Releasing the
Addiction to Anxiety
(and Other Emotions)

by

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Where to tap:

1 = (EB) Eyebrow point, tap both sides where eyebrow begins
2 = (SE) Side Eye point, tap both sides on the temple
3 = (UE) Under eye point, tap both sides under the eye on the bone, dead center
4 = (UN) Under nose point, tap in between nose and top of lip
5 = (CH) Chin point, tap right in the middle where the chin indents
6 = (CB) Collar Bone point, make a fist and tap in the hollow of collar bone
7 = (UA) Under Arm point, take four fingers and tap 4 inches down from under arm
a = (WR) Wrist point, tap inside of wrists together
b = (KC) Karate Chop point, tap four fingers along side of hand

Please watch a demonstration of the tapping points I use on my website: www.BreakthroughEFT.com/tappingpoints, then take a look at the points on “Dot Man” on this page. You’ll notice that each tapping protocol that I have developed will have EB, SE, UE, etc. which tells you what point to tap while you are repeating the words.
Here’s the “Addiction to Anxiety” protocol. Tap this once in the morning and once before bed every day.

Then throughout the day whenever you are aware of feeling anxious about something, tap starting on karate chop point and go through to wrist points while repeating the reminder phrase, “every cell receptor in my body craves this anxiety”.

If you still feel the anxious after tapping once through, tap each point again repeating the reminder phrase, “every cell receptor in my body craves this anxiety”. Continue to be diligent with this process…it takes time to release this addiction and wean the cell receptors off this emotional chemical.

Tapping Protocol for Addiction to Anxiety

Tap on Karate Chop Point while saying:

“Even though my cells are addicted to the chemical of anxiety, I deeply and completely love and accept myself. Even though my cells can’t get enough of this anxiety, I deeply and completely love and accept myself. Even though my cell receptors have to have their fix of anxiety on a regular basis, I deeply and completely love and accept myself. ”

EB: My body can’t get enough of the chemical of anxiety
SE: Every cell in my body is addicted to anxiety
UE: My body feels uncomfortable if I’m not anxious
UN: I always find something to feel anxious about
CH: Every cell receptor in my body craves anxiety
CB: I don’t feel normal if I’m not anxious about something
UA: I have no control when it comes to stopping this anxiety
WR: My cell receptors need their regular fix of anxiety

EB: I’m holding this addiction to anxiety in all the muscles of my body
SE: I’m holding this addiction to anxiety in all the ligaments of my body
UE: I’m holding this addiction to anxiety in all the tendons of my body
UN: I’m holding this addiction to anxiety in all the joints of my body
CH: I’m holding this addiction to anxiety in all the bones of my body
CB: I’m holding this addiction to anxiety in all the cartilage of my body
UA: I’m holding this addiction to anxiety in all the tissues of my body
WR: I’m holding this addiction to anxiety in all the nerves of my body
EB: I’m holding this addiction to anxiety in all the fascia of my body
SE: I’m holding this addiction to anxiety in all the membranes of my body
UE: I’m holding this addiction to anxiety in every cell of my skin
UN: I’m holding this addiction to anxiety in every cell of my spine
CH: I’m holding this addiction to anxiety in all the fluids of body
CB: I’m holding this addiction to anxiety in all the fibers of my body
UA: I’m holding this addiction to anxiety in all the organs of my body
WR: I’m holding this addiction to anxiety in every cell of my heart

EB: I’m holding this addiction to anxiety in all the neuropathways of my brain
SE: I’m holding this addiction to anxiety in every cell of my eyes
UE: I’m holding this addiction to anxiety in every cell of my ears
UN: I’m holding this addiction to anxiety in every cell of my mouth and taste buds
CH: I’m holding this addiction to anxiety in every cell of my touch
CB: I’m holding this addiction to anxiety in every cell of my nose and smell
UA: I’m holding this addiction to anxiety in every cell of my aura
WR: I’m holding this addiction to anxiety in every cell of my energy body

Tap Karate Chop Point while saying:

“I give my body permission to release this addiction to anxiety from every cell. My cell receptors can choose to relax and let go of their need for this chemical of anxiety. I give my body permission to release this addiction to anxiety from every cell membrane and cell receptor site.”
Here’s the “Addiction to an Emotion Template” protocol. Tap this once in the morning and once before bed every day.

Then throughout the day *whenever* you are aware of feeling the emotion you’re addicted to, tap starting on karate chop point and go through to wrist points while repeating the reminder phrase, “*every cell receptor in my body craves this _____*”. (Fill in the blank with the name of the emotion.)

If you still feel the emotion after tapping once through, tap each point again repeating the reminder phrase, "every cell receptor in my body craves this _____". Continue to be diligent with this process...it takes time to release this addiction and wean the cell receptors off this emotional chemical.

**Tapping Protocol for Addiction to an Emotion (Template)**

Tap on Karate Chop Point while saying:

“Even though my cells are addicted to the chemical of _____, I deeply and completely love and accept myself. Even though my cells can’t get enough of this chemical of _____, I deeply and completely love and accept myself. Even though my cell receptors have to have their fix of _____ on a regular basis, I deeply and completely love and accept myself.”

