nervous system (ANS) is the nerve centre of the body's involuntary functions, both stimulating and inhibiting the activity of the various body organs. Stress has a negative effect upon the ANS, causing imbalance. It is this which can lead to a rise in blood pressure, palpitations, tension in muscles and that sick feeling in the pit of the stomach. It also causes an immuno-suppressant effect, thus making an individual more liable to infection and illness. That is why so many people go down with a cold or influenza, or some other infection, when life becomes stressful.

In many cases, stress is due to an overscheduled life, incorporating too little relaxation time. When you are constantly on the go this tends to sap your energy levels, eventually leading to exhaustion if unchecked.

But it has to be remembered that with adequate relaxation and calm to balance the negative aspects, stress can have a positive effect upon a person, giving that push to help you to succeed in reaching your goals, whatever they are.

SYMPTOMS OF STRESS

The symptoms of stress can be divided into a number of categories:

PHYSICAL SYMPTOMS OF STRESS

These include:

- increased risk of colds, influenza and other infections/illnesses

Even though I am always going down with colds, I deeply and completely love and accept myself.

Even though I seem to catch whatever is going around, I deeply and completely love and accept myself.

Even though my immune system doesn't seem to want to protect me, I deeply and completely love and accept myself anyway.

- aches and pains

Even though I have these horrid aches and pains in my (wherever), I deeply and completely love and accept myself.

Even though it feels like I've been run over by a steam roller, I deeply and completely love and accept myself.

Even though it feels like I've done countless rounds in the boxing ring, I choose to let my aches and pains go.

- tense muscles

Even though my muscles are so tight, I deeply and completely love and accept myself.

Even though it feels like I am a tangle of knots, I choose to believe that I can free those knots somehow.

Even though I feel like a piece of tight elastic, I accept that I can relax my muscles whenever I like.

- palpitations and racing heart

Even though I have these palpitations in my chest, I deeply and completely love and accept myself.

Even though my heart is racing, and feels like it might burst, and worrying about it makes it feel even worse, I deeply and completely love and accept myself anyway.

- increased sweating

Even though I sweat no matter what I do to stop it, I deeply and completely love and accept myself anyway.

Even though I find I'm sweating more than usual, I deeply and completely love and accept myself.

- rapid breathing (hyperventilation can lead to anxiety states and panic attacks)

Even though I know I should try to take deep, slow breaths, but can't, I deeply and completely love and accept myself.

- migraines and headaches

Even though I get these blinding headaches / migraines, I deeply and completely love and accept myself.

Even though it feels like someone is hammering away inside my head with a pneumatic drill, I deeply and completely love and accept myself anyway.

Even though this headache / migraine has floored me and it hurts like hell, I choose to believe that my body is only trying to help me and get me to slow down.

- increased blood pressure

Even though my blood pressure is high, I deeply and completely love and accept myself, just the way I am.

Even though my blood pressure is too high, I choose to not get uptight about it and to make time to do more relaxing things.

- increased risk of cardiovascular disease

Even though I'm worried high blood pressure will lead to a heart attack or stroke, I deeply and completely love and accept myself anyway.

Even though heart disease runs in my family, I deeply and completely love and accept myself anyway.

Even though I know stress can lead to heart problems, I accept there are ways I can help myself to avoid this.

- chest pains

Even though these chest pains worry the hell out of me, I deeply and completely love and accept myself anyway.

Even though I feel sure I'm about to have a heart attack, I deeply and completely love and accept myself anyway.

- disrupted menstrual cycles and thrush infections

Even though my menstrual cycle is going crazy, I deeply and completely love and accept myself anyway.

Even though I keep getting this irritating thrush infection, I deeply and completely love and accept myself.

PSYCHOLOGICAL SYMPTOMS OF STRESS

These include:

- fear of the future

Even though I am so afraid of what the future holds, I deeply and completely love and accept myself anyway.

Even though thoughts of what might happen really scare me, I choose to believe that the Universe (or Deity) watches over me and keeps me safe.

- worry

Even though I'm always worrying about something or other, I deeply and completely love and accept myself anyway.

- obsession

Even though I get so obsessed with (whatever), I deeply and completely love and accept myself.

Even though my obsessions are hindering me, I deeply and completely love and accept myself anyway.

