



'Worry About the Future' Tapping Process

Start by closing your eyes and saying out loud - 'I'm worried about the future'. Really feel into the emotions and physical feelings and rate them on a scale of 1 to 10. (1=not worried at all, 10=freaking out.)

Round #1 - Acknowledge

Tap on the side of the hand:

*Even though I'm worried about the future, I love and accept myself completely.
Even though I'm worried about the future, I love and honour myself completely.
Even though I'm worried about the future; there is so much that is unknown, so much that I can't control, and I'm feeling so anxious,
And even though I'm worried about the future, I deeply and completely love, honour and accept myself.*

Tap round the points (See page 4 for a diagram of the tapping points):

*I'm worried about the future * I'm really worried about the future * in fact a part of me is terrified * because there is so much that I can't control * so much that I don't know * and it's freaking me out*

*I don't want to go back to being stressed out * worried about my work * about money * friction with colleagues * no time to spend with my loved ones * no time for myself * no time to have fun*

*All this fear and worry * I try not to go there * but I am worried * I am dreading all the pressure * the fears and anxieties and irritations of 'normal' life * and so much that is out of my control * so much that is 'up to other people' * And I hate being out of control * it freaks me out*

*All this worry * I feel it in my body * in my (name body part) * this sensation of (describe the feeling) * this worry trapped in my body * and in my nervous system * I'm really feeling it now * I'm allowing myself to feel it*

Take a breath, close your eyes, feel, and rate your feelings once again. Repeat until you are down to a 3 or 4.



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Round #2 Clear the fear

Tap round the points:

*All this worry * all this fear * all this anxiety * all these emotions * I choose to clear them now * clearing them from my body * from my nervous system*

*Clearing these feelings * back through every time I was worried * or saw other people worrying * and I learnt that that was how to react * how to be*

*I choose to clear this anxiety * it's not helping me * it stops me from thinking clearly * from feeling inspired * it stops me from taking action * and let's face it * nobody ever worried their way out of difficulties*

*I'm stopping this downward spiral * of worry * of negative thoughts * worst-case scenarios * and future horror movies*

*None of them are true * they are all made up by my anxious mind * trying to avoid suffering and struggle * trying to keep me safe*

Round #3 Tapping into Serenity, Courage & Wisdom

Side of the hand:

I choose to tap into Serenity, Courage & Wisdom, and I love and accept myself completely.

*I'm tapping into Serenity, * Courage, * and Wisdom* and I love and honour myself completely.*

I'm tapping into Serenity, Courage & Wisdom, I choose to know that they are available to me, even if I'm not quite aware of them yet,

And I choose to tap into Serenity, Courage & Wisdom, and I deeply and completely love, honour and accept myself.



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Tap round the points:

I'm tapping into Serenity, Courage, and Wisdom

*I choose to know * that they are available to me * even if I'm not quite feeling them yet * I'm allowing myself to activate them: * Serenity, * Courage, * Wisdom*

*With the words of the Serenity Prayer: * 'I'm tapping into the Serenity to accept the things I cannot change * Courage to change the things I can * and Wisdom to know the difference.'*

*Because I do know what Serenity feels like * all the times I've acted with Serenity * calmly and peacefully * I've been there * I'm accessing my inner Serenity*

*And I do know what Courage feels like * all the times I've shown Courage * that I've been brave * in the face of difficulties * in scary situations*

*Finally, I acknowledge my inner Wisdom * every time I've said wise things * made wise decisions * taken wise action * I'm honouring every time I've accessed my inner Wisdom*

*I choose to know that Serenity, Courage & Wisdom * are always available to me * and I choose to feel thankful for them now * and glad that I can operate from this new state of being * giving myself permission to feel this way.*

