EFT for Stress Script

This is a guided EFT process to help you break the cycle of self-created stress. There is much real stress to deal with in life yet our internal reactions to these outer stresses make the most difference.

We'll be working on an actual stressor in your life. So begin by identifying what you want to work on. Focus on something that is causing you stress right now. It could be a situation… a person… an event… And give this stress in your life a title, such as “stress about my boss” or “worry about my child” “upset about what happened”. And what is the intensity of the stress you’re feeling about it, on a scale of 1-10, low to high? How much does this bother you?

In the guided EFT on this recording, there will often be places to insert your own words and personalize this process. There may be times when my words don’t work for you and, if so, just make up your own as we tap. Also, for the Set-Ups, I’ll be guiding you to tap on the Karate Chop spot on the outside of the hand and will only refer to that method for simplicity. If you prefer to rub the Sore Spot on the upper chest for the Set-Ups, feel free to do so.

So we’ll begin with the Set-Up… tapping on the Karate Chop point (KC).

Even though I’m stressed about this, (use your title), I deeply and completely accept myself… And even though I feel the stress of this, (use your title), I deeply and completely accept myself. Even though I’m really stressed about it, I deeply and completely love and accept myself… and I’m willing for this to change… I want to feel better about it… I’m willing for this to change…

EB (eyebrow) This stress - (use your title)
SE (side of eye) This stress – (use your title)
UE (under the eye) I feel the stress of it in my body
UN (under the nose) My emotions are stressed about it
UM (under the mouth) My mind is stressed over it
CB (collarbone point) This stress
UA (under the arm) This stress
TH (top of head) This stress

Return to the KC, Even so, I’m willing for this to change…
Inside Wrist, I want to feel better about it…
Top of Hand point, I’m willing for this to change…

Deep, deep breath… and sigh it out… and let go of all the stress that you can… and see if the number you gave this stress has changed… is it a little less intense now?
As we tap, we’ll often return to the KC at the end of the round while bringing in an affirming phrase or positive truth… and sometimes we’ll add the Inside of Wrist and Top of Hand areas. These extra hand points are integrating points and help bring in the new vision.

Now let’s move a little deeper into the issue. Consider this question and answer with the first thing that comes to mind. What bothers you the most about the stressful situation? What bothers you the most?

And now we’ll do the Set-Up – tapping on the Karate Chop point

Even though this bothers me the most – use your words - I deeply and completely accept myself.
Even though this really bothers me- use your words - I deeply and completely forgive myself for being upset about it…
And even though this stresses me, I deeply and completely love and accept myself… and I’m willing to see it differently.

Tap the points:
EB This bothers me the most – (use your words)
SE This stresses me the most – (use your words)
UE: This really upsets me
UN: This really gets to me
UM: This really upsets me
CB: This is stressful for me
UA This is really upsetting
TH I’m really bothered by it

Return to KC – Even so, I’m willing to see it differently… Inside Wrist, I’m willing to see it differently… Top of Hand, I’m willing to see it differently….

Close your eyes and take a deep breath… and release… and just sit quietly and consider some way that you might see things differently now…. …what would help you to feel differently about it? What could you tell yourself about it to change the story just a bit? Where your mind goes, your emotions will follow…Feel free to pause this recording at any time to think about things or write something down.

Now as some soft music begins in the background, you’ll be able to focus within yourself and go even more deeply. Just close your eyes… and think about your stressful situation and how you’re feeling about it. Does this remind you of anything? ….Where have you felt this way before? ….What prior situation, whether from childhood or more recently, does this remind you of? [pause]

Let’s tap .

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Begin with the Set-Up, on the KC – Even though this reminds me of – (use your words), I deeply and completely accept myself…. and even though I felt this way back then, I deeply and completely love and accept myself, and I accept all parts of me, even the part holding those old feelings and reactions…. and even though I’ve held those feelings for a long time, I’m willing for this to heal….that was then and this is now… and I want to heal the past… and free up the present…

EB This reminds me of the past– (use your words)
SE This reminds me of the past– (use your words)
UE And what I felt then – (use your words)
UN What I felt then – (use your words)
UM These feelings from the past
CB These feelings from the past
UA A part of me still feeling this
TH A part of me still seeing things that way
KC Even so, I’m willing for this to heal
In Wr That was then and this is now
Th I want to heal the past and and free myself up in the present - Breath

And if you’ve found a core issue here that needs some more attention, please pause this recording and do some more tapping – or return to do that later. When we tap thoroughly with a core issue, we can release the whole pattern and gain much emotional freedom.

