



EFT FOR
OVERWHELM



THE
AUTOIMMUNE COLLECTIVE

EFT FOR OVERWHELM

Rate on a scale of 1-10 how this overwhelm feels for you right now. 1= It doesn't bother me that much. 10 = I feel like I'm being crushed under the weight of this stress and anxiety. Remember, we are tapping into the feeling and emotion of feeling overwhelmed!

Rate:

Side of Hand Point (Set up Statement)

Even though I'm feeling really stressed out right now I love and accept myself.

Even though I'm feeling overwhelmed with everything I have to do, I love and honor myself.

Even though I'm stressed out, I love and accept myself.

Round 1 (Expressing the overwhelm):

EB: I'm feeling really stressed-out right now.

SE- I'm really overwhelmed by everything I need to do.

UE- It feels like I have so much to do that I don't even know where to start.

UN - My chest feels heavy, like there is a weight on it.

C - It feels hard to take a deep breath.

CB- I'll don't think I'll ever be able to get through everything on my to-do list.

UA - Every day I get more behind with everything I need to do, and every day my to-do list gets longer and longer.

TH - Thinking about everything I need to do makes me want to hide.



EFT FOR OVERWHELM CONTINUED...

Round 2 (Understanding the overwhelm):

EB: I don't see an end in sight.

SE - I wish I could take a day off, but life doesn't stop just for me.

UE - I feel like I can't keep up.

UN - It seems like everything they say to do to relieve stress takes too much time or won't be enough.

C - But do I REALLY need to be doing all of the things I am doing?

CB - Are there things that I think are important that maybe aren't?

UA - There are things that definitely need to be done soon and are a priority.

TH - And there are things that maybe could be put off until later or dropped off the list.

Round 3 (Exploring possibilities):

EB: Wouldn't it be nice to take some things off the list?

SE - Or to push them off until some other time?

UE - I can space things out so they don't stress me out as much.

UN - And feel calm for once, wouldn't that be nice

C - I could feel like I was accomplishing things

CB - Instead of being weighted down by the neverending list of always something to do

UA - I don't need to feel overwhelmed

TH - I can feel calm

EFT FOR OVERWHELM CONTINUED...

Round 4 (Becoming hopeful):

EB: All this pressure to get everything done

SE - It just makes me feel inadequate and stressed

UE- But no matter how stressed I get, things won't get done faster

UN - Things take time to get done

C - And sometimes things don't get done

CB - And that's ok

UA - It's ok if everything doesn't get done

TH - I'm doing the best I can

Round 5 (Choosing peace and calm):

EB: What's it doing to me if I only live my life in a rush and in stress?

SE - I choose to slow down and step back

UE - I'll figure it all out

UN - When I'm calm I'll think more clearly

C - When I'm calm I'll allow in more ideas that will help me get things done

CB - I choose to release this stress and overwhelm

UA - I choose to trust myself to do what is necessary

TH - I choose to feel calm

Now take a deep breath..... and release.

Rate again on a scale of 1-10 how this overwhelm feels for you right now.

Rate:

If it's higher than you'd like, then go back through the script again.