Even though others cannot understand my obsession with (whatever), I deeply and completely love and accept myself anyway.

- nervousness

Even though I such a scaredy cat, I deeply and completely love and accept myself anyway.

Even though my nervousness prevents me from doing (whatever), I deeply and completely love and accept myself anyway.

- depression

EFT For Stress and Anxiety

Even though it seems this depression is ruling and spoiling my life, I deeply and completely love and accept myself anyway.

Even though I am unable to 'just pull myself together', I deeply and completely love and accept myself anyway.

- anxiety

Even though I often feel anxious, I deeply and completely love and accept myself.

Even though anxiety seems to take over my life, I deeply and completely love and accept myself.

Even though anxiety makes living my life really difficult, I deeply and completely love and accept myself anyway.

- panic

Even though I have bouts of blind panic that paralyze my life, I deeply and completely love and accept myself.

Even though panic attacks stop me from doing so many of the things I would love to do, I deeply and completely love and accept myself anyway.

- irritability

Even though the silliest little thing makes me irritable, I deeply and completely love and accept myself.

Even though my irritable behaviour affects my relationships, I deeply and completely love and accept myself anyway.

- anger, leading to loss of temper

Even though I have great difficulty controlling my anger, I deeply and completely love and accept myself.

Even though my loss of temper alienates those around me, I deeply and completely love and accept myself.

Even though I act like a miserable old cow, I deeply and completely love and accept myself anyway.

- reduced self-esteem

Even though my self-esteem is at rock bottom, I deeply and completely love and accept myself.

Even though I find it hard to believe that anyone could like or care about me, I deeply and completely love and accept myself anyway.

BEHAVIOURAL SYMPTOMS OF STRESS

- change in outlook / attitude – e.g. previously cheerful, now withdrawn, snappy, etc.

Even though I know I am withdrawn, snappy, etc., I deeply and completely love and accept myself.

Even though I find it hard to be cheerful nowadays, I deeply and completely love and accept myself.

- mood swings

Even though I never know where I am, mood wise, I deeply and completely love and accept myself anyway.

Even though no-one is able to be sure if I am happy or sad today, I deeply and completely love and accept myself.

- dependence upon stimulants – coffee, alcohol, cigarettes, etc.

Even though I have this dependence upon (whatever) to get me by, I deeply and completely love and accept myself.

EFT For Stress and Anxiety

Even though I feel I cannot make it through the day without (whatever), I deeply and completely love and accept myself.

Even though I feel guilty about this dependence on (whatever), I accept it is a way for me to comfort myself, although I know there are better ways.

- disturbed sleep and insomnia

Even though I cannot get to sleep, I deeply and completely love and accept myself.

Even though I suffer from this insomnia, I deeply and completely love and accept myself.

Even though I have these disturbing dreams that wake me in a state, I deeply and completely love and accept myself anyway.

Even though I am afraid to go to sleep, I deeply and completely love and accept myself.

- decreased appetite

Even though I cannot eat as well as I should, I deeply and completely love and accept myself.

Even though I find it so hard to eat because my stomach is all upset, I deeply and completely love and accept myself.

Even though I cannot bring myself to take interest in my food, I deeply and completely love and accept myself.

- decreased libido (sex drive)

Even though my libido is at rock bottom, I deeply and completely love and accept myself.

Even though I feel guilty that my partner is losing out at my loss of libido, I deeply and completely love and accept myself anyway.

- withdrawal from relationships

Even though I find it hard to be close to (whomever), I deeply and completely love and accept myself.

Even though I feel guilty at hurting (whoever) by my withdrawal, I deeply and completely love and accept myself anyway.

Even though I feel bad at pulling away from (whomever), I accept it is a way for me to have time for myself.

ANXIETY

Anxiety can often be associated with stress. Anxiety states present with similar symptoms to hyperthyroidism (over-active thyroid) but rather than being due to physiological causes they are of *psychogenic origin* i.e. psycho-emotional. This condition was first recognised and known during the First World War as *effort syndrome*, thought to be of cardiac origin. You can imagine how the ghastly situation men faced in war time could impinge upon their psyche and produce negative emotions as they caused a massive disruption of the energy system.

