



Julie Zommers'

EFT for Anxiety

madtappers.com.au

A Warm Welcome!

Congratulations for choosing to explore this technique. I know how exhausting it can be when you're going through the process of trying to 'get back to normal' when you've had anxiety run your life. I think anxiety is one of the most misunderstood things on the planet, because if you've never lived with it, you simply cannot understand what it's like. Particularly if your 'brand' of anxiety includes panic attacks. In my opinion, you can get rid of them. I speak from personal experience.

Somewhere along the line, your brain has got it's messages mixed, and is sending you Flight and Fight instructions for situations that don't require it! This is learned behaviour, and you CAN unlearn it! EFT is a marvellous tool for this.

Ready to accept a helping hand? Let's get started!



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Let me Introduce Myself

My name is Julie Zommers. I had a 10 year 'wrestle' with anxiety, and it's a B..... it really is. However, there is life after anxiety, and I panic no more! Do I get uptight sometimes, out of sorts? SURE! I'm human :-)

But I don't have panic attacks and I don't want you to either.

I've been working with clients now for many years, after discovering EFT 12 years ago. I love this simple, gentle technique because in my experience, IT WORKS.

If you don't know what EFT is at this stage, don't worry.

My intention is, that within an hour:

- you will know exactly what it is
- you will have used the technique
- You will feel some benefits straight away

Enjoy this guide! And after you've read this guide and tried EFT and you want to find out more, you have two options. Or do both! Option 1: google away! Research it, discover the history, and read all about it! Option 2: Go to my website, where I try and keep things simple. My site is dedicated to action. Learn eft, use it. It's as simple as that. If you have a question, ask it on my facebook page, or contact me privately. I read every single comment, and always reply. Here's to tapping your way back to happiness.

With love,

What This Guide is NOT, and WHY

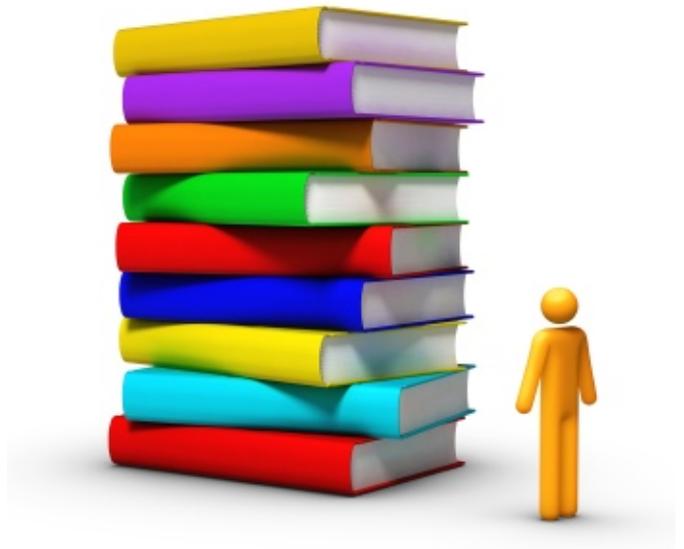
This is not a comprehensive manual about all of the details of EFT known to mankind. As the title suggests, this is a short and sweet, easy to understand guide to introduce you to EFT, and get you on the path to feeling calm and happy again.

While writing it, I've imagined that you are a friend/client in strife, sitting opposite me, and I'm teaching you EFT, step-by-step.

The reason why I've kept it short and sweet, is that if this guide was LONG-WINDED, you are likely to suffer from 'INFORMATION OVERLOAD', and hours later, you'd put the book down and say, 'I must try that some time'... and we all know what that means.

If you want to take action, right here and right now, and see how you feel within an hour or less, then let's get going.

Let's explore EFT.



What is EFT?

EFT is short for Emotional Freedom Techniques (colloquially called 'Tapping')

This simple technique is based on the ancient principles of Chinese Acupuncture.

EFT works with the energy system of the body by tapping with fingertips (instead of using needles) on meridian points on the face and upper body while focusing on fears, upsetting memories, and pain.

