

EFT Script for Feeling Overwhelmed ©



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If you would like further information about EFT and how you can use it, and other techniques, to heal your life and live FREE from emotional hurt -please visit the website www.healingthatfeeling.com for other lots of useful hints and tips.

Alternatively, please contact me on mel@healingthatfeeling.com and I will be very pleased to assist you.

Mel Trudgett

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Introduction

This ebook has been specifically written for anyone who feels like they 'have to do it all' or is overwhelmed by all of the things that they have to do in their daily lives. It could also be used for somebody who is going through a specific period of being overwhelmed, for example, a really busy period at work or a new baby. Sometimes things just get on top of us and we find it hard to cope.

However, EFT definitely works best when it is **specific** and therefore you may need to replace some of the wording to introduce your own, more appropriate descriptions.

But for now, follow this basic script as it is, without making any changes first and **then feel free to change any words** to your own if some of the words don't feel right for your situation. Be creative!

Give it a try. What have you got to lose? It may make you feel a lot better than you do now.

I would love to hear your thoughts or feedback. It will help me to improve my eBooks and therefore help others. Please take a minute to get in touch once you have tried the EFT script....

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Disclaimers

EFT is a fast and highly effective treatment for all sorts of issues and although still in the relatively early stages, it is not known to have many negative effects – but that does NOT mean that you will not have any side effects. Sometimes hidden or long forgotten memories are the cause of our present day issues, and when we tap, these memories often pop to the surface, this can be an unpleasant side effect if you are inexperienced.

Therefore, **if you have suffered a serious trauma or event (such as abuse, bullying, grief of a close loved one, a phobia etc)** I would strongly recommend that you do not tap directly on these issues without the guidance of an experienced practitioner. If you are not sure if this applies to you, please contact me for advice BEFORE tapping alone.

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As a recipient of this eBook you must also agree to the following, before doing any tapping:

I understand that EFT is still an experimental therapy, and is not meant to replace standard medical care and/or mental health counselling. While there have been no documented negative side effects from using EFT **when the proper treatment protocols have been followed**, you must agree to take full responsibility for your own well-being.

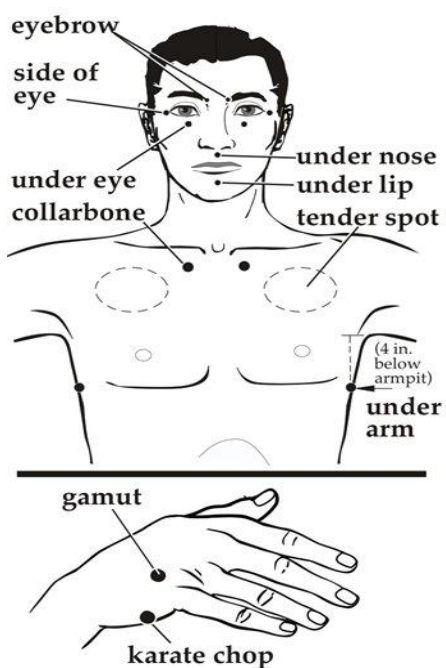
A few more points before starting....

- DO NOT stop any medication before consulting your doctor!

- If you have very high blood pressure you may want to consider not using the Top of the Head tapping point and use the Wrist Point instead.

- If you become very emotional, dizzy, upset or panicked at any point during the tapping script – STOP SPEAKING but continue to breathe deeply and tap gently. After a minute or so, stop tapping and take some slow deep breaths. If you feel able to carry on please do so. Alternatively, please feel free to contact me for advice.

Tapping Points.



KC = Karate Chop. The soft fleshy bit on the side of your hand, where a martial artist would use to 'chop' a brick in half.

