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Physical Tension – Worksheet

The Physical Tension process can be used to release any minor body tensions (for example: neck pain, headache, or stomach discomfort).

1. Begin by locating where in the body you feel any physical tension or discomfort. Make a note of the location: _____

2. Rate the physical tension or discomfort on scale of 0 – 10, with 10 being the highest level of discomfort, and 0 being no discomfort at all. Make a note of it: _____

3. Ask yourself questions to get information that describes the pain (for example the colour, sound, size, sensations, texture and feeling). You do not need to have an answer for each of these - just make a note of the description below:
 - *What is the colour?* _____
 - *What is the shape?* _____
 - *What is the size?* _____
 - *What is the texture?* _____
 - *What is the sensation (for example: throbbing, pulsating, etc.)?*
 - *Are there any sounds? If so, what are the sounds?*

 - *How does the discomfort make you feel?* _____

The description of the colour, texture, size and shape are known as sub-modalities.

4. Now start tapping on the side of the hand (Karate Chop point) while saying your statement out loud: *“Even though I have this pain/tension/discomfort*

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in my _____ (location) and it's a number _____ (add number) and it makes me feel _____ (add feeling) and it's _____ (describe the colour, texture, size, shape, sensation & sound picking the ones you remember or most important].”

5. Then tap a second time on the side of the hand (Karate Chop point) while saying your statement out loud: *“Even though I have this pain/tension/discomfort in my _____ (location) and it's a number _____ (add number) and it makes me feel _____ (add feeling) and it's _____ (describe the colour, texture, size, shape, sensation & sound, picking the ones you remember or those that are most important).”*
6. Then tap a third time on the side of the hand (Karate Chop point) while saying your statement out loud: *“Even though I have this pain/tension/discomfort in my _____ (location) and it's a number _____ (add number) and it makes me feel _____ (add feeling) and it's _____ (describe the colour, texture, size, shape, sensation & sound, picking the ones you remember or those that are most important).”*
7. Then tap on the facial and upper body points, using the reminder phrase (the phrase that includes information on the pain/tension/discomfort, number and feeling) while saying the reminder phrase out loud:
 - Eyebrow: *this pain/tension/discomfort _____ (use your words to describe the physical tension)*
 - Side of Eye/Temple: *at a number _____ (the SUDs number of the tension)*
 - Under the Eye: *in my _____ (location)*

- Under the Nose: more description _____ (*pick one from colour, texture, sensation, shape or sound*)
 - Chin: *makes me feel* _____ (*feeling*)
 - Collarbone: *I feel* _____ (*feeling or sensation*)
 - Underarm: *so much* _____ (*sensation*)
 - Thumb: more description _____ (*pick one from colour, texture, sensation, size, shape or sound*)
 - Index finger: *at a number* _____ (*the SUDs number of the tension*)
 - Middle finger: *in my* _____ (*location*)
 - Little finger: *with* _____ (*colour or sensation or feeling*)
8. Close the sequence by tapping on the side of the hand (Karate Chop point) while saying your statement out loud: *“Even though I have this pain/tension/discomfort in my _____ (location) and it’s a number _____ (add number) and it makes me feel _____ (add feeling) and it’s _____ (describe the colour, texture, size, shape, sensation & sound, picking the ones you remember or those that are most important).”*
9. Take a gentle breath in and out, and then a sip of water.
10. Check the SUDs level and ask yourself: *“What number is the SUD at now? Is it higher than before, the same as before, or less than before?”* Write down the number _____.
11. Check if there is a change in the physical tension in the location, or other sub-modalities. Check in with yourself, and ask yourself:
- *Has the color changed? What is the color now?* _____

- *Has the location changed?* _____ *Sometimes the tension can move to a different location. You can write that location and number down too* _____.
- *Any other details* _____.

12. If the SUDs level is higher or the same as before, repeat from Step 2 until the number comes down and it feels manageable. After 2 rounds, if the SUD is still high, you can continue below. If the number has come down to 3 or less, go to Step 13.

13. Ask the following questions to get a deeper understanding of the issue:

- *When does the pain start?* _____
- *How long has it been there?* _____
- *How long does it last?* _____
- *What triggers the pain?* _____
- *When does it stop?* _____
- *What brings on the pain?* _____
- *If there were a deeper emotional contributor to the pain, what would it be?* _____
- *What does the pain remind you of?* _____

14. Once you have the answers to the questions, start tapping using the EFT Tapping Sequence. Begin by tapping on the side of the hand (Karate Chop Point): *“Even though I have this tension and _____ (add the answers to the questions) and it makes me feel _____ (feeling) in my _____ (location), I love and accept myself.* (Repeat this statement 3 times.)

Then tap on the facial and upper body points while using the reminder phrase:

- Eyebrow: *this pain/tension/discomfort* _____ (*use your words to describe the physical tension*)
- Side of Eye/Temple: *at a number* _____ (*the SUDs number of the tension*)
- Under the Eye: *in my* _____ (*location*)
- Under the Nose: *more description* _____ (*answers to questions*)
- Chin: *makes me feel* _____ (*feeling*)
- Collarbone: *more description* _____ (*answers to questions*)
- Underarm: *so much* _____ (*sensation*)
- Thumb: *more description* _____ (*answers to questions*)
- Index finger: *at a number* _____ (*the SUDs number of the tension*)
- Middle finger: *in my* _____ (*location*)
- Little finger: *with* _____ (*colour or sensation or feeling*)

15. Once the SUDs come down to 3 or below, then use the following tapping sequence: *“Even though I have this remaining tension in my _____ (location) and it’s a number _____ and it makes me feel _____, I love and accept myself.”*

16. Keep repeating till the number comes down to 1 or 0. For some people it does not come down to 0, and that’s completely okay. Just check in with yourself, when the process feels complete for you, it is complete.