

A TAPPING SEQUENCE FOR ANGER

After you have read the [Basic EFT Introductory Guide](#) this sequence might be useful

Using your Awareness, tune into what makes you ANGRY. Note this down and gauge your level of distress. Then follow the sequence below. As you tap, please tune into the emotion/feeling attached to your problem/issue/memory that you have noted down for yourself – this feeling may change as you tap. This is normal. You may go from anger to sorrow to poor me to hatred to boredom to feeling sorry for the other person – this is normal and part of the process. You can keep tapping with this protocol until you feel Peace.

Karate Chop: *Even though I feel this anger, I deeply and completely accept that I have these feelings.*

Karate Chop: *Even though I feel this anger, and I wish I could do something about it– whatever “something” is, and I deeply and completely accept that I have these feelings.*

Karate Chop: *Even though I feel this anger, I deeply and completely accept that I deserve to have these feelings because of all that it means.*

Eyebrow: *I feel this anger*

Side of Eye: *I feel this anger*

Under Eye: *I really feel this anger*

Under nose: *Sometimes I feel this anger and it's overwhelming*

Chin: *Sometimes I feel this anger and it makes me feel out of control*

Collarbone: *But I can't help but feel this anger*

Underarm: *I wish I could NOT feel this anger*

Top of Head: *But I do feel this anger*

Eyebrow: *I acknowledge that I feel this anger*

Side of Eye: *even if I don't like it*

Under Eye: *I still really feel this anger because I have every right*

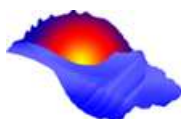
Under nose: *But I wonder what it would be like NOT to feel this anger*

Chin: *But I don't know right now*

Collarbone: *because I still feel this anger*

Underarm: *But I would really like to not HAVE to feel this anger*

Top of Head: *So someday I hope I can feel differently when I'm ready*



Karate Chop: *Even though I still feel this anger and I have lots of good reasons to feel this anger, I deeply and completely accept that I have these feelings, that I have the right to feel these feelings and that they are my feeling and that's OK... and maybe I can choose my feelings in the future instead of my feelings choosing me.*

Karate Chop: *Even though I have these remaining feelings of this anger which I deserve to feel - I know that deep down I really wish I could let go of all these feelings so I don't have to carry them around with me all the time and I completely and totally accept myself anyway.*

Karate Chop: *Even though I have these remaining feelings of this anger, I know that deep down I want to be free and don't need all this baggage, so I am proud of myself for wanting to let all this go but not until I am good and ready.*

Eyebrow: *I still feel this anger*

Side of Eye: *I still have these remaining feelings that I feel this anger*

Under Eye: *I have many reasons to really feel this anger*

Under nose: *I am soon willing to let this go because I don't want it anymore*

Chin: *I know that when I feel this anger, it holds me back – and I want to let it go*

Collarbone: *Even if I have to punish someone, it's not me I want to punish*

Underarm: *I am open to learning how to let go of this anger*

Top of Head: *I accept I feel this anger, and I am now willing to let go of this and not have to feel this anger*

Eyebrow: *Even if I still don't understand*

Side of Eye: *and even if I don't feel like its fair*

Under Eye: *I still really feel like not having to carry this around with me*

Under nose: *Even if I have lots of reasons, I'm tired of carrying this around with me*

Chin: *I know that when I feel this anger, it holds me back – and I want to finally let it go*

Collarbone: *I have endured this long enough. I have survived and I am proud I have survived*

Underarm: *I am open to learning how to let go of this anger*

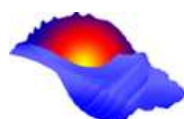
Top of Head: *I accept I feel this anger, and I am now willing to let go of this and FINALLY NOT have to feel this anger*

Eyebrow: *Even if I deserve to feel this anger and have all these reasons to feel this anger*

Side of Eye: *I now can choose to let them go*

Under Eye: *I am happy I can let them go when I am ready*

Under nose: *I have the right to choose NOT to feel this anger anymore*



Chin: *I don't have to punish anyone right now and I can choose NOT to feel this anger anymore*

Collarbone: *I can release this now when I feel like it*

Underarm: *I have better things to do with all that emotion*

Top of Head: *I am worthy of having a choice*

Karate chop: *Even though I have felt this anger for so long, I appreciate that I felt that because I was trying to protect myself somehow*

Karate chop: *Even though I have felt this anger for so long, I appreciate that I had reasons to feel this anger*

Karate chop: *Even though I used to feel this anger, I know that there is a better way and I appreciate that in me*

Eyebrow: *This feeling of this anger is starting to feel less troublesome*

Side of Eye: *I now can choose to let this go when I am ready*

Under Eye: *I am worth the freedom that NOT feeling this anymore can give me*

Under nose: *I now choose NOT to feel this anger anymore*

Chin: *I know this used to be important to me and I am grateful that this somehow protected me*

Collarbone: *But it is time to move on and I can release this now*

Underarm: *I have better things to do with all that emotion*

Top of Head: *I am worthy of letting this go and I am happy I can finally let this go*

Eyebrow: *I am safe to let this go when I am ready*

Side of Eye: *I now choose to let this go and feel safe*

Under Eye: *I am worth letting this go*

Under nose: *I now choose NOT to feel this anger anymore*

Chin: *I choose not to feel this anger anymore*

Collarbone: *I am grateful I don't need this feeling any more*

Underarm: *I am grateful this feeling doesn't control me anymore and I choose to feel happy and free for letting this go*

Top of Head: *I am happy to be free of this*

We hope that this Tapping Sequence helped you we encourage you to try the Emotional Toothbrush Series on our Website as well <http://www.emotionalhealthcentre.com/eft.htm#emotionaltoothbrush>