TH = Top of Head
with the tips of your fingers, on both sides of the top (crown) of the head
usually done with both hands at the same time

EB = Eye Brow
SE = Side of the Eye
UE = Under the Eye
UN = Under the Nose
CH = Chin

PLUS;

UA = Under the Arm
on the level that your bra strap would sit or approx 4" below the armpit

CB = Collar Bone
at the start of the collar bone, in the centre of the chest
just below the bottom of the neck.

WR = Wrists
on the area where you would take your pulse, tap lightly or press lightly
with at least 2 fingers.

Getting Started

The main script takes approx 30 minutes; I suggest that you do it in a dimly lit room with *no distractions*. *Turn off the TV, make sure you are alone and will not be disturbed and turn off the telephone.*

You will need a large glass of water nearby and a pen & paper.

Before we get to the main script, I like to start with this breathing exercise to establish where you are feeling the emotional blocks around your body.

- Take 3 deep breaths and then rate your breathing on a scale of 0 -10, 0 being virtually impossible to breathe easily and 10 being able to breathe easily with no restrictions at all. If you are more than a zero - where are you feeling the restriction in your breathing? For example you may feel a tightness in your chest or be unable to breathe as deeply as normal.
- You should also become aware of your body from head to toe and where you feel any discomfort or pain – make a note of each area and rate them from a 1 (hardly noticeable) to a 10 (very painful or uncomfortable).
- At this point, I want you to also think about the issue that you want to work on today – feeling overwhelmed. **How serious is this issue for you?** Is it a 10 (extreme distress) or a 1 (in the background but with no serious problems). Write down your mood and the appropriate rating (0-10) that you associate with severity of these emotions.
- Think about a specific incident, trigger or time when you feel totally overwhelmed or have done in the past. Does this make the intensity go up? If so, write down the new intensity rating and also details of how you feel the stress of these emotions 'sickness in my stomach' 'pain in my side' etc.
- As well as being specific about the phrases and emotions you are feeling, EFT tends to work much better if you focus on **where** you are feeling the energy is blocked. Make sure you take plenty of notes as you go through the tapping and then once you have done this general script, you can use your notes to change the script and make it more specific to you.

Tip: This is a great way of tweaking the script to make it much *more specific to you*, is to establish WHERE or HOW you feel the stress of the emotions. For example if you get 'a knot in your stomach' or if you have 'a tightness in your chest' you could use that phrase instead of a more generalised phrase.

Getting Clear about the issue...

This breathing exercise should enable you to get a clearer picture of where and how you feel the emotional stress of this issue. I've included it because one of the first things to suffer when we are stressed is our breathing – which only adds to the problem.

Starting on the Karate Chop point –

Even though I feel like I can't breathe and I feel overwhelmed, I deeply and completely accept myself
Even though I can't breathe easily, I deeply and completely love myself
Even though I feel unable to breathe deeply with feeling totally overwhelmed, I deeply and completely forgive myself.

Then going through each of the main points;

Top of the **H**ead - I can't breathe easily
Eye**B**row – it's hard to breathe
Side of **E**ye - I feel all of this stress
Under **E**ye – I can't breathe easily
Under **N**ose – my breathing is restricted
CHin - I feel like I can't breathe
CollarBone – this tightness in my chest
Under **A**rm – I feel like I can't breathe!

TH - I can't breathe easily
EB – this restricted breathing
SE - I feel all of this stress
UE – I can't breathe easily
UN – my chest is so tight
CH - I can't breathe easily
CB – this restriction in my breathing
UA – I feel like I can't breathe!
Repeat this last section

Take 3 **very deep, slow breaths** and re rate your breathing.

- Has it improved?
- What number are you at now?

Sit still for a moment and become aware of your body. Are you feeling any pain or discomfort? If so, where? Make a note of it. Also make a note of any changes to the intensity of your restricted breathing and also, the emotions that you feel around the body.

Continue repeating this section until you get it down to a 3 or 4 and can breathe easier (*remember we are just talking about your breathing at this point*).

Then we go on to the main EFT script and the main issue, feeling overwhelmed. Think about the specific incident that triggers you to feel overwhelmed again and try to get the emotions back up.

