

## 30 days to Anxiety Relief by Pat Ballantyne

### Doubt that this will work

#### Tapping on the Side of the hand

Even though I don't think this can help me, I deeply and completely accept myself

Even though I think this won't do any good, I choose to give it a go

Even though I'm not convinced that this will work, I'm going to try it

#### Tap on the following points about 7 times repeating these reminder phrases

**Eyebrow point:** I'm not convinced this will work

**Side of eye:** I'm not sure that this can help me

**Under the eye:** I'm afraid this won't do any good

**Under the nose:** I'm afraid that nothing will help me

**Chin point:** I doubt that this will work

**Collarbone point:** I don't think that this can work

**Underarm:** I'm not sure that this be any help

**Top of the head:** I choose to give it a go anyway

### Procrastination

#### Tapping on the Side of the hand

Even though I'm always putting things off, I choose to get started with this

Even though I can't seem to get started, I choose to let this work

Even though I don't get round to doing things I choose to make a start

#### Tap on the following points about 7 times repeating these reminder phrases

**Eyebrow point:** I can't get started

**Side of eye:** I just can't seem to get going

**Under the eye:** I can't seem to make a start

**Under the nose:** I'm always putting things off

**Chin point:** I don't seem to be able to get going

**Collarbone point:** I'm afraid it won't work

**Underarm:** I don't want to do it

**Top of the head:** I choose to get started and let this work

### Resistance to change

#### Tapping on the Side of the hand

Even though part of me doesn't want to change I accept the positive changes I'm making

Even though I'm afraid to change I choose to change in ways that are good for me

Even though change might make me different I give myself permission to get better

**Tap on the following points about 7 times repeating these reminder phrases**

**Eyebrow point:** I'm afraid of changing

**Side of eye:** I might be different

**Under the eye:** I'm afraid of who I'll become

**Under the nose:** I might not know who I've become

**Chin point:** Changing might make me different

**Collarbone point:** I'm afraid I won't know who I am

**Underarm:** I might not know how to handle the changes

**Top of the head:** I choose to accept all the positive changes I'm making

**Fear of never getting over the problem**

**Tapping on the Side of the hand**

Even though I'm afraid I'll never get over my problems I forgive myself and I accept myself.

Even though I'm afraid I have too many problems to deal with, I am ready to allow myself peace and serenity.

Even though I worry that I will never get over my problems I choose to give myself permission to get over this anxiety

**Tap on the following points about 7 times repeating these reminder phrases**

**Eyebrow point:** I may never get over the way I feel

**Side of eye:** I've got too many problems to overcome them

**Under the eye:** I'm afraid I'll never get over this

**Under the nose:** I worry that it may never be any better than this

**Chin point:** This is as good as it gets

**Collarbone point:** I'm afraid I'll never get over feeling like this

**Underarm:** I can't even imagine not feeling this way

**Top of the head:** I choose to give myself permission to get over these problems

**Panic**

**Tapping on the Side of the hand**

Even though I'm afraid of having a panic attack, I choose to remain calm and completely in control

Even though I'm afraid of losing control, I choose to know that I can handle whatever happens

Even though I feel terrified about what might happen, I choose to stay calm and relaxed

**Tap on the following points about 7 times repeating these reminder phrases**

**Eyebrow point:** This fear of having a panic attack

**Side of eye:** I'm terrified about what might happen

**Under the eye:** I'm afraid of losing control in front of people

**Under the nose:** I'm afraid of losing the plot

**Chin point:** I feel as though I want to run away

**Collarbone point:** I'm so afraid that I can't handle whatever might happen

**Underarm:** This dread of having a panic attack

**Top of the head:** I choose to remain calm, relaxed and completely in control

## **Safety**

### **Tapping on the Side of the hand**

Even though I'm afraid I won't feel safe if I get rid of these anxieties, I accept that I feel this way.

Even though my anxiety has kept me feeling safe I choose to know that I can feel calm and completely safe

Even though it doesn't feel safe to change I choose to accept that it is possible to make changes and feel totally safe

### **Tap on the following points about 7 times repeating these reminder phrases**

**Eyebrow point:** It's not safe to overcome my fears

**Side of eye:** I don't feel safe letting go of my anxieties

**Under the eye:** I'm afraid of what might happen

**Under the nose:** it's not safe to let go of all my fears

**Chin point:** It's not safe to change the way I feel

**Collarbone point:** I'm so worried about changing

**Underarm:** What if I'm right to be worried

**Top of the head:** I choose to accept that it is possible to feel calm and completely safe

## **Self Sabotage**

### **Tapping on the Side of the hand**

Even though I'm afraid that my anxiety attacks will come back, I love and forgive and accept myself

