



Emotional Freedom Technique for Anxiety

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Emotional Freedom Technique, aka EFT or Tapping follows the meridians used for acupuncture or acupressure, moving energy to restore balance.

A tool to help you overcome negative emotions, negative thought patterns, negative beliefs, and help you replace them with positive thoughts, feelings, that help to calm and relax the mind/body.

Points in Order:

1. Karate chop point (used in set up only)
2. Top of head
3. Eyebrow
4. Outer eye
5. Under eye
6. Under nose
7. Chin
8. Just under the clavicle/collar bone
9. Under the arm, bra line, tender point

Take a deep breathe in, tune into how you're feeling, and rate it between 0-10, and take a moment to write it down! We will come back to assess this after a few rounds of tapping to notice any differences.

Starting with the set up phrase:

“Even though I am feeling _____ (anxious, depressed, low back pain, literally WHATEVER YOU'RE FEELING goes into the blank), I deeply and completely Love and Accept myself”

Repeating 3 times while tapping on your karate chop point.

And then while tapping your karate chop point, give permission for yourself, "Even though I am feeling _____, I am open to releasing and letting go, as I deeply and completely love and accept myself"

Begin to tap in order from top of head to under the arm, cycling through a few rounds of how you're feeling at each point. Just noticing your body- is your stomach in knots, shoulders tense, jaw clenched. Noticing your mind and heart, what are you feeling. Bringing awareness to the negative thought patterns, beliefs, or feelings whether physical or emotional, and after a bit of that turn the page.

Begin at the top of the head tapping in order again through the points while stating the positives, affirming the next best belief pattern to come into your mind and body "I am not alone" "I am safe" "I can take a deep breathe" "I know what my body feels like when it's calm" things that you truly believe that will help you continue to solidify that truth while tapping the energy in! Cycle through top of head to under the arm a few times and then stop and take a deep breathe, reassess where you're at 0-10. Write it down.

Begin at the karate chop point "Even though I'm STILL feeling _____, I deeply and completely love and accept myself."

This cycle through is about accepting that some change has been made but you're looking for more so keep it positive and keep tapping the points while affirming "I'm just a little out of control right now" "This is real, and I'm ok" "it's just where I'm at" "I'm just figuring this out as I go" "I'm doing great" "I am supported" "I'm even noticing a subtle difference as I tap" "tapping is helping my body return to homeostasis"

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As you tap and learn that you begin to score close to 0 that's great, if it's slowly coming down from 10 and you feel you need more time- just keep tapping till you're around a 2,1 or 0!

The more you practice with this technique the quicker you will obtain that peace you're looking for. Do it every day, even multiple times a day! It's all about bringing awareness in and correcting the negative with a positive after accepting yourself for where you're at!