CAUSES OF ANXIETY

Causes of anxiety can be many and varied. They include the following:

FATIGUE

Even though I feel constantly tired, and don't know why, I deeply and completely love and accept myself.

Even though the only thing I want to do is sleep, I deeply and completely love and accept myself.

LOW BLOOD PRESSURE

Even though my blood pressure is low, which makes me feel low and tired, I deeply and completely love and accept myself.

Even though I get dizzy and disorientated whenever I stand up too quickly, I deeply and completely love and accept myself.

EMOTIONAL EXHAUSTION

Even though I feel totally wiped out, and it's getting me down, I deeply and completely love and accept myself anyway.

Even though my whole body is out of balance and synch, I deeply and completely love and accept myself.

AUTONOMIC NERVOUS SYSTEM IMBALANCES

Even though my whole body is out of balance and synch, I deeply and completely love and accept myself.

ENDOCRINE (HORMONAL) DISTURBANCES

This can include hyperthyroid, premenstrual syndrome – PMS, menopause, etc.

Even though my hormones are all over the place, I deeply and completely love and accept myself.

Even though this PMS is driving me mad, I deeply and completely love and accept myself.

Even though I am stressing about my menopausal symptoms, I deeply and completely love and accept myself.

STRESS

Even though this (situation or whatever) makes me really stressed, I deeply and completely love and accept myself.

Even though I feel really tense because of (this situation), I deeply and completely love and accept myself.

CONFLICT

Even though I just cannot cope with this conflict (or stress), I deeply and completely love and accept myself anyway.

Even though I feel so powerless at this time, I deeply and completely love and accept myself.

DEPRESSION

Even though I feel so lost in the depths of this depression, I deeply and completely love and accept myself.

Even though I just cannot lift my mood, I deeply and completely love and accept myself.

CAFFEINE

Prolonged ingestion of strong tea / coffee / cola and other caffeine-containing drinks can lead to a deficiency of vitamin B1, the effects of which can produce anxiety and agoraphobia.

Even though I am addicted to my caffeine 'fix', I deeply and completely love and accept myself.

Even though I cannot do without my tea / coffee / cola, I deeply and completely love and accept myself.

SYMPTOMS OF ANXIETY

Symptoms of anxiety are quite similar to many of the symptoms of hyperthyroidism. This is often due to an over-stimulation of the sympathetic nervous system involved in the fight-flight process, which leads to various combinations of physical and mental symptoms, occurring either in acute panic attacks or as a persisting state.

PHYSICAL SYMPTOMS OF ANXIETY

The most common physical symptoms relate to the chest and they include the following:

- palpitations

Even though I worry that I'm having a heart attack whenever this happens, I deeply and completely love and accept myself.

Even though it feels as if my heart is going mad and going to jump out of my chest, I deeply and completely love and accept myself, just as I am.

- throbbing or stabbing pains and praecordial (chest) discomfort

Even though I have these frightening, stabbing pains in my chest, I deeply and completely love and accept myself.

Even though I have this horrible feeling in my chest, I deeply and completely love and accept myself.

- a feeling of tightness and inability to take in enough air

Even though I feel I cannot breathe, I deeply and completely love and accept myself.

Even though I feel as if I am suffocating, I deeply and completely love and accept myself.

Even though it feels as if a giant has tight hold of me, I deeply and completely love and accept myself and choose to feel free.

- a tendency to hyperventilation by sighing or over breathing, with a resulting shortness of breath

Even though I feel a shortness of breath, I deeply and completely love and accept myself.

Even though I breathe too fast, I choose to accept that I can be more relaxed and breathe more slowly and deeply.

- muscle tension leads to headaches, spasms in the neck, back pains and an inability to relax

Even though I have these painful spasms in my neck, I deeply and completely love and accept myself.

Even though I have this dreadful back pain, I deeply and completely love and accept myself.

Even though I feel incapable of relaxing, I deeply and completely love and accept myself.

Even though this muscle tension is tying me in knots, I choose to let myself go loose and free.

- restlessness

Even though I just cannot settle down, I deeply and completely love and accept myself anyway.

Even though I feel as if I must always be on the go, I deeply and completely love and accept myself.

- tremor of the hands

Even though I have this annoying tremor of my hands, I deeply and completely love and accept myself.