Now we’ll continue with some of the mechanisms by which we add to our own stress. These are not the only ones, but they are quite common. If any of these don’t speak to you at all, just substitute your own ideas as we tap. You may also wish to close your eyes and just go deeper into yourself during this process.

First, we’ll address several questions about PERCEPTION – these have to do with the story we’re telling ourselves about the problem – the way we’re seeing it or perceiving it. First, consider if you are making any assumptions in your stressful situation. Any assumptions at all. What do you know to be completely true? And where may you be filling in the blanks, assuming what someone is thinking or intending… assuming negative motives or attitudes… or anything else?

Let’s tap. KC Even though I’ve made assumptions… I deeply and completely accept myself… even though I’ve made assumptions … I deeply and completely forgive myself… the truth is, I really don’t know that what I’ve assumed is true….and even though my assumptions have created negative feelings… I love and accept myself… and I’m willing to release these assumptions…. And just stay with what I know to be true

EB What I’ve assumed – (use your words)
SE What I’ve assumed
It’s a story I’ve been telling myself
But I don’t know that it’s true
And it’s created negative feelings
These negative feelings…
I’ve been living the reality of that assumption…
But it may not be true

I’m ready to release my assumptions…
Inside Wrist... if I can’t check them out and make sure they’re true, I’ll let them go…
Top of Hand … I’ll make no assumptions here – A breath

Making assumptions gets us in a great deal of trouble and creates much unnecessary stress. Just remember that once you’ve made an assumption, it is absolutely true for your subconscious mind… and you live that reality and all its emotions… but most of the time, when we live in what we’re assuming, we’re living a fiction. Recognizing and letting go of assumptions is a major key to avoiding self-created stress.

Now let’s consider another aspect of how you might be perceiving the situation. Are you taking anything personally in your stressful situation? [pause] Most of the time it is not about us at all. And even it is, whatever other people think or feel is more about them than it is about us.

So. Let’s tap: KC Even though I’ve taken this personally_______, I deeply…
And even though I thought it was about me, I’m willing to consider that it’s really not about me… and even though I took it personally and felt some bad feelings about that, I love and accept and forgive myself, and it’s not about me…

And quickly tap through the points
Taking it personally
but it’s not about me
Taking this personally
But it’s not about me
Taking it personally
but it’s not about me
anything I was taking personally
Letting it go… it’s really not about me.

Big sigh – letting all that go….

Now let’s consider something else. Take a moment to see if you NEEDING another person to act a certain way… or if you are needing a situation to be a certain way… And just feel that urge to control the person or the situation… and yet we can’t control these things… sometimes this need to control is driven by feeling threatened or insecure…so we’ll address all these things as we tap…

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KC Even though I have this need… for people or things to be a certain way… I deeply accept myself…
And even though I feel this urge to control this person… or this situation… the truth is, I can’t control another person.. or fully control any situation…
And even though I have this urge to control things… I’m willing to control what belongs to me and trust the process for the rest… and I’m choosing to feel more secure within myself no matter what happens… my security does not depend on the externals… it’s an inside job.

And we’ll tap with an alternating method, alternating the problem with positive truths…

EB What I need from the person or the situation
SE But no one can control it all
UE What I’ve wanted and needed from them
UN But no one can control it all
UM This urge to control people and situations
CB But I’ll control what belongs to me and trust the process for the rest
UA Feeling insecure, needing to control things…
TH I’ll control what I can and trust the process…
KC - I’m choosing to feel more secure within myself no matter what happens… my security does not depend on the externals… it’s an inside job

Deep breath – and you might consider that the place where we have the most control in our lives is in our internal process. Our feelings and our thoughts are ours to work with. If we seek to control what is outside us, we’ll continue to feel powerless, insecure and stressed. But when we pay attention to our own feelings and internal reactions, we cultivate true power and true security -- and EFT can really help us achieve that.

Now, a related question. Do you need approval from anyone in this situation? Or do you need to be liked by them? … or need to be understood by them?…. These are genuine needs for connection, needs that must be honored – but we can do EFT to detach those needs from people who continue to be unresponsive and only hurt and disappoint us if we try to get our needs for connection met with them.

