



5 Minute Stress Buster

EFT Tapping Script

Start by tapping continuously on the Karate Chop point while repeating the set up statements after me.

Karate Chop:

Even though I feel really stressed right now,
I deeply and completely accept myself.

Even though I feel so tight and tense right now,
I accept myself and my feelings.

Even though this stress is so overwhelming,
I am willing to start letting it go.

Eyebrow: This stress.

Side of Eye: I feel really stressed right now.

Under Eye: I'm overwhelmed and tense.

Under Nose: I can't stand feeling this way.

Under Mouth: I'm so tense!

Collarbone: My life is so stressful.

Under Arm: I'm surrounded by stressful situations.

Top of Head: I just can't relax.

Eyebrow: I have to release this stress.

Side of Eye: I have to get calm somehow.

Under Eye: This stress!

Under Nose: It's so overwhelming.

Under Mouth: I can't take it.

Collarbone: I need to let it go.

Under Arm: I wish I could escape from this stress.

Top of Head: But I don't think I can.

Eyebrow: I'm so stressed out right now.

Side of Eye: But this tapping is going to help a lot.

Under Eye: I'm tapping away all this tension.

Under Nose: Tapping away these stressful feelings.

Under Mouth: I am SO READY to let them go.

Collarbone: I'm so ready to feel better.

Under Arm: I'm ready to feel calm and centered.

Top of Head: I'm ready to slow down and relax a little bit.

Eyebrow: I'm calling in a sense of calm.

Side of Eye: I'm bringing my energy back down.

Under Eye: To a centered and grounded place.

Under Nose: I'm breathing deeply and tapping

Under Mouth: to release the stress from my body.

Collarbone: It's okay to slow down and release the stress.

Under Arm: I give myself permission to feel calm.

Top of Head: I choose to feel calm right now.

Eyebrow: I'm feeling much calmer now.

Side of Eye: Feeling more centered and grounded.

Under Eye: Feeling much more in control.

Under Nose: Feeling like all is well in this moment.

Under Mouth: Feeling like everything is okay.

Collarbone: Feeling like I'm okay.

Under Arm: I am okay.

Top of Head: I am calm, centered, and peaceful.

Take a nice, slow, deep breath.

If you still feel stressed, replay the audio and go through the tapping exercise again. Wishing you great calm and serenity!

www.TappingAudio.com

Browse Our Other Products:

[Tapping Audios](#) | [Guided Meditations](#) | [Free Downloads](#)

Important Disclaimer: The information contained in these tapping scripts and audios are provided for educational purposes only and should not be construed as a substitute for professional care. Always consult your physician or other qualified professional for treatment of medical or mental health issues. You agree to accept full responsibility for your use of this information. For complete, standardized training please visit the official EFT website: www.emofree.com