Even though these trembling hands make me feel self-conscious, I deeply and completely love and accept myself.

Even though my trembling hands make it difficult for me at times, I deeply and completely love and accept myself.

- a sense of tiredness

Even though I have this tired feeling all the time, I deeply and completely love and accept myself.

Even though I feel so frightfully tired, I accept it and choose to believe that it may be a way for my body to tell me I need more rest.

GASTROINTESTINAL SYMPTOMS OF ANXIETY

Gastrointestinal or digestive symptoms may appear:

- a dryness of the mouth

Even though this dry mouth is uncomfortable, I deeply and completely love and accept myself.

Even though this dry mouth makes it more difficult to eat and speak than usual, I deeply and completely love and accept myself anyway.

Even though my mouth feels sandpaper dry, I deeply and completely love and accept myself.

- dysphagia (difficulty swallowing). It may feel as if you have a lump in your throat.

Even though I have this difficulty swallowing, I deeply and completely love and accept myself.

Even though I have difficulty swallowing this situation, I deeply and completely love and accept myself and open myself to all possibilities.

Even though I have this feeling of a lump in my throat, I deeply and completely love and accept myself anyway.

- a feeling of distension and constant belching

Even though I feel like an overblown balloon, I deeply and completely love and accept myself, just as I am.

Even though I am embarrassed by this belching, I deeply and completely love and accept myself.

- diarrhoea and nausea

Even though I have this diarrhoea and am terrified I'll have an accident, I deeply and completely love and accept myself.

Even though this nausea is overwhelming, I deeply and completely love and accept myself.

Even though I hate the way this makes me feel, I deeply and completely love and accept myself anyway.

- changes in appetite

Even though I am afraid my loss of appetite is a bad thing, I deeply and completely love and accept myself.

Even though I'm gaining / losing far too much weight because I'm eating differently now, I deeply and completely love and accept myself anyway.

Even though I know my family and friends are worried about the way I eat (or don't eat), I deeply and completely love and accept myself.

MISCELLANEOUS SYMPTOMS OF ANXIETY

Other symptoms include:

- sweating

Even though I sweat for no good reason, I deeply and completely love and accept myself.

Even though I am embarrassed by my wet clothes, I deeply and completely love and accept myself.

- blushing or pallor

Even though this blushing makes me so self-conscious, I deeply and completely love and accept myself anyway.

Even though I feel and look like a beetroot, I deeply and completely love and accept myself.

- light-headedness and yawning

Even though I hate the way I feel with this light-headedness, I deeply and completely love and accept myself.

Even though I can't stop yawning, I deeply and completely love and accept myself.

Even though I can't stop yawning, I choose to believe it is my body's way of getting me extra oxygen.

PSYCHOLOGICAL SYMPTOMS OF ANXIETY

Psychological symptoms are also usually present.

These include:

- a constant feeling of impending doom, that something bad is going to happen, either to themselves or their families
- fear that they have a chronic or dangerous illness, reinforced by all their physical symptoms
- frequent fear that they are losing control

Even though I know that I am (or my family, or my world, etc. is) in danger, I deeply and completely love and accept myself.

Even though I fear that I am dying, and no-one believes me, I deeply and completely love and accept myself anyway.

Even though I feel totally out of control, I deeply and completely love and accept myself.

- an increasing dependence on others

Even though I no longer seem to be able to stand on my own two feet, I deeply and completely love and accept myself.

Even though I need to lean on others to get by, I deeply and completely love and accept myself.

- irritability (see above)
- a sense of fatigue. This can be related to adrenal exhaustion which leads to a decreased ability to handle stress and an increased susceptibility to dis-eases of all kinds.

Even though I am always tired, I deeply and completely love and accept myself.

Even though I feel shattered and unable to keep my eyes open, I deeply and completely love and accept myself.

- a state of being easily frustrated

Even though I feel so frustrated at my inability to cope, I deeply and completely love and accept myself.

Even though the smallest of acts can leave me so frustrated, I deeply and completely love and accept myself.

Even though I can't seem to do anything right, I deeply and completely love and accept myself anyway.

