



Covid Comfort: Tapping for Fears and Frustrations

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There's a lot of fear and anxiety around because of the Covid-19 Virus. Everyone's fears are unique to them, but there are some commonly held fears and some commonly held unhelpful beliefs that are causing a lot more anxiety than is helpful.

This is a guide to what words to use when using EFT to address those commonly held fears and beliefs and how they affect you. Be aware that the best words to use when using EFT are always your own, so feel free to change the words to more accurately apply to your feelings, thoughts or fears.

If you are new to tapping, please consult the EFT International *How to Tap Guide (.pdf)* before proceeding. The words suggested are for Step 4 of that guide.

<https://eftinternational.org/wp-content/uploads/Free-EFT-Tapping-Points-Chart.pdf>

Always assess your intensity on a scale of 0 – 10, where 0 means no intensity and 10 means as bad as you could ever feel before and after doing EFT.

A good way to start is tap on your general feelings about how the current crisis may affect you. Do 1 or more full rounds (Setup and Sequence) on the feelings that feel true for you, or do a round on each of them.

Each round of EFT using the basic points takes about 30 seconds

For example,

Setup (tapping 3x): *Even though I feel afraid of _____ I deeply and completely accept myself*

Sequence (tapping on each point): *I feel afraid of _____*

Once you have tapped on these and you are feeling less _____ (e.g. *overwhelmed*), you can close your practice by turning your attention to more positive beliefs and feelings.

Ideas for fears and frustrations:

- Pregnancy fears, fear of _____
- Fear of losing a job, fear of _____
- Uncertainty

- Tightness in my breathing or constricted breathing
- Feeling powerless, fear of _____
- Even though I feel lonely and isolated
- Hopelessness
- Grief and loss of _____
- Sadness, about _____
- Anger, about _____
- Resentful, because _____
- _____ is on my mind
- Fearful because _____

Notes: