

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)

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Sore spots:  
(About 4 inches below collar bone)

- 4) Tap continuously on each meridian point while repeating:

“I release my \_\_\_\_\_,  
I release it now.”

(Fill in with feeling from #1)



Meridian Points:

- EB - Beginning of Eyebrows
- SE - Sides of Eyes
- UE - Under Eyes
- UN - Under Nose
- CH – Chin
- SS – Sore Spots
- UA – Under Arm
- UB – Under Breast

- 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.

KC – Karate Chop



(Last tapping point; perform by holding hands palms up, and tap fleshy edges together)

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](http://www.emofree.com)

Move to **Daily Tune-Up, Step #3**