Just as we have a circulatory system that sends blood and oxygen around our body, we also have an energy system that needs to flow uninterrupted, in order to keep us in optimum health.

Imagine our energy system as a train network. The meridian points are the train stations, and if one gets blocked, the energy gets blocked, resulting in physical/emotional illness.

Most people experience tremendous relief using EFT, in a much shorter timeframe than using traditional therapies.

EFT 'tunes up', if you like, our energy system, and brings the body back into balance: emotionally, physically and spiritually. It is considered to be one of the most powerful, and rapidly growing self-help techniques available today.

Keep an Open Mind and Try It

When you first think of the idea of someone tapping on themselves, in order to feel better, you might want to run from the room with your arms flailing in the air.

I'm asking you to suspend your disbelief, go through this little book, learn the technique, and try it!

One thing this technique does NOT depend upon, is believing it will work :-)

I have had the MOST skeptical of clients who have agreed to try it because 'there's nothing to lose', only to be surprised and delighted that it 'worked', where nothing else had.

Let's Get Started!

So now, imagine that you're sitting opposite me, and I'm going to talk you through your first tapping session.

There are three simple steps:

1. Learning the Tapping Points
2. Learning what to say while you're tapping
3. Learning to tune into your feelings after each 'round'

Like any skill, you only have to learn this process once. It will probably take a matter of minutes, not hours.



I know you're already worrying if you'll get it right - that's just your anxiety talking! Send it on a holiday, and follow my simple guide. Before you know it, you'll be on auto pilot!

Please don't get worried if you don't understand a term, or if you have a question. I've put a FAQ section below, as well as a video from my YouTube channel, where you can tap along with me as I explain the points and take you through an example round of tapping.

So let's get back to that image: you're sitting opposite me, all eyes and ears, and staying focused as I take you through some simple steps.

Step 1 - The Tapping Points

Use two, three or four fingertips to gently tap on these points as we go through them- whatever feels comfortable for you.

1. **Side of the Hand:** in the middle of the fleshy bit between the bottom of your little finger and your wrist, just where you'd do a karate chop.
2. **Top of the Head:** the part of your head that points to the ceiling.

The next three points are around the socket of your eye:

3. **Eyebrow point:** on the edge of one of your eyebrows, just above your nose.
4. **Side of the eye:** on the bone at the outer corner your eye (not your temple, that's too far out)
5. **Under the eye:** on the bone under your eye

Now, work your way down your face:

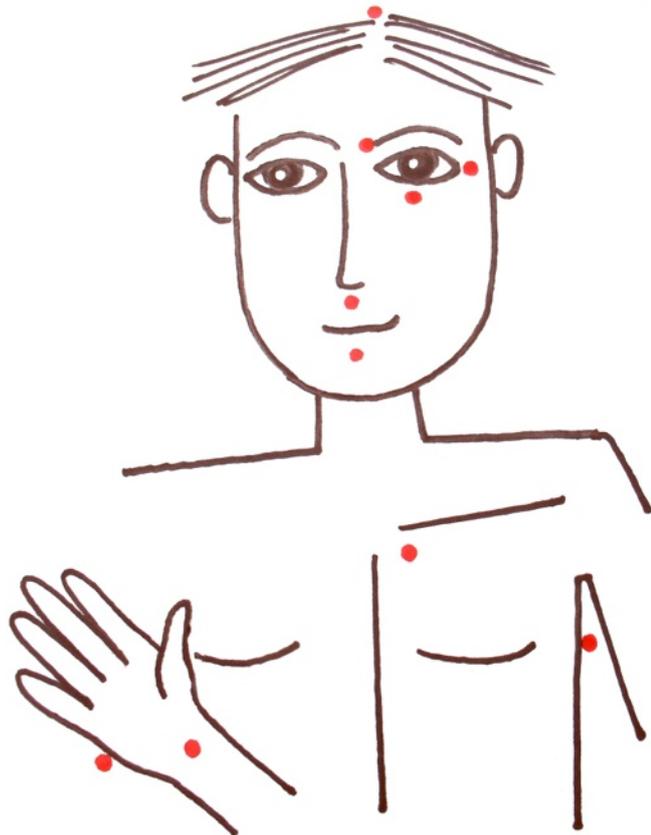
6. **Under your nose**
7. **Under your lip,** in the 'dent'

Now, moving onto your torso:

8. **Collarbone Point:** directly under your collarbone near your windpipe
9. **Under the arm:** in line with your nipple for men, and where your bra line is, for women.

