

Tapping for Anxiety Emotional Freedom Technique (ETF)

Step-by-Step Guide

- Evidence Based
- 2 Minute Technique
- Based on Therapy & Acupuncture

EFT: Tapping Technique for Anxiety

Introduction

Check out our free Tapping Technique for Anxiety PDF guide on the tapping technique for anxiety, a powerful self-help tool that combines elements of therapy and acupuncture to reduce stress and promote relaxation. Learn the step-by-step process and start managing your anxiety effectively.

What is EFT?

The **EFT (Emotional Freedom Technique)** is a simple **evidence-based technique** (1 & 2) that you can apply in 2 minutes.

EFT consists in tapping 8 different acupoints on your face and upper body, while you repeat a short phrase (known as the Reminder Phrase).

The Reminder Phrase uses the following format: "**Even though I have [this problem], I deeply and completely accept myself**". The first part of the sentence is creating exposure to your problem, and the second part is encouraging self-acceptance.

EFT Step-by-Step

EFT is best done in a quiet area, in a comfortable sitting position.

Once you are comfortable, following these steps:

- 1 - Identify the issue/problem. For example, you could be experiencing anxiety right now.
- 2 - Reframe the problem into a statement using the Reminder Phrase: "Even though I have [this problem], I deeply and completely accept myself". With the previous example, the Reminder Phrase would be the following: "Even though I have anxiety, I deeply and completely accept myself".
- 3 - Repeat the statement as you tap into each acupoint. Repeat it 3-4 times for each acupoint.

- The edge of your palm, below your little finger.
- The top, center of your head.
- The inside edge of one eyebrow.
- next to the outside edge of one eye, on the side of the eye
- The bone underneath one eye.
- Between your nose and your upper lip.
- Between your lower lip and your chin.
- Beneath one collarbone.
- Under one armpit.

Check out the following illustration in the next page to see where these acupoints are located.

The EFT is a coping skill that becomes more effective with regular practice. You can try to find a way to incorporate it in your daily routine, or make it an habit. You need to have an open mind and be patient, even if it is not working right away.

You can also check out this [45 minute workshop on the ETF Technique](#) or this [short Youtube Tutorial](#)

Sources

(1) Bach, D., Groesbeck, G., Stapleton, P., Sims, R., Blickheuser, K., & Church, D. (2019). Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health. *Journal of Evidence-Based Integrative Medicine*, 24, 2515690X18823691. doi: 10.1177/2515690X18823691

(2) Blacher, S. (2023). Emotional Freedom Technique (EFT): Tap to relieve stress and burnout. *Journal of Interprofessional Education & Practice*, 30, 100599. doi: 10.1016/j.xjep.2023.100599

Tapping for Anxiety

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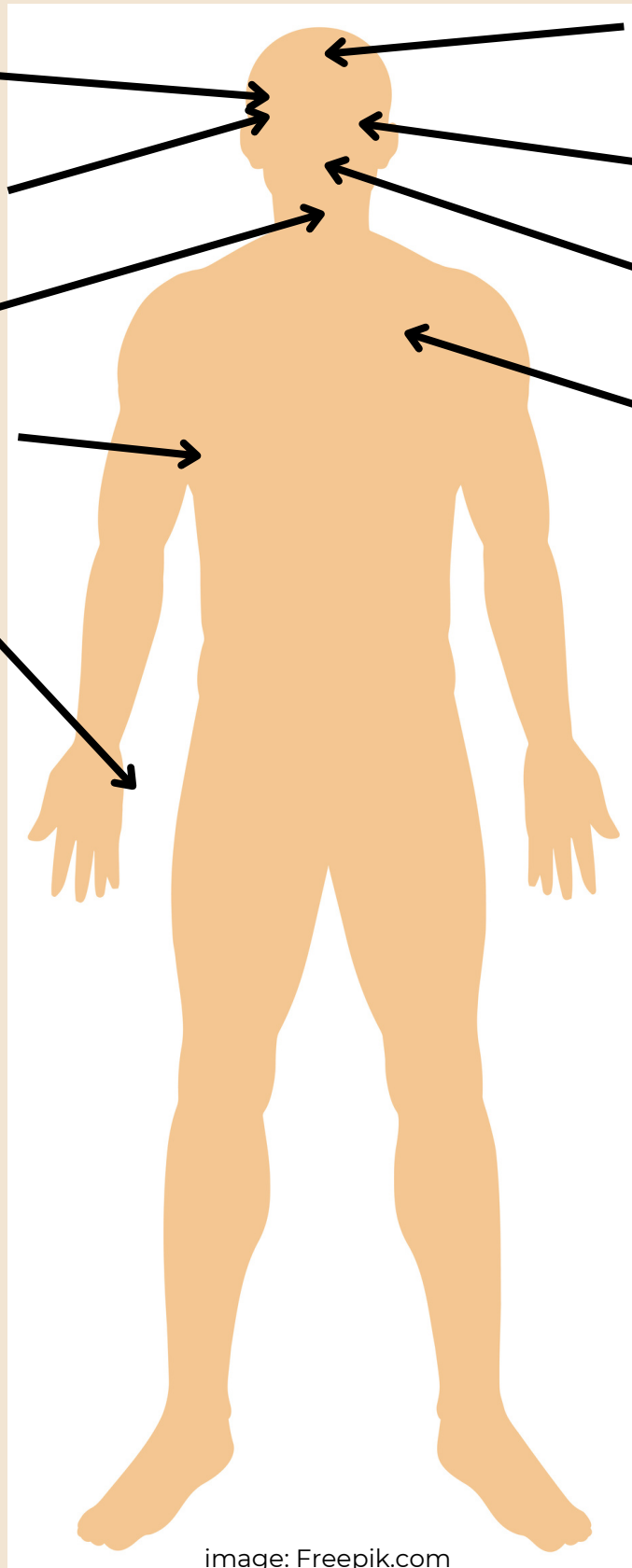
Inside of one
eyebrow

Side of the eye

Chin

Under one armpit

Edge of your palm



Center of your head

Underneath the
eye

Upper lip

Beneath one
collarbone

image: Freepik.com