EB: My body can’t get enough of the chemical of _____
SE: Every cell in my body is addicted to _____
UE: My body feels uncomfortable if I’m not _____
UN: I always find something to feel _____ about
CH: Every cell receptor in my body craves _____
CB: I don’t feel normal if I’m not _____ about something
UA: I have no control when it comes to stopping this _____
WR: My cell receptors need their regular fix of _____

EB: I can be feeling great and then become _____ over the smallest thing
SE: That’s because my cell receptors are craving their fix of _____
UE: My brain has neural nets of thought that trigger this _____
UN: I can feel calm one minute and be in _____ the next
CH: That’s because my cell receptors cannot be without this chemical of _____ for very long
CB: This process is happening beyond my conscious awareness
UA: But I can choose to interrupt this addiction to _____ by tapping
WR: Every time I feel _____ and I address the cellular addiction to _____ I interrupt the process

EB: I’m holding this addiction to _____ in all the muscles of my body
SE: I’m holding this addiction to _____ in all the ligaments of my body
UE: I’m holding this addiction to _____ in all the tendons of my body
UN: I’m holding this addiction to _____ in all the joints of my body
CH: I’m holding this addiction to _____ in all the bones of my body
CB: I’m holding this addiction to _____ in all the cartilage of my body
UA: I’m holding this addiction to _____ in all the tissues of my body
WR: I’m holding this addiction to _____ in all the nerves of my body

EB: I’m holding this addiction to _____ in all the fascia of my body
SE: I’m holding this addiction to _____ in all the membranes of my body
UE: I’m holding this addiction to _____ in every cell of my skin
UN: I’m holding this addiction to _____ in every cell of my spine
CH: I’m holding this addiction to _____ in all the fluids of body
CB: I’m holding this addiction to _____ in all the fibers of my body
EB: I’m holding this addiction to _____ in all the muscles of my body
UA: I’m holding this addiction to _____ in all the organs of my body
WR: I’m holding this addiction to _____ in every cell of my heart

EB: I’m holding this addiction to _____ in all the neuropathways of my brain
SE: I’m holding this addiction to _____ in every cell of my eyes
UE: I’m holding this addiction to _____ in every cell of my ears
UN: I’m holding this addiction to _____ in every cell of my mouth and taste buds
CH: I’m holding this addiction to _____ in every cell of my touch
CB: I’m holding this addiction to _____ in every cell of my nose and smell
UA: I’m holding this addiction to _____ in every cell of my aura
WR: I’m holding this addiction to _____ in every cell of my energy body

Tap Karate Chop Point while saying:

“I give my body permission to release this addiction to _____ from every cell. My cell receptors can choose to relax and let go of their need for this chemical of _____, I give my body permission to release this addiction to _____ from every cell membrane and cell receptor site. I choose to know and understand that every time I feel _____ and I tap to address the addiction my cells have to _____, I am helping my cell receptors release their need for the chemical of _____.”
Stacey Vornbrock, M.S.,
Sports Performance Pioneer

Stacey Vornbrock, M.S. is pioneering the use of Emotional Freedom Techniques (EFT) with elite and amateur athletes to release mental, emotional, physical, and mechanical blocks on the cellular level. She is recognized as a leading expert in the use of EFT with sports performance and has worked with athletes in golf, baseball, football, hockey, track and field, tennis, and a variety of other sports.

Stacey has her Masters in Counseling from the University of Nebraska and is a Licensed Professional Counselor in the State of Arizona. She worked as a psychotherapist from 1977 until 2003 when she began working with athletes. She has been using Emotional Freedom Techniques since 1999 and believes it is the most powerful tool she has found in her entire career.

Stacey helps elite and amateur athletes achieve breakthrough performance by increasing range of motion by at least 20%; completing the healing of old injuries; speeding up the healing of recent injuries; clearing past performance trauma; eliminating sports related anxiety; and accomplishing mechanical changes in minutes vs. months.

Stacey has appeared on numerous radio shows, including several appearances on Peter Kessler’s Pure Golf Show on XM Satellite Radio. She was featured in Golf Week Magazine in March of 2006. She is the author of nine EFT Breakthrough Performance Sports Manuals and four books for non-athletes – Body Recovery, Injury Recovery, Travel Recovery, and Coming Back to Balance. She is co-author of the best selling book, Freedom At Your Fingertips. She has worked with university teams, including the University of Texas Women’s Track and Field Team and several University of Washington teams.

Stacey’s number one commitment is getting results for her clients. She guides elite and amateur athletes to release the cultural constraints inherent in their sport and rapidly breakthrough blocks, opening up her clients to their full performance potential.

Stacey is an innovator in the sports performance field. Most notably, she has pioneered the application of Emotional Freedom Techniques with injury and surgery recovery, range of motion, soreness, and sports-related mechanical changes. Please visit her websites at: [http://www.breakthrougheft.com](http://www.breakthrougheft.com) and [http://www.byebyeblocks.com](http://www.byebyeblocks.com)