Then finally,

10. **The Wrist Point:** the inside of your wrist just below where your hand joins on.



I don't want to confuse you at this point, but I'll just let you know that some practitioners leave out points, add other points, finish back on the head point etc. NONE OF THIS MATTERS.

At this stage, just stick to the points I've shown you. I use them day in and day out and using these points work effectively.

Let's go through them another couple of times. Here we go:

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Practice Tapping Point Sheet

Side of the Hand

Top of the Head

Eyebrow Point

Side of the Eye

Under the Eye

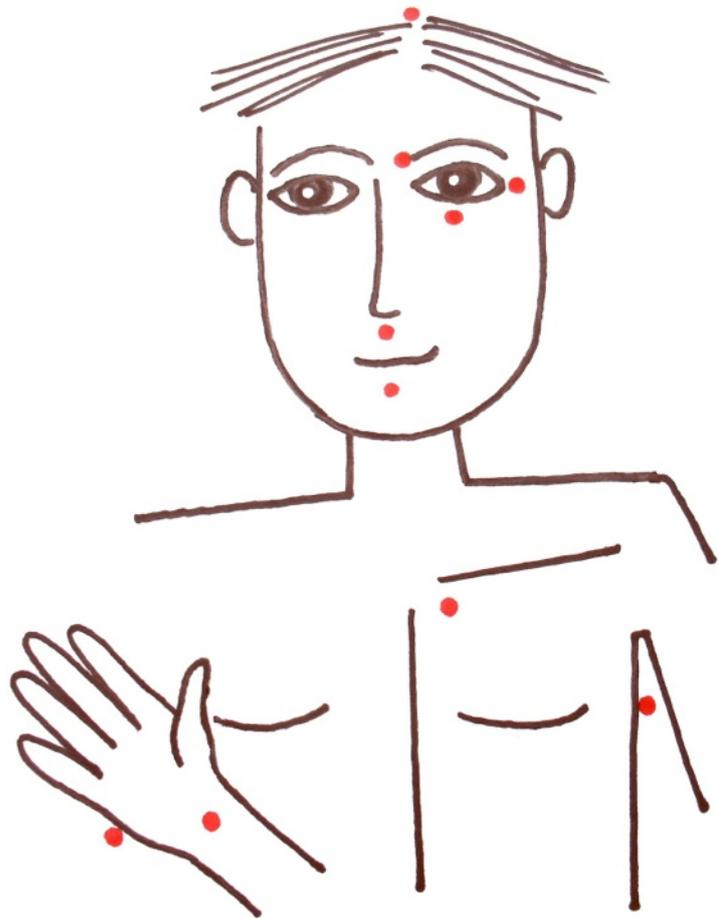
Under the Nose

Under the Lip

Collarbone Point

Under the Arm

Inner Wrist



THAT'S IT! You now know the Tapping Points.

Now we're ready to link these points to some words.

Step 2

What to say



Let's find a problem! Be as specific as you can.

e.g 'I'm anxious' is not as effective as 'I'm anxious when I catch a bus'.

Then give it a number on a scale of 1-10.

1 is low, 10 high. So if it worries you a bit, it would be a low number, if just the idea of catching a bus is freaking you out, then it would be a 10.

Start tapping on the side of our hand, saying:

Even though I have this (put your own problem in here)

Some examples:

Anxiety about catching a bus

Feeling that I'm going to faint while waiting in a queue

Anxiety about catching lifts

Fear that I might die in my sleep

Anxiety about going to the movies

Then you always finish this statement with:

I deeply and completely love and accept myself.

Note: Some people struggle with saying this line. If this is the case for you, just substitute it with something like:

I'm still OK

I'm still a good person

I'm still a good bloke

I'm still going to be alright

I accept myself despite these feelings

I am still a good/worthwhile person no matter if I have anxiety or not

I am still a good human being, and I love myself for all of my efforts

This is called the setup statement

because it is setting up very clearly, the problem that we are wanting to address.

