

EFT FREEDOM TAPATHON

DAY 13: LIFTING IRRITATION

Irritation is an agitation that may result from provocation, illness or seemingly no reason at all. It may be simply an expression of normal annoyance, but it may also indicate a mental health or medical condition.

Symptoms

- Confusion or difficulty concentrating
- Excessive sweating
- A rapid heartbeat
- Fast or shallow breathing

People can experience periods of irritability in response to stressful situations. Persistent irritability may indicate an underlying physical or psychological disorder, such as:

- Depression
- Anxiety
- Low blood sugar
- Hormonal imbalances

Irritation Temp. Check

1. What situations make you feel irritated?
2. Who makes you feel irritated?
3. What has to happen for you to experience irritation?
4. What would you change for the better in your life, if you never experienced irritation?

3 Examples of Irritation

	What and who makes you feel irritated?	How does it make you feel?	What number is it at?	Where in the body do you feel it?
1				
2				
3				

Lifting Irritation

- 1. Pick one of the examples and make a note of:**
 - a. What or who makes you feel irritated?
 - b. How does it make you feel?
 - c. On a scale of 1 to 10, what number is it at?
 - d. Where in the body do you feel it?

2. Start tapping on the side of the hand:

“Even though I feel irritated about _____ and I can feel it in my _____ and it’s at a number _____ and it makes me feel _____ I deeply and completely love and accept myself.”

3 times

3. Start tapping on the upper body, facial and finger tapping points:

- Eyebrow: I am irritated about _____
- Side of Eye/Temple: I feel it in my _____
- Under Eye: It's at a number _____
- Under Nose: It makes me feel _____
- Chin: It's in my _____ at a number _____
- Collarbone: It makes me feel _____
- Under the arm: So _____

Lifting Irritation

- Thumb: So _____
- Index Finger: Irritated because _____
- Middle Finger: I feel it in my _____
- Little Finger: So _____

4. Close the sequence by tapping on the Karate Chop:

*Even though I feel irritated about _____
and I feel it in my _____ and it's at a
number _____ and it makes me feel _____, I
deeply and completely love and accept myself.*

Once

Lifting Irritation

5. Take a gentle breath in and out and a sip of water.

6. Then ask yourself, “*What number is the irritation at?*” If reduced to a level you feel happy with, you can stop. If you would like it to come down move to step 7.

7. Then ask yourself:

- What is left about the irritation? (Feel irritated because...)
- Where in the body do you feel it?
- On a scale of 1 to 10, what number is it at?
- How does it make you feel?

8. Repeat Steps 2-6 till the charge on what made you feel irritated comes down.

Summary

- What is irritation?
- Symptoms of irritation
- How to lift irritation with EFT Tapping

Next Steps

1. Daily practice
 - 10-minute activity
 - Release Negativity with Tantrum Tapping
 - Immune Boost Tapping
 - Daily finger holds on waking and sleeping
 - 6 Count Breathing with 9 Gamut & Heart Hold
 - Freedom from the ties that bind
2. Check out the portal,
<https://vitalitylivingcollege.info/eft-tapathon-portal/>
3. Download the self-help transforming powerlessness worksheet