Anxiety also leads to a state of bodily discomfort and actual bodily disturbances. Often there is no recognizable base for this state, yet the symptoms it provokes are very real. This can result in a never-ending downward spiral. You become fearful about a situation and it brings on a panic attack. The physiological changes that occur during a panic attack, especially hyperventilating or over-breathing, actually serve to increase the feelings of fear and loss of control, making things feel far worse. And *anticipatory* fear about a situation may itself precipitate other symptoms that escalate the attack.

Even though I am so afraid of (this situation or issue) and that it will bring on a panic attack, I deeply and completely love and accept myself anyway.

Even though I'm sure that I will have a panic attack and lose control, I deeply and completely love and accept myself.

Even though this (situation or issue) usually brings me out in a state of panic, I choose to believe that this time can be different and I can remain calm and in control of myself.

WHAT YOU CAN DO (along with EFT)

There is much that you can do for yourself to help beat stress and anxiety in your life. In almost all cases EFT can really prove to be a useful tool.

It's not always easy to come to terms with the cause of your stress or anxiety, but if you can *identify* it and take some steps to *change the situation*, no matter how small, it will help you to feel that you have some control over your life. Sometimes even just the acknowledgement of the causes can be enough to effect a change in how you respond. EFT can help you to reach the root cause(s) that underlies the stress and to effectively neutralize it, often very swiftly and, most of the time, almost painlessly.

GOOD GENERAL HEALTH

Maintaining good general health is also a very positive step to take; when you are physically fit you can withstand quite vast pressures. Motivation to do this may be patchy but again EFT can help you to overcome this.

Even though I can't be bothered to exercise (or eat well, or get enough sleep, etc.), I deeply and completely love and accept myself anyway.

Even though I know I should be taking greater care of myself, I deeply and completely love and accept myself anyway.

CHANGES OF PACE AND LIFESTYLE

Often a **change of pace** is called for. Take some time to assess your life, your aspirations and consider how you are going about this. As you do this, whenever you feel negative emotions or feelings rising to the surface, tap away on them. Gary Craig's [EFT Personal Peace Procedure](#) is a wonderful way to do this.

Change of lifestyle is another important tool for coping with stress. These changes can include diet, exercise and fresh air, relaxation techniques such as Reiki, Yoga, T'ai chi, meditation, visualisation and hobbies.

DIET

Diet can play an important role. Poor nutrition can exacerbate the symptoms of stress, adding to the problems of an already weakened immune system, and is contributory to anxiety. Those very popular drinks, tea, coffee, cola, chocolate and alcohol are all stimulating to both body and mind. However, when the temporary 'buzz' wears off you can be left feeling sluggish and lethargic.

- Decrease tea and coffee consumption, and other caffeine-containing products. If possible, avoid altogether. The stimulant effects increase anxiety by activating the adrenal glands. If they can be replaced by herbal/fruit teas of which there are now many freely available (I usually recommend the Dr Stuart brands), or even plain water you will be doing yourself a favour.

Even though the thought of going without my tea (coffee) is horrible, I choose to believe that I can find tasty substitutes that are also much better for me.

Even though I cannot get through the day without my x number of coffees / teas, I deeply and completely love and accept myself.

Even though I worry I'll miss my caffeine fix, I choose to believe that my new choices are much better for me.

Even though I hate drinking water, even though I know it's good for me, I deeply and completely love and accept myself.

- Plenty of fresh vegetables and fruit, good quality protein such as meat, preferably organic and/or naturally reared and fish and nuts and seeds, are much better for you than convenience foods which have had their natural vitality and nutrition processed out of them. Too much processed food can affect the body's blood sugar regulation.

Even though I don't have time to eat properly, I deeply and completely love and accept myself anyway.

Even though it's easier to get a take-out meal, I deeply and completely love and accept myself.

Even though it takes so long to prepare food from scratch, I choose to make the effort and nurture myself.

Even though I think I cannot cook a decent meal, I deeply and completely love and accept myself anyway.

Even though I am scared of cooking, I deeply and completely love and accept myself.

- Foods rich in vitamin C can help to combat stress by reducing levels of stress hormones in the blood. Other vital nutrients include the vitamins A, B -complex, folic acid and pantothenic acid, D and E and the minerals zinc, potassium, magnesium and calcium.
- Essential fatty acids are also, as the name implies, essential. Evening Primrose oil is one supplemental source (**avoid use if epileptic**) Good quality vegetable oils supply omega-3 and omega-6 fatty acids.