Let's put it all together:

'Even though I have this anxiety about catching a bus, I love and accept myself.'

ALTERNATIVELY:

'Even though I have this anxiety about catching a bus, I'm still a good person'.

Now, as you tap on the points, starting at the top of the head, you say

'reminder phrases'

which keep you tuned into the problem. This is so your mind doesn't wander off thinking about what you'll wear tomorrow, or what you want for dinner tonight. These phrases are short, and would sound something like this:

Top of the Head	just say	this bus anxiety
Eyebrow Point		I'm scared
Side of the Eye:		this bus anxiety
Under the Eye:		I think I might have to get off
Under the Nose:		I hate feeling like this
Under the Lip:		All this fear about catching the bus

*Refer to the Tapping Script at the end of the guide if you need to

Now when you've finished at the wrist point, take a big breath in and let it out slowly.

This is where we learn step 3:

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Step 3 - Tuning Into Your Feelings

What we've just done is called a 'round' of tapping.

After each round, you're going to stop and check what's happening with yourself. Has there been something physical happen? E.g. Your throat may feel a bit constricted, or your stomach may feel squirmy. Maybe an emotion has changed: you started off scared, now you're angry: Why should I have this thing! I used to be able to catch a bus!



That is what you tap on during the next round.

So it would go something like this: (substitute your own words)

THE SET UP:

Even though I'm angry that catching a bus is so hard now, I love and accept myself anyway.

REMINDER PHRASES

Tap through the points saying e.g. All this anger, I'm angry, how did it come to this, all this anger at my bus anxiety, etc.

After you've done that, take a big breath in, and take note of what is happening in your body or mind again.

You may continue on like this doing several rounds. They only take a minute or so each.

Keep checking in with your feelings. Say, 'I feel anxious about catching a bus' and see if the level has come down. If it has, you're on your way!
I always like to work on some positive suggestions after that.

The new Setup Statement would be:

'Even though I still feel some anxiety when I think about catching a bus, I choose to feel calm about catching a bus.'

And as you tap through the points, your

reminder phrases/new choice phrases

would sound something like this:

I still have some anxiety
I'm choosing to feel calm
I still have some anxiety about catching the bus
I'm choosing for it to be easier than I thought
I still have some anxiety
I'm choosing to trust that it will go away
Etc. Make sure you end on a positive.

Then, once again, sit back and listen to your thoughts, and feel your feelings.

Anything comes up? Then just keep tapping.

Scroll down further for a sample Tapping Script to help you to consolidate your learning.

And here's the link to my Youtube channel, so you can tap along for some practice!

<https://www.youtube.com/MadTappersSociety>

Please ask any question on my facebook page:

<http://www.facebook.com/jzmadtappers>

Here's some FAQ ... I hope that all of this helps you along the way!

And remember the Tapping Script follows!

FAQ



Is EFT safe?

It's safe, gentle and creates a wonderful sense of calm. It works astoundingly well on almost anything you can imagine:

- emotions like anger, sadness, hurt, disappointment & grief
- physical issues such as insomnia, aching joints, allergies
- fears and phobias such as fear of flying, fear of heights, anxiety phobias
- to those self limiting beliefs that get in the way, like the 'not good enough's'

Why EFT?

People deal with their pain in different ways.

Sometimes people run, swim, meditate. Others use alcohol, drugs, shopping.

EFT is a simple, fast, effective and healthy option to clearing old self limiting beliefs, and negative thoughts which lead to anxiety and illness.

If I need some help to get started, do you do private sessions?

Absolutely. I work on phone and skype. Please fill in the CONNECT form on my website

Does it work over the phone/skype?

It works very well over the phone. My job is to ask the right questions, so as long as we can hear each other, it's the same as you being with me in the same room. In terms of me being able to see how you reacting, I have a finely tuned ear, as with most therapists who work this way, and can hear what's going on by the change in your voice.

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How long does the process take and how often should I tap?

