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## **Fears and Phobias – Worksheet**

The *Fears and Phobias Process* is to clear fears and phobias; like the fear of public speaking, phobia of snakes and small animals, or fear of heights, needles, etc.

1. Begin by identifying the fear or phobia, and what sensations/feelings come up when you think about your fear/phobia: \_\_\_\_\_
2. Then ask yourself, *“What is the test I will use to check that I have overcome the fear or phobia?”* Write it down: \_\_\_\_\_.  
For example, feeling comfortable watching a picture of a snake on the phone, being comfortable looking at needles to draw blood, or being able to speak in public. The test can be in reality or imagined. The main thing is to have a clear test and get a SUDs for being able to complete that test now, either in your imagination or in reality.
3. Once you know what the phobia or fear is and can know the test, then ask yourself, *“When I bring the fear or phobia into my awareness, where in the body do I feel an uncomfortable sensation related to that fear or phobia?”* Write down the location: \_\_\_\_\_.
4. Measure the intensity or emotional charge associated with the fear or phobia as a number (known as SUD) on a scale of 1 – 10, where 10 is the highest charge and 1 is the lowest charge.  
Write down the intensity: \_\_\_\_\_.

5. Start by tapping on the sensation/feelings associated with the fear/phobia using the simplified EFT protocol. Beginning at the side of the hand (Karate Chop): *“Even though I have this fear/phobia \_\_\_\_\_ (name) and I can feel it in my \_\_\_\_\_ (location) and it is a \_\_\_\_\_ on 10 (1,2,3 etc. on 10) and it makes me feel \_\_\_\_\_ (name of feeling or sensation), I love and accept myself”*
6. Then repeat the sequence a second time: *“Even though I have this fear/phobia \_\_\_\_\_ (name of the fear/phobia) in my \_\_\_\_\_ (location), it’s a \_\_\_\_\_ (number) on 10, and it makes me feel \_\_\_\_\_ (feeling or sensation), I love and accept myself anyway.”*
7. And finally repeat the tapping sequence a third time: *“Even though I have this fear/phobia \_\_\_\_\_ (name of the fear/phobia) in my \_\_\_\_\_ (location), it’s a \_\_\_\_\_ (number) on 10, and it makes me feel \_\_\_\_\_ (feeling or sensation), I love and accept myself anyway.”*
8. Then start tapping on the facial and the upper body parts, using the Reminder Phrases (the phrases that include information on how the fear/phobia makes you feel, the number, and the name of the fear/phobia) and saying them out loud:
  - Eyebrow: *this \_\_\_\_\_ (fear/phobia)*
  - Side of the Eye/Temple: *number \_\_\_\_\_ (SUDs)*
  - Under the Eye: *\_\_\_\_\_ (feeling or sensation)*
  - Under the Nose: *makes me feel so \_\_\_\_\_ (feeling or sensation)*
  - Chin: *this \_\_\_\_\_ (fear/phobia)*
  - Collarbone: *it makes me feel so \_\_\_\_\_ (feeling or sensation)*
  - Thumb: *I just feel so \_\_\_\_\_ (feeling or sensation)*
  - Index Finger: *in the \_\_\_\_\_ (location)*
  - Middle Finger: *this \_\_\_\_\_ (fear/phobia)*

- Little Finger: *so \_\_\_\_\_ (feeling or sensation)*
9. Close the sequence by tapping on the Karate Chop, *“Even though I have \_\_\_\_\_ (fear/phobia) in my \_\_\_\_\_ (location), it’s a \_\_\_ (number) on 10, and it makes me feel \_\_\_\_\_ (feeling or sensation), I love and accept myself anyway.”*
  10. Take a gentle breath in & out, and then a sip of water.
  11. 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?”* If higher or the same as before repeat Steps 2-9 till the number comes down at least by 1-3 points or feels manageable to test the fear/phobia. If the number is lower, then continue with the below steps.
  12. Ask yourself if there are any memories associated with the fear or phobia:
    - *“When have I experienced this fear/phobia before? What happened?”*
    - *“When have I experienced this feeling before? What happened?”*Sometimes, the root memories are related to the feeling and not to a past experience of a phobia.

Use *Tell the Story* or *Movie Technique* to clear the memories. If the SUD are 7 or higher, use the *Movie Technique*. If at any time you feel uncomfortable, stop and tap under the eye, collar bone, and under the arm.
  13. Test the fear or phobia safely by first imagining it and exploring how it feels. Check whether the charge has come down or is the same as before. If it has come down, proceed to the next step. If it’s still the same, go back to Step 3.
  14. When the charge has come down, just check in with yourself if it is feasible to test in reality. If it is feasible to test in reality, then go ahead and test it. At

times nervousness and anxiety can come up when testing in reality. Just tap on yourself if any anxiety or nervousness comes up before testing.

15. You can close with the following sequence: *“Even though I have this fear of \_\_\_\_\_ (fear or phobia), that was then and this is now, I am open to the possibility of \_\_\_\_\_ (the opposite of the fear).”* Repeat as often as needed. You can stop when there is no charge left, or when the fear or phobia feels manageable.