Choose your fats wisely. You need certain essential fatty acids such as omega-3 and omega-6 to ensure good health! I prefer to recommend olive oil and linseed oil and obtaining the fish oils from actually eating fatty fish such as mackerel, herring, salmon, trout, etc. I'd also advocate eating butter (a natural product) rather than margarine (a processed product).

- Avoid hypoglycaemia (low blood sugar levels) by taking regular meals with complex carbohydrates. A number of small meals throughout the day may be more beneficial than the usual two or three meals. Snack on vegetables, and nuts and seeds. Avoid rushing your meals and eat slowly, savouring the food.

- Avoid sugar, refined and convenience foods.
- Eat a good whole-food diet, as wide, varied and as close to natural as possible to ensure you give your beleaguered nervous system as much nutrition as you can.
- Keep your diet low salt.

Even though I have this sweet / savoury tooth, I deeply and completely love and accept myself.

Even though I like my sweets / savouries, I choose to make better choices.

Even though I know my food choices are not good for me, I deeply and completely love and accept myself.

Even though I like all the 'bad' foods, I choose to believe that I can make 'good' food choices as well.

EXERCISE

Exercise also plays an important role. It is relaxing. It triggers the release of feel-good hormones to produce a natural buzz. It helps to release stress by aiding the body to mop up and get rid of any excess stress hormones cruising around.

Regular *aerobic* exercise is beneficial to the body as a whole. It increases the circulation to all parts of the body, thus increasing the amount of oxygen the cells receive, and allows faster clear-out of the metabolic waste products of cell respiration and hormonal production. It increases the lymphatic circulation as well, which acts in conjunction with the blood supply to cleanse impurities and waste from the body cells and the blood itself. And as calories are burnt up for energy use there is also an increase in the lean body mass, reducing the fat.

Remember - *gradually build up your exercise sessions, otherwise you may do more harm than good.* A brisk walk, preferably in fresh air, for 30 minutes 3

or 4 times a week is a good place to start. You can get off the bus a stop or two early, or take the stairs rather than the lift. Consider fun things to do – what about belly dancing classes, kick boxing, line dancing or perhaps the more meditative T'ai chi?

There are other benefits linked to regular exercise:

- If you look good, you feel good.
- Increased mental alertness, with the increased nourishment from the oxygenated blood supply to the brain.
- Sounder sleep, as your body becomes more efficient and also more relaxed.
- Regularity of digestive and bowel function.
- An increase in bone strength, important for women certainly, but also for men. Bones require regular weight-bearing exercise (so swimming does not count in this respect) to maintain their density, otherwise there is an increased risk of osteoporosis, especially if dietary calcium intake is compromised.

Even though I hate the thought of exercise, I deeply and completely love and accept myself.

Even though I would rather be doing anything else other than exercise, I deeply and completely love and accept myself.

Even though I have great difficulty getting motivated to exercise, I deeply and completely love and accept myself.

RELAXATION

Make time for yourself to relax and unwind, in whatever way suits you best, whether it is a hobby, exercise, a walk in the park, gardening, yoga, meditation, aromatherapy massage, etc. It is important that you give yourself some quality time on a regular basis to counteract the effects of the rat-race. For example, if that means farming the kids off onto grandparents, or whatever, then do it. You will feel much better in yourself and this will show in your attitudes to others. You benefit, all benefit.

Even though I find it difficult to slow down and relax, I deeply and completely love and accept myself.

Even though I won't make time to relax, I deeply and completely love and accept myself.

Even though I feel it is selfish to want time for myself, I deeply and completely love and accept myself anyway

Look to the spiritual side of your life; if it is stale and empty this often reflects in the physical body. Take time to sit in quiet contemplation upon whatever moves you spiritually. Contact your Deity. Learn to tune into Nature and your own body. Feel the rhythms and go with, rather than against, the flow.

Even though I cannot sit quiet and still and receptive, I deeply and completely love and accept myself.

Even though I just cannot get into this 'rhythm' thing, I deeply and completely love and accept myself.

