

Reduce Your Anxiety prior to Public Speaking with this Basic Tapping Sequence (EFT)

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If you are stuck in fear, procrastination, self-doubt, self-sabotage or confusion, Emotional Freedom Technique (EFT), or tapping, is the perfect solution. It's like WD-40 or Drano for the Soul!

EFT or *tapping* can be used for everything. Try it on everything! In this example, we'll focus on public speaking or doing presentations.

As a reminder, here's how a basic Tapping sequence works:

STEP #1: IDENTIFY THE PROBLEM

Identify the problem that you want to focus on. It can be general anxiety about speaking, or it can be a specific aspect or issue related to public speaking.

Look for the emotions, thoughts and physical sensations that you notice as you think about making your presentation.

Some of the other feelings about speaking: dread, nervous, worried, doubt, embarrassed, humiliated and disappointed.

Some of the thoughts (limiting beliefs) related to speaking: I don't like the way I look; I don't like the way my voice sounds; I might make mistakes; I might look stupid; I might lose my thoughts; my mind gets foggy; my knees shake; my voice shakes; I can't get my breathe; I might forget the techniques; I'm not good enough; I dread giving presentations.

Some physical sensations related to speaking: dizzy, lightheaded, tight chest, trouble breathing, tight jaw, heart pounding, dry mouth, sweaty palms, churning stomach/bowels, pressure in chest, voice shaking, knees shaking, feeling nauseous,

Consider the problem or situation. How do you feel about it right now? Rate the intensity level of your anxiety, with zero being the lowest level of anxiety and ten being the highest. (SUDS)

Compose your set up statement. Your set up statement should acknowledge the problem you want to deal with (the truth as you experience it), then follow it with a statement of acceptance of yourself and your feelings.

You can use any of the mental, emotional and physical aspects identified above, or any new ones that come to you. If it's easier, keep it simple and just focus on one thing and repeat it at each tapping point. If you're comfortable, work in as many different aspects

as you want, as long as they relate specifically to your experience with presenting your material to an audience.

"Even though I feel this anxiety, I deeply and completely accept myself."

"Even though I'm anxious about my presentation, I deeply and completely accept myself."

"Even though I'm feeling this dread and it's hard to breathe, I deeply and completely accept myself."

"Even though I panic when I think about having to speak in front of a group, I deeply and completely accept myself."

"Even though I'm worried that I'll forget what I'm saying (or how to breathe, etc.), I deeply and completely accept myself."

"Even though I'm having trouble breathing, I deeply and completely accept myself."

STEP #2: PERFORM THE SET UP

With 2-4 fingers on one hand, tap the Karate Chop point on your other hand. The Karate Chop point is on the outer edge of the hand, on the opposite side from the thumb.

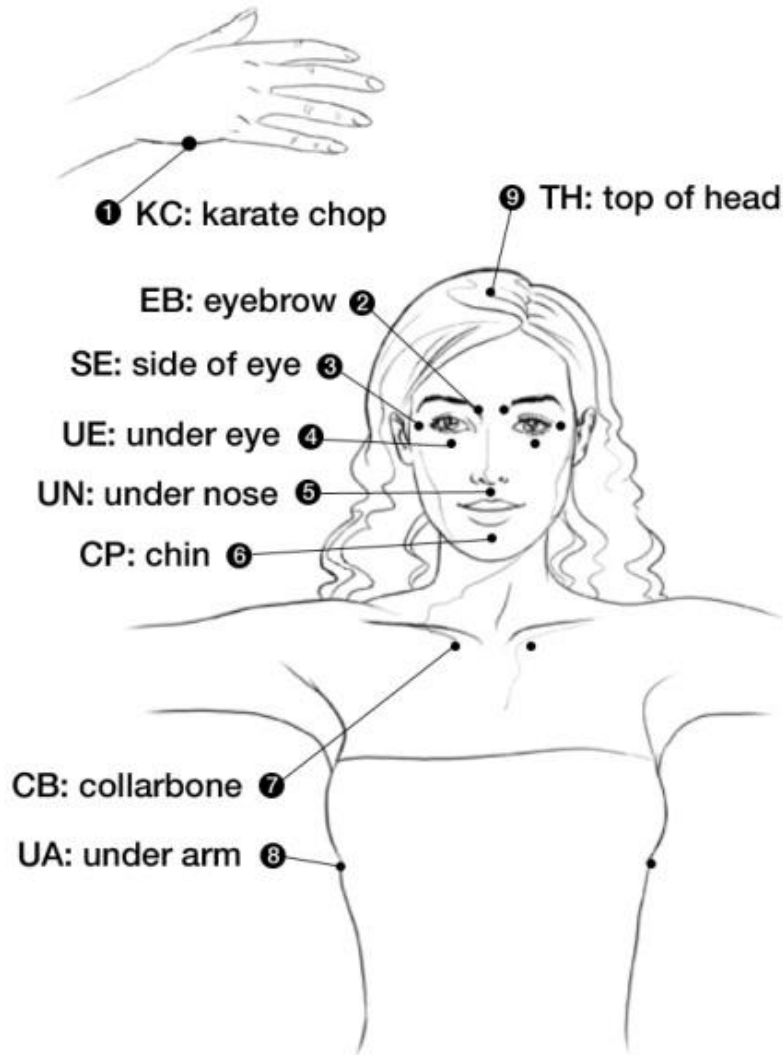
Repeat the set up statement three times aloud, while simultaneously tapping the Karate Chop point. Now take a deep breath!