A round of tapping takes around 2 minutes. If that. This is repeated until the problem dissolves. Sometimes one round does the trick, sometimes 10. Sometimes a couple of sessions. It's certainly one of the fastest techniques I have come across, particularly compared to the more traditional therapies e.g. talk therapy.

You can tap a couple of times a day, or as much as you like. I tap in the morning for a few minutes to clear my energy system, at night which ensures a great sleep, and anytime a negative emotion surfaces during the day. Often I set aside time to work with a colleague on a specific issue.

How do I know what to say?

Just say whatever pops into your mind. Imagine talking to a friend about what you're feeling e.g. 'I can't believe my daughter spoke to me like that, and then use that for your set up statement e.g. "Even though I can't believe my daughter spoke to me like that, I'm still a beautiful person" and the reminder phrase for each point would be "she spoke to me like that."

If you're really upset or angry, just start tapping through the points saying exactly how you feel until you feel calmer. Don't worry about getting it wrong, you can't. It will work even if you tap out of sequence or miss certain points.

Best thing to do is to tap along with the sample Tapping Script below. There are many more on my website <http://mادتappers.com.au>

Why does the setup focus on the negative?

I love this question. This is a little bit about me: I was raised to be stoic. i.e. 'put a smile on your dial and get on with it.' No matter what! 'Your dog died...he's gone to heaven, now let's get busy with some distraction technique :-), 'the kids at school are being mean: walk away.' 'There's a monster under my bed: monsters don't live in this neighbourhood, now go to sleep darling.' And I had really loving parents, they were probably just handling things the same way as their parents did.

The point is, these things stay inside. What I mean by that, is that it is so important to acknowledge the problem, instead of dismissing it. You know that feeling where you're telling someone how you're feeling, and they say, 'you'll be ok, you've just got to.....'. Somehow, you feel as though you shouldn't really feel that way, and you should just get on with it. This starts from a young age.

By 'addressing the negative' you acknowledge your feelings, and accept that they are YOURS. You have your reasons for feeling this way!

So, back to the question: focusing on the negative is just focusing on what's upsetting you. It's not necessarily negative, it's just how you're feeling right then, and accepting it. Mostly we resist uncomfortable feelings. We push them aside. But they have a voice, and they want to be heard.

This is where tapping is so brilliant. It provides an opportunity for accepting what 'is' right now, acknowledging your feelings around that, tapping, and then releasing all that energy.

What do I say if I'm not comfortable saying "I love and accept myself"?

This often happens when I'm working with a client. They say: But I don't accept myself. I hate my anxiety, and it's part of me! The thing is we say things to ourselves that we would NEVER say to a friend. I mean, would we stop loving a friend because they were full of anxiety? It is accepting yourself, right here, right now, and supporting yourself while you get where you want to be. I find these phrases useful in this situation:

- I'm still ok
- I'm still a good person
- I'm still a beautiful friend
- I'm still a good Dad/Mum
- I'm still a great kid
- I love myself for trying my best

Do I have to believe in EFT for it to work?

In my opinion, and from experience, no. It works anyway. Initially I was skeptical about EFT and probably every client I've worked with has felt the same way. One session later, with the results flowing, the skepticism melts away.

Will it help with a past event that is still painful?

EFT is one of the most effective methods to delete the pain around past events. After EFT has worked effectively, you will still be able to replay the event in your mind, without the emotional response. EFT has produced remarkable results with trauma. e.g. with PTSD in War Veterans, child abuse victims and victims of crime.

Why did stuff keep coming up for me after doing EFT?

This is how I see it. Let me explain.

Initially a client may present with anger. As 'anger' resolves, the aspect of 'sadness' arises. Then along comes 'powerlessness', followed shortly by: 'I'm worthless.'

All of these aspects are like 'little voices' in a queue, all waiting to have their say. They have waited a while usually, because as humans, we will do anything to keep ourselves out of pain, including pushing down unpleasant memories.

With EFT we are finally acknowledging our pain, and releasing it, one aspect at a time. One aspect is resolved, and the next one surfaces.

Imagine the feeling when they're all cleared!