Even though I feel daft about this, I choose to believe that I can learn to 'go with the flow'.

Hobbies can also play an important role in dealing with stress and anxiety. Revisit old interests or investigate new ones. Creative, craft-based hobbies can often be very therapeutic and boost your self-esteem as you see the

results of your endeavours. You can soon find your own style of crafting, unique to you and obtain a great deal of satisfaction as you do so.

Even though I think I am totally useless at creative things, I deeply and completely love and accept myself.

Even though I doubt that I can be creative, I choose to open myself to the possibility that I can do, and create, wonderful things.

Aim for at least 8 quality hours sleep at night. Seven hours is considered the minimum in some quarters.

Even though I'm having trouble getting off to sleep, I deeply and completely love and accept myself.

Even though (such and such) is preventing me from sleeping, I deeply and completely love and accept myself.

Even just making use of simple breathing techniques can help to calm you down and relax. Breathing exercises can help you to prevent hyperventilation. Try to ensure that you breathe with all your lung capacity; breathe from the abdomen, not just your chest. Focussing on the breathing is also calming and brings you out of your head and into the centre of your body, so you centre your being.

You may also wish to consider setting aside a **Worry Time** when you can chew over your problems and fears, either alone or with others. Make it early in the day and allow yourself time to plan and come up with make-do lists. Do this anywhere other than the bedroom! This is an excellent time in which to incorporate your EFT. List your problems or fears and emotions they evoke, and you have your set-up phrases pretty much ready for you.

Even though I am worried sick about (issue e.g. my job, relationship, finances, health, whatever), I deeply and completely love and accept myself.

Even though I find this (issue e.g. my job, relationship, finances, health, whatever) too challenging, I choose to be open to all possibilities about resolving it.

ALCOHOL

In **moderation**, alcohol is probably fine for most people, research proving that moderate amounts have cardiovascular benefits. Too much can ruin your liver as well as your life generally, as well as depleting your body of vital vitamin reserves.

SMOKING

Smoking is a no-no. It not only depletes those nutrient reserves but causes a lot of other damage as well. Gary Craig has commented “In my experience working with smokers for more than a decade, they use cigarettes to tranquilize emotions. But conventional smoking cessations programs do not address smoking addictions at the emotional level.”

There is a section on smoking in my “[Balance Your Life With EFT](#)” manual.

[Here](#), you can find details of Dr Carol Look’s protocol for dealing with smoking.

CHECK YOUR ATTITUDE

Step back to get a little perspective on your life.

- Do not put unreasonable expectations on yourself.

Even though I set myself unreasonable targets, I deeply and completely love and accept myself.

Even though I seem to think I am Super(wo)man, I deeply and completely love and accept myself.

Even though I think I should be best at everything, I deeply and completely love and accept myself.

- Chuck the words ‘**can’t**’, and ‘**should**’ from your vocabulary. Learn to say ‘**NO**’.

Even though I find it so difficult to say 'No', I deeply and completely love and accept myself.

Even though I often say 'I can't do (whatever), I deeply and completely love and accept myself anyway and choose to believe that I can do (whatever).

- Do not constantly criticise yourself – **use positive language**. It's not 'I can't cope with this', consider instead 'I am determined to make this work.'

Even though I always put / drag myself down, I deeply and completely love and accept myself.

Even though I'm always so critical of myself, I deeply and completely love and accept myself.

- Affirmations are always useful to remind you to think positive.
- Prioritise things.
- Only do things that you are actually responsible for, not those things that you just think you should be doing.

Even though I am always doing things for everyone, I deeply and completely love and accept myself.

- Wherever possible – delegate.

Even though I find it hard to delegate, I deeply and completely love and accept myself.

- Get the less pleasant tasks done early in your day so you have nicer things to look forward to.
- Ensure you take proper breaks – you will find you actually get far more done than when trying to just plough on.

PRACTICAL GOAL SETTING

The emphasis here is on the word **practical**. Organise your life to a certain extent. It doesn't do to be too organised, but try and consider what you want from life and how you can set about attaining those goals. And remember your more spiritual goals as well. The material world, despite the way it sometimes appears, is not the be-all and end-all of existence.

