

30 days to Anxiety Relief

by Pat Ballantyne

1. Doubt that this will work

Tapping on the Side of the hand:

Even though I don't think this can help me, I deeply and completely accept myself

Even though I think this won't do any good, I choose to give it a go

Even though I'm not convinced that this will work, I'm going to try it

Tap on the following points about 7 times repeating these reminder phrases:

Eyebrow point: I'm not convinced this will work

Side of eye: I'm not sure that this can help me

Under the eye: I'm afraid this won't do any good

Under the nose: I'm afraid that nothing will help me

Chin point: I doubt that this will work

Collarbone point: I don't think that this can work

Underarm: I'm not sure that this be any help

Top of the head: I choose to give it a go anyway

2. Procrastination

Tapping on the Side of the hand:

Even though I'm always putting things off, I choose to get started with this

Even though I can't seem to get started, I choose to let this work

Even though I don't get round to doing things I choose to make a start

Tap on the following points about 7 times repeating these reminder phrases:

Eyebrow point: I can't get started

Side of eye: I just can't seem to get going

Under the eye: I can't seem to make a start

- Under the nose:** I'm always putting things off
- Chin point:** I don't seem to be able to get going
- Collarbone point:** I'm afraid it won't work
- Underarm:** I don't want to do it
- Top of the head:** I choose to get started and let this work

3. Resistance to change

Tapping on the Side of the hand:

Even though part of me doesn't want to change, I accept the positive changes I'm making

Even though I'm afraid to change, I choose to change in ways that are good for me

Even though change might make me different, I give myself permission to get better

Tap on the following points about 7 times repeating these reminder phrases:

- Eyebrow point:** I'm afraid of changing
- Side of eye:** I might be different
- Under the eye:** I'm afraid of who I'll become
- Under the nose:** I might not know who I've become
- Chin point:** Changing might make me different
- Collarbone point:** I'm afraid I won't know who I am
- Underarm:** I might not know how to handle the changes
- Top of the head:** I choose to accept all the positive changes I'm making

4. Fear of never getting over the problem

Tapping on the Side of the hand:

Even though I'm afraid I'll never get over my problems, I forgive myself and I accept myself.

Even though I'm afraid I have too many problems to deal with, I am ready to allow myself peace and serenity.

Even though I worry that I will never get over my problems, I choose to give myself permission to get over this anxiety

Tap on the following points about 7 times repeating these reminder phrases:

- Eyebrow point:** I may never get over the way I feel
- Side of eye:** I've got too many problems to overcome them
- Under the eye:** I'm afraid I'll never get over this
- Under the nose:** I worry that it may never be any better than this
- Chin point:** This is as good as it gets
- Collarbone point:** I'm afraid I'll never get over feeling like this
- Underarm:** I can't even imagine not feeling this way
- Top of the head:** I choose to give myself permission to get over these problems

5. Panic

Tapping on the Side of the hand:

Even though I'm afraid of having a panic attack, I choose to remain calm and completely in control

Even though I'm afraid of losing control, I choose to know that I can handle whatever happens

Even though I feel terrified about what might happen, I choose to stay calm and relaxed

Tap on the following points about 7 times repeating these reminder phrases:

- Eyebrow point:** This fear of having a panic attack
- Side of eye:** I'm terrified about what might happen
- Under the eye:** I'm afraid of losing control in front of people
- Under the nose:** I'm afraid of losing the plot
- Chin point:** I feel as though I want to run away
- Collarbone point:** I'm so afraid that I can't handle whatever might happen
- Underarm:** This dread of having a panic attack

Top of the head: I choose to remain calm, relaxed and completely in control

6.Safety

Tapping on the Side of the hand:

Even though I'm afraid I won't feel safe if I get rid of these anxieties, I accept that I feel this way.

Even though my anxiety has kept me feeling safe, I choose to know that I can feel calm and completely safe

Even though it doesn't feel safe to change, I choose to accept that it is possible to make changes and feel totally safe

Tap on the following points about 7 times repeating these reminder phrases:

Eyebrow point: It's not safe to overcome my fears

Side of eye: I don't feel safe letting go of my anxieties

Under the eye: I'm afraid of what might happen

Under the nose: It's not safe to let go of all my fears

Chin point: It's not safe to change the way I feel

Collarbone point: I'm so worried about changing

Underarm: What if I'm right to be worried

Top of the head: I choose to accept that it is possible to feel calm and completely safe

7.Self Sabotage

Tapping on the Side of the hand:

Even though I'm afraid that my anxiety attacks will come back, I love and forgive and accept myself

Even though I'm afraid I'll sabotage my progress and be back to square one, I know it can be different this time

Even though I'm great at sabotaging my own efforts, I accept my feelings and I accept myself

Tap on the following points about 7 times repeating these reminder phrases:

Eyebrow point: I'm always sabotaging my progress

Side of eye:	I'm afraid that the anxiety attacks will come back
Under the eye:	I'm afraid I can't stop the sabotage
Under the nose:	I'm so scared that this won't work
Chin point:	I'm just going to sabotage things anyway
Collarbone point:	I'm afraid that I don't deserve for this to work
Underarm:	I'm afraid of getting caught in the same old patterns
Top of the head:	I know it can be different this time

8. Not Deserving

Tapping on the Side of the hand:

Even though I don't deserve to feel good about who I am, I love and forgive myself and I accept who I am

Even though I don't deserve to be calm, confident and in control, I accept myself and my feelings

Even though I don't deserve to feel loved, I choose to feel good about myself

Tap on the following points about 7 times repeating these reminder phrases:

Eyebrow point:	This feeling that I'm not good enough
Side of eye:	I don't deserve to feel good about who I am
Under the eye:	I'm just not good enough and never have been
Under the nose:	I don't deserve to be calm and confident
Chin point:	I don't deserve to feel loved
Collarbone point:	I don't deserve to feel good
Underarm:	I don't deserve to feel good about myself
Top of the head:	I choose to recognise that I do deserve to feel calm and confident, and I deserve to feel good about myself

9. I'm not good enough

Tapping on the Side of the hand:

Even though I always think I'm not good enough, I accept that I **am** good enough just the way I am

Even though I've got to be perfect to be accepted, I completely accept myself just the way I am

Even though I need to be perfect so that people will like me, I accept and respect who I am and I like who I am

Tap on the following points about 7 times repeating these reminder phrases:

Eyebrow point: I've got to be perfect to be accepted

Side of eye: Anything less just isn't good enough

Under the eye: This fear that I'm not good enough

Under the nose: This worry that I'll never be accepted

Chin point: I've spent my life being afraid that I'm not good enough

Collarbone point: This fear that I'll never be good enough

Underarm: I'm just not good enough

Top of the head: I choose to accept that I am good enough and I respect myself, just as I am

Always finish with this positive input

10. Choosing to Move On

Tapping on the Side of the hand:

Even though I've had some awful things happen to me, I choose to move on with my life

Even though I'm still suffering the consequences of those things, I choose to put it all in perspective

Even though I sometimes feel bad because it feels that life has been unfair, I choose to put it all behind me

Tap on the following points about 7 times repeating these reminder phrases:

- Eyebrow point:** I choose to cope well with whatever happens
- Side of eye:** I choose to get on with my life
- Under the eye:** I choose to put it all behind me
- Under the nose:** I choose to be relaxed
- Chin point:** I choose to put it all in perspective
- Collarbone point:** I choose to be content
- Underarm:** I choose to let it all go
- Top of the head:** I choose peace, happiness and contentment

11. Choosing to be positive

Tapping on the Side of the hand:

Even though I've been feeling anxious and uneasy, I choose to be positive from now on

Even though bad things happen sometimes, I choose to accept that sometimes life isn't perfect

Even though I know that sometimes things go wrong, I choose to enjoy life

Tap on the following points about 7 times repeating these reminder phrases:

- Eyebrow point:** I choose to cope with everything
- Side of eye:** I choose to get on with my life
- Under the eye:** I choose to look forward to my day
- Under the nose:** I choose to be positive
- Chin point:** I choose to enjoy life
- Collarbone point:** I choose to be easy going
- Underarm:** I choose to feel positive
- Top of the head:** I choose to accept myself and the positive changes I'm making

12. Choosing to be Confident

Tapping on the Side of the hand:

I know that I can trust myself and I choose to allow myself peace and serenity

I am able to be calm and confident in any situation and I choose to stay in control

I can be patient, I can stick with this and I have complete faith in my own ability

Tap on the following points about 7 times repeating these reminder phrases:

Eyebrow point: I can trust myself to do whatever I need

Side of eye: I choose to be calm and confident

Under the eye: I choose to be patient and in control

Under the nose: I know that I am good enough

Chin point: I choose to allow myself peace and serenity

Collarbone point: I have total faith in my own ability

Underarm: I am loved and respected by those who know me

Top of the head: I choose to be calm, confident and in control