We are clearing out the old to let in the new!



Will the results last?

There may be another 'little voice' (ASPECT) lined up who is shyer than the other lot, who surfaces a little while later. You treat them the same as the others, with respect, acknowledging their pain, and releasing it with EFT.

Is it a quick fix?

These words could be read many ways.

By 'quick', yes EFT can often get rid of a lifelong phobia in one session. e.g. fear of water, (I speak from experience as a therapist, 1 hour to get rid of a 35 year old fear of water.)

Frequently it takes longer: weeks or months. But by comparison with years on a 'couch', yes, it's quick! When I say this, I have the greatest respect for any human being who has chosen a profession solely focused on helping people heal from pain. So, my comments are my beliefs, and not meant to harm anyone, or disrespect their profession.

As for the 'fix' bit, we actually don't need fixing. We're fine just as we are, right now. I can hear you saying, 'no I'm not', but the thing is, we can either resist what's happening in our lives, or use where we are as a starting point to launch from. It's the resistance that gets in the way. That's exactly what EFT is all about, tapping out the resistance so we love ourselves, lock stock and barrel, right now, just as we are, full of anxiety or not, and then we can start working on the healing.

Sample Tapping Script

Give your problem a number, 1 being low, 10 being high, Tap on the point in the LH column, while you read across the rest of the columns. Replace my words with yours whenever you like. Keep doing rounds (I've highlighted a round in yellow) until you have reduced your anxiety around that problem to a 1 or 2.

TAPPING POINT	WHAT TO SAY	A : WHAT YOUR ARE THINKING/FEELING	B : SELF ACCEPTANCE
Side of the Hand	Even though	I feel anxious about going to work	I deeply and completely love and accept myself
Side of the Hand	Even though	I feel anxious about going to work	I deeply and completely love and trust myself
Side of the Hand	Even though	I feel anxious about going to work	I deeply and completely love and accept myself
Top of the Head		This work anxiety	
Eyebrow Point		I hate going to work	
Side of the Eye		I feel so anxious	
Under the Eye		I feel like everyone's judging me	
Under the Nose		I don't know if I can do my job anymore	
Under the Lip		I'm so anxious at work	
Collarbone Point		All this work anxiety	
Under the Arm		I just can't seem to get rid of it	
Inside Wrist		All this work anxiety	
TAKE A BIG BREATH AND RELEASE	Now, if something comes up for you, either physically, (like congestion in your throat), or emotionally, (like, you started off as 'sad', and now you feel angry,) what you would do next is tap on those feelings. 'A' is your feeling column, so you would just say: <i>Even though I have this ANGER now. E.g.</i>		
Karate Chop Point	Even though	I have this anger about going to work	I deeply and completely love and accept myself
Karate Chop Point	Even though	I have this anger about going to work	I deeply and completely love and accept myself
Karate Chop Point	Even though	I have this anger about going to work	I deeply and completely love and honour myself , even this part of me
Top of the Head		This anger	
Eyebrow Point		I'm anxious	
Side of the Eye		People at work expect too much of me	
Under the Eye		I'm just so anxious	
Under the Nose		It's their fault	
Under the Lip		They should't expect so much from me	
Collarbone Point		Now look at me, I'm just so anxious	
Under the Arm		I need to speak up for myself	
Inside wrist		I'm so anxious at work	
Top of the Head		I'm so anxious I don't think I can speak up for myself.	
TAKE A BIG BREATH AND RELEASE	Do you see how this is working? What started off as anxiety, now has anger. Now it's become, 'I don't think I can speak up for myself'. Obviously, everyone has their own story, and your's may not lead this way. This is just an example, let's proceed.		
Karate Chop Point	Even though	I can't speak up for myself because I'm too anxious now	I deeply and completely love and accept myself

