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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: 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 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), I love and accept myself.”*
  
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), I love and accept myself.”*
  
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), I love and accept myself.”*
  
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 it out loud:
  - Eyebrow: *this pain/tension/discomfort \_\_\_\_\_ (use your words to describe the physical tension)*

- Side of Eye/Temple: *at a number* \_\_\_\_\_ (*the SUD 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 SUD 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), I love and accept myself.”*
9. Take a gentle breath in and out, and then a sip of water.
10. Check the SUD 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 colour changed? What is the colour 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 SUD 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 15.

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 SUD 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 SUD number of the tension)*
- Middle Finger: *in my \_\_\_\_\_ (location)*
- Little Finger: *with \_\_\_\_\_ (colour or sensation or feeling)*

15. Once the SUD 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!