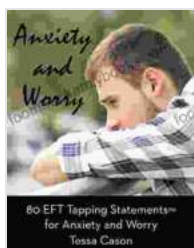


# 80 EFT Tapping Statements for Anxiety and Worry: A Proven Technique for Finding Inner Peace

Anxiety and worry are common experiences that can wreak havoc on our mental and physical health. They can lead to a variety of symptoms, including difficulty sleeping, irritability, fatigue, muscle tension, and headaches.



## 80 EFT Tapping Statements for Anxiety and Worry

by Tessa Cason

★★★★☆ 4.3 out of 5

Language : English

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Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Word Wise : Enabled

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If you're struggling with anxiety and worry, you're not alone. Millions of people around the world experience these conditions. The good news is that there are effective treatments available, including EFT tapping.

EFT tapping is a mind-body technique that can help to reduce anxiety and worry. It involves tapping on specific points on the body while focusing on the issue that is causing you anxiety.

There is a growing body of research that supports the effectiveness of EFT tapping for anxiety and worry. One study found that EFT tapping was more effective than cognitive-behavioral therapy (CBT) in reducing anxiety symptoms.

Another study found that EFT tapping was effective in reducing anxiety and worry in people with generalized anxiety disorder (GAD).

If you're interested in trying EFT tapping for anxiety and worry, there are a few things you can do to get started.

1. Find a qualified EFT practitioner who can guide you through the process.
2. Learn the basic EFT tapping technique.
3. Create a list of EFT tapping statements that you can use to address your anxiety and worry.

Here are 80 EFT tapping statements that you can use to release anxiety and worry:

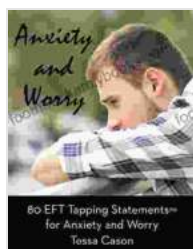
- I release all anxiety and worry.
- I am safe and secure.
- I am in control of my thoughts and feelings.
- I can handle anything that comes my way.
- I am strong and capable.
- I am enough.

- I deserve to be happy and free from worry.
- I am worthy of love and acceptance.
- I am grateful for all the good things in my life.
- I am open to new possibilities.
- I can create a future that is free from anxiety and worry.
- I am committed to my own well-being.
- I am willing to let go of the things that no longer serve me.
- I am ready to embrace peace and calm.
- I am deserving of happiness and joy.
- I am choosing to live a life free from anxiety and worry.
- I am grateful for the opportunity to experience life to the fullest.
- I am releasing all negative thoughts and emotions.
- I am choosing to live in the present moment.
- I am letting go of all attachments to the past.
- I am open to new experiences.
- I am embracing change.
- I am creating a life that is filled with love and joy.
- I am worthy of success.
- I am capable of achieving my goals.
- I am confident in my abilities.

- I am making progress every day.
- I am proud of myself.
- I am loved and supported.
- I am surrounded by people who care about me.
- I am part of a community.
- I am connected to the world around me.
- I am grateful for all the blessings in my life.
- I am living a life that is filled with purpose and meaning.
- I am happy and content.
- I am at peace.
- I am free.

You can use these EFT tapping statements as a starting point, and create your own statements that are specific to your individual needs.

EFT tapping is a powerful technique that can help you to release anxiety and worry, and find inner peace. If you're struggling with anxiety and worry, I encourage you to give EFT tapping a try.



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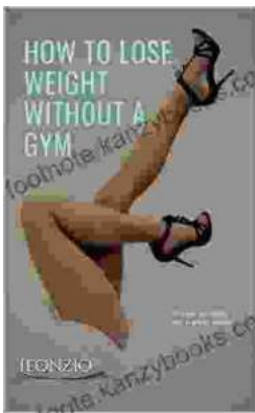
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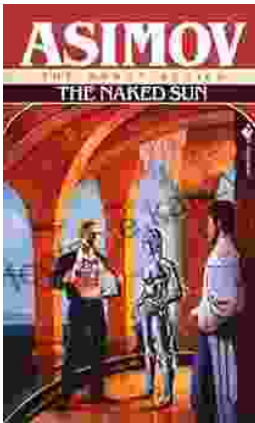
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