TAPPING POINT	WHAT TO SAY	A : WHAT YOUR ARE THINKING/FEELING	B : SELF ACCEPTANCE
Karate Chop Point	Even though	I can't speak up for myself because I'm too anxious now	I deeply and completely love and trust myself
Karate Chop Point	Even though	I can't speak up for myself because I'm too anxious now	I deeply and completely love and honour myself, and this part of me
Top of the Head		I can't speak up for myself	
Eyebrow Point		I'm so anxious at work	
Side of the Eye		I can't speak up for myself	
Under the Eye		I'm too anxious	
Under the Nose		All this work anxiety	
Under the Lip		All this fear	
Collarbone Point		All this pressure	
Under the Arm		All this work anxiety	
Inside Wrist		Letting it go now	
TAKE A BIG BREATH AND RELEASE	At this point, I'm starting to suggest the positive, but you may have to do 10 rounds to get to this point. Wait until you are feeling calm before you do this. So I'm proceeding as though you are already at this point.		
Karate Chop Point	Even though	I still have some anxiety about going to work	I deeply and completely love and accept myself
Karate Chop Point	Even though	I still have some anxiety about going to work	I deeply and completely love and trust myself
Karate Chop Point	Even though	I still have some anxiety about going to work	I deeply and completely love and honour myself and where I'm up to right now
Top of the Head		I'm feeling a bit of anxiety, but not as much as before	
Eyebrow Point		I'm willing to visualize myself talking to my boss	
Side of the Eye		I'm going to focus on being positive	
Under the Eye		I need to speak up for myself	
Under the Nose		Even if I still feel some anxiety	
Under the Lip		I need to speak up for myself	
Collarbone Point		Even though it seems hard, I'm willing to see that it might be easier than I think	
Under the Arm		I'm willing to think that my boss will listen	
Wrist Point		I'm going to be ok. Everything is going to be alright.	
TAKE A BIG BREATH AND RELEASE	Just continue on in this fashion, putting the positive suggestions in.		
Karate Chop Point	Even though I	Am so ambitious at work	I am still a good person, just trying to get it right!
Karate Chop Point	Even though	I'm wondering if my boss values that	I deeply and completely love and trust myself
Karate Chop Point	Even though	I'm wondering how my boss will react	I love and trust myself, and my abilities
Top of the Head		I choose happiness for myself	
Eyebrow Point		I choose to remain calm when I talk to my boss	
Side of the Eye		I choose to let go of my anxiety	
Under the Eye		I'm choosing to let go of this suffering	

TAPPING POINT	WHAT TO SAY	A : WHAT YOUR ARE THINKING/FEELING	B : SELF ACCEPTANCE
Under the Nose		I'm choosing that for me right now	
Under the Lip		I'm choosing to love myself like a friend	
Collarbone Point		I choose happiness for myself	
Under the Arm		Speaking to my boss is going to be ok, no matter what their reaction is	
Top of the Head		I will speak to my boss, and will speak my truth, and trust what happens from there.	
TAKE A BIG BREATH AND RELEASE Feel free to keep going if you want to ... just say your feelings, and keep tapping!			



Thank you for making it to the end of the book. Keep Tapping!

Julie

Useful Links:

If you wish to know more about EFT, and join a community of people who are using this technique to work towards an anxiety free, calm and happy existence, then please visit my membership website:

<http://www.madtappers.com.au>

Disclaimer



You Must Read Before You Proceed

Please take full responsibility for your own health and wellbeing: You must read and agree to the following information before tapping.

The information I provide in *EFT for Anxiety* is intended to educate, inspire and assist you to lead a happy and healthy life.²¹

It is not intended to replace care that is best provided by a qualified health professional and is not intended as medical or psychological advice, diagnosis, or treatment. It should not be used as a substitute for any treatment that has been prescribed or recommended by your doctor or other professional advice of any kind of nature.

EFT is an alternative and complementary technique based on the use, modification, and manipulation of energy fields that look at imbalances within the person's energy system as well as the energetic influence of thoughts, beliefs, and emotions on the body.

Whereas EFT has produced remarkable clinical results, it has yet to be fully researched by Western medical, and psychological communities and therefore, is considered experimental.

Neither Gary Craig, the founder of EFT, nor Julie Zommers are licensed health practitioners, and certain issues should be addressed by such professionals.

Any information in the Guide do not constitute a warranty, guarantee, or prediction regarding the outcome of an individual using EFT for any particular issue.

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