

e) Write down 3 specific examples when you have felt anxious in the past:

No.	What and who makes you feel anxious?	How does it make you feel?	What number is it at?	Where in the body part do you feel it?
1				
2				
3				

f) Write down 3 examples that can make you feel anxious in future:

No.	What and who can make you feel anxious?	How would it make you feel?	What number will be it at?	Where in the body part would you feel it?
1				
2				
3				

g) Of the 6 examples identify the first example you want to work on.

2. Once you have identified one example that you want to explore.

Now start tapping on the side of the hand (Karate Chop point) while saying your statement out loud: *“Even though I am anxious about _____ (what are you anxious about) and I can feel it in my _____ (body part) _____ and it’s at a number _____ (add number) and it makes me feel _____ (feelings and sensations), I deeply and completely love and accept myself.”*

3. Then tap on the facial and upper body points using the reminder phrase (the phrases that includes information on the story name, number and feeling) while saying the reminder phrases out loud:

- Eyebrow: *I am anxious about _____ (what you are anxious about)*
- Side of Eye/ Temple: *I can feel it in my _____ (body part)*
- Under the Eye: *It’s at a number _____ (number)*
- Under the Nose: *It makes me feel _____ (feeling or sensation)*
- Chin: *In my _____ (body part) at a number _____*
- Collarbone: *Really _____ (feeling or sensation)*
- Underarm: *So _____ (feeling or sensation)*

- Thumb: So _____ (feeling or sensation)
- Index finger: *Anxious because* _____
- Middle finger: *I feel it in my* _____ (body part)
- Little finger: So _____ (feeling or sensation)

4. Close the sequence by tapping on the side of the hand (Karate Chop point)

while saying your statement out loud: *“Even though I am anxious about _____ (what you are anxious about) and I can feel it in my _____ (body part) _____ and it’s at a number _____ (add number) and it makes me feel _____ (feelings and sensations), I deeply and completely love and accept myself.”*

5. Then relax: Take a gentle breath in and out and then a sip of water.

6. Then ask yourself, *“What number is the anxiety 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 anxiety? (Felt anxious 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/ makes you feel anxious comes down.

9. Once this example is complete, go back and explore the remaining five examples.