

## Tapping Script for Stress

At the National Emotional Freedom Techniques Training Institute we train human service professionals in Gold Standard EFT, which identifies and resolves the exact individual mind/brain/body aspects that are upsetting someone and creating distress and suffering in their lives thus allowing them to move to greater peace, joy, freedom and creativity. However, sometimes a Silver standard 'tapping script' is helpful as one is working toward mastering the Gold standard level. So, I've created a tapping script for overall stress for you. I hope you find it helpful. And please feel free to pass this along to whomever you believe would benefit!

One important point is that I've written this script in a 'pg' language. Best is to use words that match the intensity of what YOU are experiencing, so feel free to add those in. As well, speaking/shouting out loud and moving your body in whatever way it wants to are very helpful in shifting anxiety and overwhelm. Get that energy MOVING!

Best wishes,

*Nancy*

***FIRST:*** On a scale of 0-10 – rate how stressed you are right in this moment. (10 is very stressed. Just notice what it is that you are rating – some sensation in your body, (teeth gritting, pain in stomach, shoulder tension ...) or an emotion (fear, guilt, resentment ...) or a thought (I'm not going to get it all done, I'm going to disappoint people ...) Just notice so that you can come back and rate the same thing again after doing a round of tapping.

### **Round One:**

**KC:** Even though I am very very stressed right now

... I am willing to accept that that's the way it is right now and I love and accept myself.

Even though I am very very stressed right now

... I am helping myself by doing this tapping and I love and accept myself.

Even though I am very very stressed right now

... at least I'm willing to tell the truth about it and I love and accept myself.

**Then Tapping Around the Rest of the Points:**

Very very stressed

I'm very very stressed

Very stressed

So much stress

More than my body can handle

It's overwhelming

All this stress

All this stress

Take a nice big breath, check your stress level and rerate it on the 0-10 scale.

Carry on to round 2.

**Round 2:**

**KC:** Even though I'm still very stressed

I'm happy that I'm still willing to tap on it and love and accept myself anyway.

Even though some stress is still there

... I'm willing to keep calming myself down and love and accept myself exactly as I am.

Even though there is still stress in my body and mind

... I'm willing to keep on tapping on it and breathing and loving myself.

**Tapping Around the Rest of the Points:**

Remaining stress

There is so much going on

I can't do it all

It's just too much I can't handle it all

I'm really worried

What if I can't do it

This remaining stress

This remaining stress

Take a nice big breath and rerate your stress level on the 0-10 scale. Repeat rounds 1 and 2 until your stress number is 6 or less.

Then carry on to round three.

**Round Three:**

**KC:** Even though I still have some stress

... I am happy I'm getting some relief, whew ....

Even though it isn't completely gone yet

... I'm glad I'm breathing more fully.

Even though my body is still having some stress reaction

... I like that it's calming down.

**TAPPING AROUND THE POINTS**

Remaining stress

It's calming down

What if it could calm some more?

I'd like that a lot

What if I could think more clearly?

That would be great too

What if I could decide what to do next

What if it was actually safe to relax in this moment.

Take a deep breath and rerate your stress level on the 0-10 scale. If it's 4 or less carry on to round 4.

**Round 4:**

**KC:** Even though I was very stressed

... I'm pleased that I took action to calm myself, good for me!

Even though I'm still a little stressed

... I feel much better than I did.

Even though my body went into a fight or flight reaction

...I totally understand and forgive it, it's okay, it happens.

**TAPPING AROUND THE POINTS:**

So much going on

Of course I got overwhelmed

Feeling more in control now

I wonder what I need to do now?

I wonder what small step might happen next?

I can work my way through this

Calmly and confidently

I choose to be calm and confident and work my way through step by step.

Repeat round 4 until you are clear about what small step needs to come next or clear that there is nothing actually to do but to be calm right now!

Your comments and experience with this tapping script are most appreciated.

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