ANXIETY RELEASE TECHNIQUE®

1) Bring to mind the unpleasant and/or undesired emotion

2) Rate it on a scale of 0 – 10  
   (Universal pain scale; ten is highest)

3) Tap over ‘sore spots’ while repeating 3 times:
   
   “Even though I am feeling _______, 
   I bless the feeling and love myself.”

   (Fill in with feeling from #1)

4) Tap continuously on each meridian point while repeating:

   “I release my ______________, 
   I release it now.”

   (Fill in with feeling from #1)

5) Take a deep breath and blow it out forcefully

6) Rate the feeling again (0 – 10). Repeat tapping sequence and breath if necessary.

7) Tap continuously on each meridian point while repeating:

   “I bring in __________, 
   I am feeling __________ now.”

   (Fill in with desired feeling - this is your ‘Key Word’)

8) Inhale deeply and hold for 3 seconds

9) Rate desired feeling (0 – 10). Repeat tapping sequence followed by inhale breath if necessary.

Note: Anxiety Release Technique® (ART) is a derivative of Emotional Freedom Technique® and is not representative of the complete EFT model taught by Gary Craig, www.emofree.com

Move to Daily Tune-Up, Step #3