Round 1

Starting on the **WRIST** point -

Even though I'm constantly busy and I never seem to have enough hours in the day, I deeply and completely accept myself.

Even though I feel overwhelmed, I choose to love myself anyway.

Even though I just can't do everything but there's no one else to do it, I deeply and *completely* forgive myself and all of those around me.

Then going through each of the main points;

TH - I feel overwhelmed

EB - I am so busy

SE - I feel all of this stress

UE - I can't do everything

UN - I can't think straight I've got so much to do

CH - I am so tired and overwhelmed with it all

CB - it's not fair, I have to do everything!

UA - Why do I have to do everything?

Take a deep breath, hold for a second and release. Take a sip of water and then go straight into round 2.

Round 2

Karate Chop point -

Even though I cannot cope with all of this, I choose to release all of this tension and sleep well tonight.

Even though I am sick of having to do EVERYTHING, I give myself permission to heal.

Even though I feel overwhelmed because I don't get the support I need, I am ready to release all of these feelings.

Then

TH - I choose to be organised

EB - but I still feel all of this stress about all that I need to do

SE - I will be full of positive energy

UE - but I am SO busy

UN - I'm doing the best that I can

CH - but it's never enough

CB - I release and let go of all of these worries, I'm ready to relax

UA - I can't cope, I need support

TH - I choose to release all of these feelings
EB - I'm sick of feeling overwhelmed
SE - I am ready to feel calm
UE – I can't cope! Why can't they help me?
UN – I choose to feel positive and energised
CH –who will do it all if I don't?
CB - I choose to feel calm
UA – somebody has to do it, and it's always left to me!
TH - I choose to sometimes say 'no'

Take a very deep breath, hold for a second and release slowly - letting all of the remaining tension go with it. Have a drink of water. *How do you feel now?*

Take a minute to re-rate your feelings (on a scale of 0-10) on the issue. By now, your feelings should be coming down to under a 5.

If they are not, it is likely that this script is not specific enough for your situation.

Don't forget - finish the script once exactly as it is and then go back and change a few of the phrases to ones that are **specific to you** and then do a couple of extra rounds using your phrases or words.

Round 3. (no KC point this time)

TH - I can't do it all, and that's ok
EB - I choose to feel like I CAN cope, but I can't do it all
SE - I choose to feel ready to be positive
UE - I give myself permission to say no
UN - It's safe to say no, my family and friends will still love me
CH - I give myself permission to heal, completely.
CB - I am doing the best I can, that's all I can do
UA - It's time to let go of all of these old beliefs
TH – and I am now ready to let go

Repeat round 3 another couple of times.

Have a drink of water.

EFT Tip; If you feel stuck and can't get your rating down, stop for a second and think about another *specific incident* of when you felt overwhelmed.

Get really connected to the emotions or feelings and then tap without speaking on the WRIST point. Or you could just say 'felt overwhelmed'. Does the rating come down now? If it still isn't budging, you may need to delve deeper about **why** you feel overwhelmed and work on a specific script for you.

Round 4

On the karate point;

Even though I'm stuck in this feeling of being overwhelmed and don't want to let it go, I'm open to the possibility that it would be nice to feel more peaceful about this.

Even though I feel like I have this weight on my shoulders, I give myself permission to be free

Even though I feel helpless and so stressed that I have to do it all, I forgive myself

TH - I acknowledge all of these feelings and I will choose to say 'no' occasionally

EB - I am willing for these feelings to change

SE - I choose to find creative ways to say 'no'

UE - I choose to feel like I am in control, I don't HAVE to do everything

UN - not if I don't want to

CH - I'm willing to consider that I can say 'no'

CB - I give myself permission to refuse

UA - It's time to let go of all of these feelings of being put upon

TH - I accept all of my feelings about this *without* judgement

EB - I know this is silly, I feel embarrassed about not being able to say no, but it's ok to let it all go now

SE - I'm in control now and I'm doing the best I can

UE - I'm willing to accept myself with kindness & compassion

UN - I love and accept ALL of myself

CH - I acknowledge all of these feelings, but I am ready to move on

CB - I am ready to cope

UA - I choose to feel peaceful about this now

TH - I'm just going to let it all go

Close your eyes and take 3 **very deep breaths**, slowly releasing all remaining tension as you exhale.