Even though I'm afraid I'll sabotage my progress and be back to square one, I know it can be different this time

Even though I'm great at sabotaging my own efforts I accept my feelings and I accept myself

### **Tap on the following points about 7 times repeating these reminder phrases**

**Eyebrow point:** I'm always sabotaging my progress

**Side of eye:** I'm afraid that the anxiety attacks will come back

**Under the eye:** I'm afraid I can't stop the sabotage

**Under the nose:** I'm so scared that this won't work

**Chin point:** I'm just going to sabotage things anyway

**Collarbone point:** I'm afraid that I don't deserve for this to work

**Underarm:** I'm afraid of getting caught in the same old patterns

**Top of the head:** I know it can be different this time

## **Not Deserving**

### **Tapping on the Side of the hand**

Even though I don't deserve to feel good about who I am, I love and forgive myself and I accept who I am

Even though I don't deserve to be calm, confident and in control, I accept myself and my feelings

Even though I don't deserve to feel loved I choose to feel good about myself

**Tap on the following points about 7 times repeating these reminder phrases**

**Eyebrow point:** This feeling that I'm not good enough

**Side of eye:** I don't deserve to feel good about who I am

**Under the eye:** I'm just not good enough and never have been

**Under the nose:** I don't deserve to be calm and confident

**Chin point:** I don't deserve to feel loved

**Collarbone point:** I don't deserve to feel good

**Underarm:** I don't deserve to feel good about myself

**Top of the head:** I choose to recognise that I do deserve to feel calm and confident, and I deserve to feel good about myself

**I'm not good enough**

**Tapping on the Side of the hand**

Even though I always think I'm not good enough I accept that I **am** good enough just the way I am

Even though I've got to be perfect to be accepted I completely accept myself just the way I am

Even though I need to be perfect so that people will like me I accept and respect who I am and I like who I am

**Tap on the following points about 7 times repeating these reminder phrases**

**Eyebrow point:** I've got to be perfect to be accepted

**Side of eye:** Anything less just isn't good enough

**Under the eye:** This fear that I'm not good enough

**Under the nose:** This worry that I'll never be accepted

**Chin point:** I've spent my life being afraid that I'm not good enough

**Collarbone point:** This fear that I'll never be good enough

**Underarm:** I'm just not good enough

**Top of the head:** I choose to accept that I am good enough and I respect myself, just as I am

**Always finish with this positive input**

**Choosing to Move On**

**Tapping on the Side of the hand**

Even though I've had some awful things happen to me I choose to move on with my life

Even though I'm still suffering the consequences of those things I choose to put it all in perspective

Even though I sometimes feel bad because it feels that life has been unfair, I choose to put it all behind me

**Tap on the following points about 7 times repeating these reminder phrases**

**Eyebrow point:** I choose to cope well with whatever happens

**Side of eye:** I choose to get on with my life

**Under the eye:** I choose to put it all behind me

**Under the nose:** I choose to be relaxed

**Chin point:** I choose to put it all in perspective

**Collarbone point:** I choose to be content

**Underarm:** I choose to let it all go

**Top of the head:** I choose peace, happiness and contentment

## **Choosing to be positive**

### **Tapping on the Side of the hand**

Even though I've been feeling anxious and uneasy I choose to be positive from now on

Even though bad things happen sometimes I choose to accept that sometimes life isn't perfect

Even though I know that sometimes things go wrong I choose to enjoy life

**Tap on the following points about 7 times repeating these reminder phrases**

**Eyebrow point:** I choose to cope with everything

**Side of eye:** I choose to get on with my life

**Under the eye:** I choose to look forward to my day

**Under the nose:** I choose to be positive

**Chin point:** I choose to enjoy life

**Collarbone point:** I choose to be easy going

**Underarm:** I choose to feel positive

**Top of the head:** I choose to accept myself and the positive changes I'm making

## **Choosing to be Confident**

### **Tapping on the Side of the hand**

I know that I can trust myself and I choose to allow myself peace and serenity

I am able to be calm and confident in any situation and I choose to stay in control

I can be patient, I can stick with this and I completely have faith in my own ability

**Tap on the following points about 7 times repeating these reminder phrases**

**Eyebrow point:** I can trust myself to do whatever I need

**Side of eye:** I choose to be calm and confident

**Under the eye:** I choose to be patient and in control

**Under the nose:** I know that I am good enough

**Chin point:** I choose to allow myself peace and serenity

**Collarbone point:** I have total faith in my own ability

**Underarm:** I am loved and respected by those who know me

**Top of the head:** I choose to be calm, confident, and in control