

## Instructions for 30 Days to Anxiety Relief by Pat Ballantyne

Anxiety is the result of interpreting past, present or future events in a negative way. These negative beliefs usually start with distressing life experiences and can be associated with minor stressful events or major traumatic life events. In EFT we try to figure out which events are relevant and we clear them using the EFT basic recipe or one of its variations.

If you make a list of all specific events which still bother you when you think about them and clear them using the EFT basic recipe or one of its variations, you are likely to experience a reduction in anxiety.

People get a reduction in experienced intensity associated with a specific event when they tap along with others after they have “tuned in” to the specific event, to do this simply think about the event.

We can “borrow benefits” from others by thinking about a specific past event, putting it to the back of our mind, then tapping along whilst someone else works on their specific events using EFT.

Most stressful events have several “aspects” to them. An aspect is a facet or part of the problem. Typically there would be more than one aspect contributing to anxiety.

The following exercise is designed to address various commonly experienced aspects of anxiety. When combined with thinking about a past specific event as in “borrowing benefits”, we can achieve fast, painless results.

If you work through the following tapping exercise daily and pick one event each time you do the exercise, you will find that many aspects of your anxiety may disappear along with any intensity when thinking of the specific stressful event.

To do this, pick a specific event and make a mental movie from it. This will work best if complicated events are broken down into their component parts or aspects. Assess your intensity as you think of this movie. Make a note of your intensity as you assess this event. Put the event to the back of your mind. Work through the 30days to anxiety relief exercise, when you have finished, reassess your intensity for that specific event.

### In Summary

1. Make a list of past stressful life events.
2. Make a mental movie of that event.
3. Rate the intensity of that life event.
4. Put the event to the back of your mind.
5. Work through the “30 Days to Anxiety Relief” exercise.
6. Reassess the intensity of the event.
7. If there is any remaining intensity, re-rate the event next time you do the exercise.

Note that this exercise has achieved great results for the vast majority of people who have used it, however, if any of the sequences make you feel intense, stop the exercise but KEEP TAPPING using no words at all until the intensity reduces – you have probably tapped into a core issue. You may want to consult an EFT practitioner if this happens.

You may find that some of the wording feels very true for you, whilst some feels completely untrue. Feel free to change wording to suit your personal needs, you will find that this will change as you clear issues.

I hope you find this exercise useful

Happy Tapping

Pat Ballantyne