Stay in the same position for a few minutes and continue to feel the energy flowing in and around you. Keep you breathing in a slow, relaxed rhythm.

Now relax and let go of all remaining tension!

Please do make sure you drink enough water and definitely drink an extra pint (at least) tomorrow morning and throughout the day – major energy shifts can cause dehydration and you **will** get a headache if you don't drink enough!

EFT Affirmations

Once you feel like you have gone as far as you can with the main script and your intensity levels have come down to a **maximum** of a 2 – you can then start working on positive affirmations each day. There really is no point in ignoring the negative when doing EFT though, so work through all of the negatives (including your own phrases) before starting these affirmations, you'll get much better results.

Either go through each statement on all of the main tapping points OR if time is short just choose one or two, *but do something*. Tap for at least 3 or 4 minutes a day.

Before you start – set your intention for the tapping.

Ask yourself what do you want to achieve with the tapping today?

If you are still talking in a negative voice 'I just don't want to feel overwhelmed' 'I am fed up with stress' 'I'm sick of having to cope alone' STOP IT. Literally stop the thought pattern right there.

You need to think about the things that you DO want...

For example A calm day? Feeling at peace? A brilliant day? Support from your loved ones? A really positive day?

- Everyday and in everyway, my life is getting calmer
- Everyday and in everyway, I am feeling more at peace with myself
- Everyday and in everyway, I am totally in control of my life
- Everyday and in everyway, I am giving myself permission to say 'NO'
- Everyday and in everyway, I know that I am doing the best that I can
- Everyday and in everyway, I am willing to let go of being overwhelmed
- Everyday and in everyway, I am learning to accept myself
- Everyday and in everyway, I feel open to peace, calm and positivity
- Everyday and in everyway, I am choosing to let it be easy
- Everyday and in everyway, I choose to be open to support from my loved ones
- Everyday and in everyway, my life is getting better and better!

The Next Steps.

At this point you may want to write down some notes of your experience when doing the tapping, to enable you to track your progress.

How did the tapping feel?

Was there an energy shift? Did you yawn or feel 'fuzzy'?

Did any statements feel particularly powerful or did any feel wrong or inappropriate to your situation?

You may feel slightly more emotional the next day and it is normal when tapping to totally release one set of negative feelings, only for another set of feelings to pop to the surface – but you now know EFT works, so you can also tap them away too!

The next morning, you may also want to write a few more notes down about how you slept, any dreams you had, compare what your stress levels were like on the night of the tapping and then the morning after etc.

Just remember;

- Keep track of your progress but taking lots of notes and rating the intensity of the emotions. The old issues that you have already worked on AND any new issues that pop up to the surface.
- Take your time, don't rush.
- Drink plenty of water.

I use a journal to keep track of my notes and my progress when tapping.

Healing can be a long journey, depending on how many issues you want and need to heal; it could be a long one, although EFT usually works much faster than many other treatments. However, it is important to **keep tapping** until you get the results that you want!

Best wishes,

Mel Trudgett

www.healingthatfeeling.com

Want to take it further?

If you'd like to take your energy healing to the next level, please [contact me](#) to let me know what your notes said and I will be able to offer the following options;

- **Free** Additional ebooks, newsletter, articles, hints and tips.
- A specific EFT script based on your findings from this exercise AND a separate questionnaire **£14.99**
- If your issue is complicated or traumatic and you would like more guided assistance. **A one-to-one session including aftercare costs from just £30!**