So let’s tap: KC – Even though I need this connection – (use your words) - I deeply accept myself…. even though I need their approval…… or I need them to like me… (use your words) …I deeply accept myself… and I honor myself for my need for connection… but even though I feel this need… I’m willing to accept that I can’t make this happen… and if that person is not available, I’m detaching now… choosing to connect with myself… to like myself… to approve of myself… and my connection with myself matters the most…
So tapping through the points…

EB What I need from them, use your words

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SE What I need from them, use your words
UE Maybe needing their approval
UN Maybe needing them to like me
UM It hurts that they won’t give me that
CB But I can’t make it happen
UA I honor my need for connection
TH But I accept that I can’t make it happen
KC And I’m detaching from them now… detaching now… and I’m connecting with myself… liking myself… approving of myself…. that’s what matters

Deep breath…… and this in another place to look for core issues. Does the need you have to connect with this person remind you of anything? Was there anyone else in your life you felt this way about? If anything comes to mind, please do pause the recording to tap for it now or plan to return to it at a later time.

Now consider the question of JUDGMENTS. Judgments are a huge piece of self-created stress. For example, if you did not judge a red light as worse than a green light when you’re driving, you’d no longer feel any stress at all about getting stopped at a red light. Think about it. Once we have judged something as favorable or unfavorable, good or bad, all our feelings follow. So just consider what judgments you’re holding about yourself… about others…. About the situation… would you be willing to soften those judgments? To let things be what they are?

Let’s tap. KC Even though this situation is unacceptable to me, I deeply and completely accept myself… and even though the situation is totally unacceptable and I have a lot of judgment about it… I deeply and completely accept the unacceptable situation… it’s what I have to deal with… and I’m tired of fighting it…. Fighting it with my judgments….so even though it’s still unfair… wrong… or whatever I’ve judged it to be… I’m willing to let it be what it is… and let go of so much judgment… and put my energy into positive responses… something good can come out of this….

Tapping the points: EB This unacceptable situation
SE All my judgments about it
UE This unacceptable problem
UN It’s wrong, unfair, shouldn’t be
UM this unacceptable situation
CB I’m tired of fighting against it
UA It is what it is
TH It’s what I have to deal with
KC I’m willing to release my judgments… accept what is…
Inside wrist - releasing my judgments and accepting what is…
T of Hand - I’m willing to let it be what it is… and put my energy into positive responses… something good can come out of this
To paraphrase Deepak Chopra, when you fight with the present moment, you’re fighting with the entire Universe. When you let go of fighting and judging, and let things be what they are and just start dealing with them, you’ve let go of a great deal of stress.

Finally, take a moment to consider the ENERGY of this issue. We’re creating energy all the time by our attitudes, thoughts and emotions. In your stressful situation, are you creating life-giving energy, focusing on solutions and positive outcomes… or are you creating negative energy, obsessing on what is fearful, hurtful or anger-provoking? …..Negative energy is very stressful, whether we create it by negative thinking or whether others are poisoning us with their negativity. It may be time to set a boundary and refuse the negativity of others. We do have the right to refuse, to say no, to choose not to spend time with negative people. And we may need to set some boundaries with our own negativity and refuse to spend more energy cultivating our own negative thoughts and attitudes.

So just consider: What in this situation is draining your energy? Endless worry? Trying to help someone who never really changes? Needing something that you can’t control, can’t make happen? Being dragged down by the negativity of others? What is draining your energy? [pause]

Let’s tap. KC Even though this is draining my energy, I accept myself… and even though I’ve let this drain my energy and create negativity, I deeply forgive myself… now that I see it, I can change it…. And even though this has been an energy drain in my life, I’m choosing to take back my energy…. And protect my energy… Say no to negativity…and cultivate what enhances my life

EB this energy drain
SE I can stop putting so much energy into it
UE this energy drain
UN now that I see it, I can change it
UM this energy drain
CB taking back my energy
UA this energy drain
TH accepting what I can’t change… and changing what I can

Breathe – and those words from the Serenity Prayer are very wise… accepting what we cannot change, not wasting our energy there…. And changing what we can, putting our energy into what is ours to change… this another key to letting go of self-created stress

This is the end of the guided EFT process. Take a moment to go back to your original stressful situation… bring that title to mind… does it bother you as much now? Perhaps the tapping process has taken some of the wind out of its sails. You have the right to be free of unnecessary stress in your life, and EFT can really help.