

EFT / Tapping Worksheet

- First, identify the career problem you want to focus on. It can be general career anxiety, or it can be a specific situation or issue which causes you to feel anxious. For example, a specific situation might be feeling anxious every time you sit down at the computer to search job listings, while a specific issue might be your stress about finding a job that pays you a certain salary.
- Consider the problem or situation. How do you feel about it right now? Rate the intensity level of your anxiety or stress, with zero being the lowest level of anxiety and ten being the highest.
- Now, it's time to compose your set up statement. Your set up statement should acknowledge the problem you want to deal with, then follow it with an unconditional affirmation that you know to be true about yourself as a person. It will follow the following template: Even though _____ (the problem or situation) _____, I _____ (the unconditional affirmation about yourself) _____ For example:

"Even though I feel this anxiety about searching for a career, I deeply and completely accept myself."

"Even though I'm anxious about my interview, I am a thoughtful person."

"Even though I'm feeling this anxiety about working in a new situation, I am a loving person."

"Even though I'm scared about my career future, I am an intelligent person. "

"Even though I'm worried about how to approach my boss, I have a great sense of humor."

"Even though I'm having trouble thinking about my next career, I am fun to work with."

- Write this statement down
- Now, Think about ALL the feelings that arise when thinking about this problem or situation. Write down a list of all the feelings. You will generally end up with a list of between 6-15
- Now, we will perform the set up.

Follow along and perform the following: With four fingers on one hand, tap the Karate Chop point on your other hand. The Karate Chop point is on the outer edge of the hand, on the opposite side from the thumb.

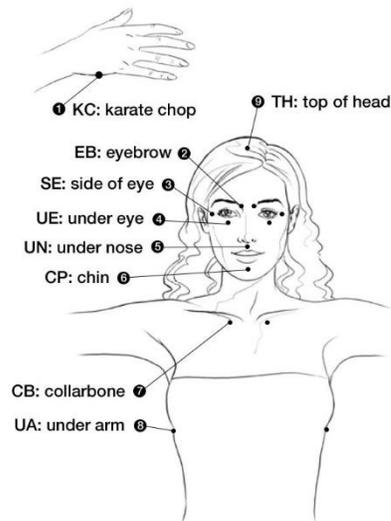
Repeat the set up statement that you wrote down three times aloud, while simultaneously tapping the Karate Chop point.

- Now take a deep breath!

Get ready to begin tapping! Here are some tips to help you achieve the right technique.

- You should use a firm but gentle pressure, as if you were tapping someone on the shoulder to get their attention
- You can use all four fingers, or just the first two (the index and middle fingers). Four fingers are generally used on the top of the head, the collarbone, under the arm... wider areas. On sensitive areas, like around the eyes, you can use just two.
- Tap with your fingertips, not your fingernails.
- The tapping order begins at the top and works down. You can end by returning to the top of the head, to complete the loop.

Now, tap 5-7 times each on the remaining eight points in the following sequence:



Head (TH)

The crown, center and top of the head. Tap with all four fingers on both hands.

Eyebrow (EB)

The inner edges of the eyebrows, closest to the bridge of the nose. Use two fingers.

Side of eye (SE)

The hard area between the eye and the temple. Use two fingers. Feel out this area gently so you don't poke yourself in the eye!

Under eye (UE)

The hard area under the eye. Use two fingers, in line beneath the pupil.

Under nose (UN)

The point centered between the bottom of the nose and the upper lip. Use two fingers.

Chin (CP)

This point is right beneath the previous one, and is centered between the bottom of the lower lip and the chin.

Collarbone (CB)

Tap just below the hard ridge of your collarbone with four fingers.

Underarm (UA)

On your side, about four inches beneath the armpit. Use four fingers.

Head (TH)

And back where you started, to complete the sequence.

As you tap on each point, repeat a simple reminder phrase, such as “my anxiety” or “my interview” or “my financial situation.”

Now take another deep breath!

- Now that you’ve completed the sequence, focus on your problem again. How intense is the anxiety now, in comparison to a few minutes ago? Give it a rating on the same number scale.
- If your anxiety is still higher than “2”, you can do another round of tapping. Keep tapping until the anxiety is gone. You can change your set up statement to take into account your efforts to fix the problem, and your desire for continued progress. “Even though I have some remaining anxiety, I deeply and completely accept myself.” “Even though I’m still a little worried about this interview, I deeply and completely accept myself.” And so on.
- Now that you’ve focused on dispelling your immediate anxiety, you can work on installing some positive feelings instead.

Here are some example phrases to guide you:

“I have faith in my ability to change.”

“I am joyful about these positive changes.”

“I am accomplishing so much.”

“I enjoy the calm and peace that I have.”

“I love the person that I am.”

“I am becoming a more relaxed and joyful person.”

You can use these positive phrases with the same tapping points and sequences described above.

Congratulations! You’ve completed your first Tapping sequence.

Adapted from: The Tapping Solution: A Revolutionary System for Stress-Free Living, by Nick Ortner.