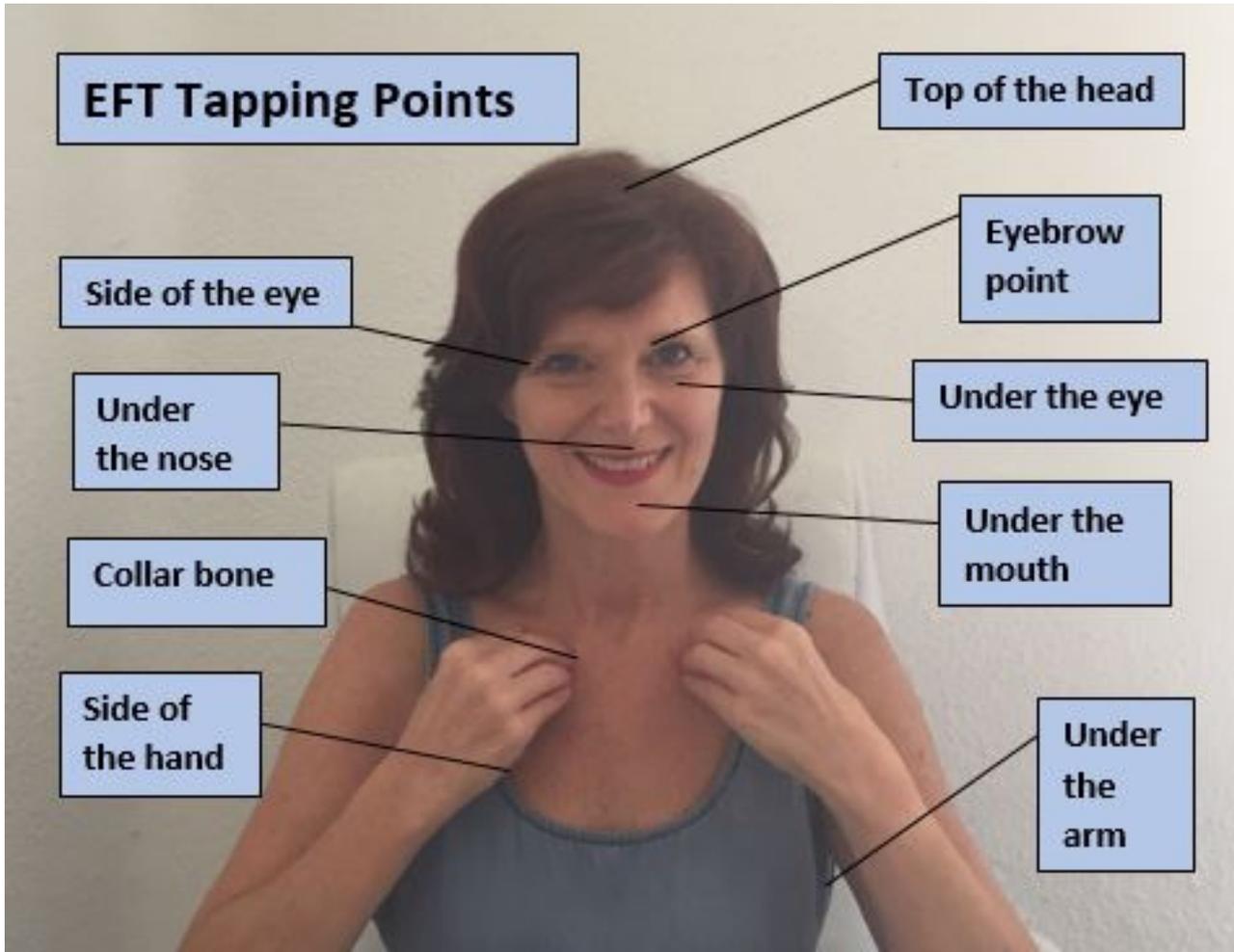
Take a deep breath, close your eyes, feel into your body and rate the worry & anxiety on a scale of 1-10.

Repeat any part of the process that feels necessary and/or good to you.



'Worry About the Future' Tapping Process: The Tapping Points

Here are the points we use:



If you'd like to tap with me further - to clear the worry and look to future possibilities - contact me for information about my coaching at:

Email: jenny@jennyclift.com

For more info and EFT Tapping resources:

Website: <https://abetterlifetapping.com/>

Facebook: <https://www.facebook.com/abetterlifetapping/>

YouTube:

<http://www.youtube.com/c/JennyCliftCoachingEFTtappingintoabetterlife>