

EFT Tapping Script for Children: Releasing Anxiety from Past Experiences

[Note for adults: Guide the child through this script, tapping gently on each point as you read. Encourage them to repeat the words out loud or in their mind, whichever feels more comfortable.]

Setup (Karate Chop Point):

Even though sometimes I feel scared that bad things might happen again, I'm still a brave and amazing kid. Even though I worry a lot because of what happened before, I'm learning to feel safe and happy. Even though it's hard to forget the scary things, I'm strong and I can handle my big feelings.

Tapping Sequence:

Eyebrow Point: I remember when that scary thing happened...

Side of Eye: And sometimes I worry it might happen again...or even something worse.

Under Eye: It makes me feel nervous and anxious...

Under Nose: Like I'm always waiting for something bad...

Chin Point: But I'm safe right now...

Collarbone Point: And I'm surrounded by people who care about me...

Under Arm: I can let go of these worried feelings...

Top of Head: I'm stronger than I think...

Eyebrow Point: It's okay to feel scared sometimes...

Side of Eye: But I don't have to feel scared all the time...

Under Eye: I can choose to focus on good things too...

Under Nose: Like playing with my friends...

Chin Point: Or doing things I enjoy...

Collarbone Point: I'm learning to feel calm and relaxed...

Under Arm: My body knows how to feel safe...

Top of Head: And I can remind myself that I'm okay...

Eyebrow Point: The scary thing is in the past...

Side of Eye: And I'm here in the present...

Under Eye: I can take deep breaths when I feel worried...

Under Nose: And remember that I'm brave...

Chin Point: I've gotten through tough times before...

Collarbone Point: And I can do it again if I need to...

Under Arm: But right now, I'm safe and sound...

Top of Head: And it's okay to feel happy and relaxed...

[Take a deep breath]

Karate Chop Point: I choose to let go of my worries and enjoy being a kid. I'm safe, I'm strong, and I'm amazing just the way I am.

[Note for adults: After completing the tapping sequence, ask the child how they feel. Repeat the process if needed, or focus on specific parts that resonated most with the child.]