Get ready to begin tapping! Here are some tips to help you achieve the right technique.

- You should use a firm but gentle pressure, as if you were drumming on the side of your desk or testing a melon for ripeness.
- You can use all four fingers, or just the first two (the index and middle fingers). Four fingers are generally used on the top of the head, the collarbone, under the arm... wider areas. On sensitive areas, like around the eyes, you can use just two.
- Tap with your fingertips, not your fingernails. The sound will be round and mellow.
- The tapping order begins at the top and works down. You can end by returning to the top of the head, to complete the loop.

STEP #3: START THE TAPPING SEQUENCE

Now, tap 5-7 times each on the remaining eight points in the following sequence:



Head (TH)

The crown, center and top of the head. Tap with all four fingers on both hands.

Eyebrow (EB)

The inner edges of the eyebrows, closest to the bridge of the nose. Use two fingers.

Side of eye (SE)

The hard area between the eye and the temple. Use two fingers. Feel out this area gently so you don't poke yourself in the eye!

Under eye (UE)

The hard area under the eye, that merges with the cheekbone. Use two fingers, in line beneath the pupil.

Under nose (UN)

The point centered between the bottom of the nose and the upper lip. Use two fingers.

Chin (CP)

This point is right beneath the previous one, and is centered between the bottom of the lower lip and the chin.

Collarbone (CB)

Tap just below the hard ridge of your collarbone with four fingers.

Underarm (UA)

On your side, about four inches beneath the armpit. Use four fingers.

Head (TH)

And back where you started, to complete the sequence.

As you tap on each point, repeat a simple reminder phrase, such as "my anxiety" or "my presentation". You can add in other aspects as you tap on the different points but don't get caught up in "what to say". Simple and specific is always good 😊

STEP #3: REPEAT

Now take another deep breath!

Now that you've completed the sequence, focus on your problem again. How intense is the anxiety now, in comparison to a few minutes ago? Give it a rating on the same number scale.

If your anxiety is still higher than "2", you can do another round of tapping. Keep tapping until the anxiety is gone. You can change your set up statement to take into account your efforts to fix the problem, and your desire for continued progress.

"Even though I have some remaining anxiety, I deeply and completely accept myself."

"Even though I'm still a little worried about this presentation, I deeply and completely accept myself." And so on.

Now that you've focused on dispelling your immediate anxiety, you can work on installing some positive feelings instead.

Note: This approach is different from traditional "positive thinking." You're not being dishonest with yourself. You're not trying to obscure the stress and anxiety inside yourself with a veneer of insincere affirmations. Rather, you've confronted and dealt with the anxiety and negative feelings, offering deep and complete acceptance to both your feelings and yourself.

Now, you're turning your thoughts and vibrations to the powerful and positive. That's what makes Tapping so much more effective than the "positive thinking" techniques that many of you have already tried.

It's not just a mental trick; instead, you're using these positive phrases and tapping to tune into the very real energy of positivity, affirmation, and joy that is implicit inside you.

You're actually changing your body's energy into a more positive flow, a more positive vibration.

Here are some example phrases to guide you:

- "I have faith in my ability to make a great presentation."
- "I am an expert in what I do and present myself clearly, calmly and confidently."
- "I've accomplished so much and I'm proud of myself."
- "I enjoy the calm and peace that I have now when I think about my presentation."
- "I love the fact that I am becoming an inspiring and confident speaker."
- "I am becoming a more relaxed and joyful person."

You can use these positive phrases with the same tapping points and sequences described above.

Remember, you can tap "as needed" or 2-3x/day, or both! In no time at all you will be a confident and compelling speaker!

Happy tapping, *Catherine*

Contact Catherine



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