POSITIVE OUTLOOK

Your state of mind is extremely important to the state of your health. All of form is preceded by thought; with this in mind you can think yourself happy or sad, you can think yourself healthy just as easily as you can think yourself ill. The Law of Attraction states that what you focus on is what will manifest for you. I know what I prefer to focus upon!

Even though I tend to focus on the negative, I deeply and completely love and accept myself and choose from now on to focus only on the positive.

ABOVE ALL, BE YOURSELF AND ALWAYS TRY TO ENJOY YOURSELF!

SUMMARY

I hope that you have found the above informative, interesting and of practical use.

Please remember that these Set-up Phrases are presented to you as starting off points, to help you to get the feel of things. You can use them as they stand, or adapt them to suit your personal situation. Take note of what comes up as you go through the tapping routine. Thoughts, emotions and physical feelings are all further pointers to areas that you may wish to work upon.

If they don't seem right to you, but something more apt for you comes to mind, then go with it.

You can use EFT whenever you feel that your energy system has become disrupted to balance it and bring about a state of harmony and peace within yourself. You can give yourself EMOTIONAL FREEDOM.

Any time you find you are assailed by the negative emotions of anger, anxiety, fear, sadness, depression, grief, embarrassment, etc. you now have a tool that can dissolve these for you.

Regular and consistent use of EFT can help you to maintain that balance between positive and negative stress. Emotional Freedom Technique – the name says it all! Emotional freedom equals emotional balance and harmony.

The effect of EFT is usually rapid, working in moments or minutes in many cases, and generally the effects are permanent. If you do find the issue comes back, there is a reason for it. Hunt out the aspects that have arisen in the meantime.

EFT is essentially painless, with NO confrontation of fear required, thus minimizing emotional pain.

Why not give it a try? After all, what have you got to lose? And think how much you might gain!

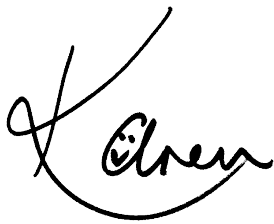
EFT For Stress and Anxiety

If you have enjoyed this eBook, please feel free to spread the word and share it with your family and friends!

I would be most interested in feedback from those of you who put the Emotional Freedom Techniques approach to stress and anxiety into practice. What works for you? What might not seem to work for you? Do you have any great 'AHA' moments you might like to share? Do you have any questions that you might like answered?

You can contact me by email at karen@eft-reiki.com, or perhaps subscribe to and/or leave a comment on my [EFT, Reiki and All Kinds of Everything Blog](#).

Once again, I wish you "Happy Tapping".

A handwritten signature in black ink that reads "Karen". The signature is written in a cursive style with a large, sweeping initial 'K' and a small smiley face drawn above the letter 'e'.

SOURCES AND READING LIST

WEBSITE RESOURCES

[My web-site](#)

Includes free downloads such as:

"Balance Your Life With EFT" – my EFT manual

"Easily Relieve Your Stress, Panic or Fear Using EFT - Book 1" by Angela Treat Lyon

Self-Help Section

[My "EFT, Reiki and All Kinds of Everything" Blog](#)

www.EFT-not-HRT.com "Menopause – Hormonal Balance With EFT"

[EFT Universe web-site](#)

[Free Get Started with EFT Package](#)

[EFT Books and DVDs](#)

[EFT, MTT & Tapping Therapy Articles](#)

[EFTfree.net](#)

[Gary Craig's Personal Peace Procedure](#)

[Dr Carol Look's Stop Smoking Protocol](#)

[AAMET web-site](#)

READING LIST

| | |
|---|--|
| Bartram's Encyclopaedia of Herbal Medicine | Thomas Bartram |
| Herbal Medicine for Sleep & Relaxation | Dr Desmond Corrigan |
| Herbal Defense | Robyn Landis & Kata Purkh Singh Khalsa |
| The Doctors Book of Home Remedies | |
| Better Health Through Natural Healing | Ross Trattler ND. DO |
| Encyclopaedia of Natural Medicine | Michael Murray ND & Joseph Pizzorno ND |
| Herbal Stress Control | David Hoffman |
| Coming Off Tranquillisers & Sleeping Pills | Shirley Trickett SRN |
| Escape From Tranquillisers & Sleeping Pills | Larry Nield |