



**Free Resource for Week 3, Day 17 2021**  
**Unexpected Life Interruptions**

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***“This Pandemic is Making Me Crazy”***  
*from Practitioner Lorna Minewiser*

**\* This EFT Tapping PDF is a companion to today’s MP3 with Lorna Minewiser and Frank Zaccari.**

Lorna Minewiser says:

What next?

As Frank Zaccari of the TV show, *Life Altering Events*, said in his interview with me, over the past 18 months we have been experiencing Unexpected Life Interruptions, both big and small. Some of these are traumatic and some are frustrating and annoying. One of the things that has been consistent is the uncertainty of “What comes next?”

Many people are feeling powerless and angry. Adding this to the mix of stress and anxiety that many people were feeling even pre-COVID, has caused a high level of distress that they don’t know what to do with. EFT Tapping is a wonderful way to help reduce some of the dysregulated emotions and help people feel more in control.

In this MP3, we did a short tapping round, but I would to go in more depth here. When our emotions seem out of our control, it is very hard to think clearly or make wise decisions. Let’s take the emotion of anxiety. This guide is not meant to address an anxiety disorder, but rather the excess anxiety many people are feeling for reasons such as “life isn’t what it used to be and I don’t know what it will be like.”

So, to begin with, take a few minutes to do some self-care. If you practice with the following for a while you can do it on the spot when you need it. You can use this as a guide to practice.

**Ask yourself the following questions:**

- “What am I feeling anxious about?”
- “Where do I feel it in my body?”
- “What am I telling myself about this situation?”
- “How intense is this anxious feeling on a Scale of 0-10? (This scale is known as SUDS Levels.)



As we go through the following EFT Tapping script, you can replace your answers above instead of the example I use.

First, take a slow deep breath, letting the exhale be a bit longer than the inhale.

Tapping on the side of your hand, repeat out loud if possible:

***“Even though I have this anxiety about what’s next (Put your own words here), this is how I feel and I’d like to be able to let some of it go.***

***“Even though I have this anxiety about what’s next and I feel it in my neck (Put your own words here), this is how I feel and I’d like to be able to let some of it go.***

***“Even though I have this anxiety about what’s next and it’s an 8 (Put your own words here) this is how I feel and I’d like to be able to let some of it go.***

Tapping about 6 or 7 times on the following points, you can alternate your statements as I do below.

**Top of head:** I’m so anxious about “What’s next?”

**Eyebrow:** I feel it in my neck

**Side of the eye:** And it’s an 8

**Under the eye:** What next?

**Under the nose:** Holding this anxiety in my neck

**Under the lip:** This 8 anxiety in my neck

**Collarbone:** I would love to let some of it go

**Under arm:** It’s hard to let it go when I keep asking “What next?”

(I always include under the breast point and ask “What’s next?”)

When the level is as high as an 8, I like to do the full recipe as it seems to have more power to bring the emotions down. So you can stop here, re-rate and continue Tapping on the points above or you can add the finger points. To make it easy to remember I suggest that you squeeze the sides of each finger beside the nail. I know you may be touching places where there are no acupoints, but it’s faster and easier and can even be used as stealth tapping.

**Thumb:** this anxiety is an 8

**Index finger:** and it’s in my neck

**Middle finger:** especially when I think “What’s next?” \_

**Ring finger:** I’d like to be able to let at least some of it go

**Little finger:** I’d like to let some of it go.



Tapping continuously on the gamut point:

(On the back of your hand in the indentation just below the knuckles of the little finger and the ring finger)

If you're not sure you can tap with 3 or 4 fingers on the back of your hand closest to the little finger)

While saying "this anxiety" do the following 9 steps, also called the "9 Gamut."

Start by looking straight ahead, and then:

1. Close your eyes,
2. Open your eyes
3. Look down to the left
4. Look down to the right
5. Roll your eyes around in a circle slowly
6. Roll them around the other way
7. Hum 10 seconds of any song
8. Count from 1-to 5
9. Hum again

Now go back to:

**The top of your head:** This anxiety

**Eyebrow:** I feel it in my neck

**Side of the eye:** And it's an 8

**Under the eye:** What next?

**Under the nose:** Holding this anxiety in my neck

**Under the lip:** This 8 anxiety in my neck

**Collarbone:** I would love to let some of it go

**Under arm:** It's hard to let it go when I keep asking "What next?"

I always include under the breast point and ask "What's next?"

Now stop, and do a quick scan and ask yourself:

- "How do I feel now?"

- What is my SUDs number?

- How is my neck?

What come's up now when I ask myself: "What's next?"

Note your answers and repeat with your new information. May it's down to a 5 or maybe your neck feels different. Maybe some new thoughts about: "What's next?" \_have come up. When your SUDS level is down to a 2 or lower, I like to do a positive, uplifting round. Want to try it for yourself?



**Last EFT Tapping Round**

Tap on the side of your hand, one or more times, saying:

*“Even though I have been very anxious thinking about ‘What next?,’ I have let a lot of this anxiety go and my neck is feeling softer and more relaxed and I am grateful.”*

**Top of head:** I was so anxious about “What’s next?” \_

**Eyebrow:** I felt it in my neck

**Side of the eye:** And it was an 8

**Under the eye:** Now when I think “what next?” I feel curious rather than anxious

**Under the nose:** I can think more clearly now that I am not so anxious

**Under the lip:** My neck feels relaxed and calm

Take a few deep breaths and exhale. Now, take a moment to write down anything else that comes up for you. You can refer back to your notes and continue to use EFT Tapping whenever you want to do so.

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This information has been provided to you by Lorna Minewiser. You can reach her here:

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You can also check out Frank Zaccari’s show, *Life Altering Events*, here:

Frank Zaccari  
ww.FrankZaccari.com



Collarbone: I am so grateful that my body let go of a lot of this anxiety.

Under arm: I am so grateful that my neck feels so much better.

Under the breast point: I can ask “what next?” and be curious and hopeful.

If you choose you can add the finger points saying “curious”, hopeful, relaxed, calm peaceful” \_etc.

I hope you have found this helpful. If you are unfamiliar with the 9 gamut or the finger points you can find them on Google images.