



## Tapping for Inflammation and Anxiety in the Belly

We all experience anxiety at one time or another. But for some of us, anxiety seems to show up along with abdominal pain, cramps, bloating, constipation, or diarrhoea, and we can be uncertain about how it might show up next – and this can really feed our anxiety. Our gut and moods are closely connected, so if we are feeling stressed, anxious, or over-activated, you can bet that our inflamed emotions are showing up in our gut too. Tapping can help us sooth that inflammation in our mood AND gut and help us navigate our day with more peace. When we can use tapping regularly to help sooth these inflamed states, we increase our resilience. So daily tapping is like money in our stress buster bank account.

1. Check in with yourself: what are you feeling? Describe what's going on in your gut. How intense does this feel on a scale of 0 to 10?

---

2. What kind of emotions are going with that, and how intense are they on a scale of 0 to 10?

---

3. What thoughts are you having about this?

---

Here is a tapping script for you to use daily, as a start to your day, or whenever you have some symptoms that cause distress.

Side of Hand:

- Even though I feel \_\_\_\_\_ (for example: anxious, angry, upset, scared,...) and I have these \_\_\_\_\_ (for example: rumbles, cramps, pain, constipation, diarrhoea, etc.) and \_\_\_\_\_ (for example: I wonder if I'll be able to get through my day), I'm trying to accept myself as I am right now.
- Even though feel \_\_\_\_\_ and have \_\_\_\_\_ and I'm not sure I can leave the house today, I accept that's what's happening for me right now.

- Even though I am \_\_\_\_\_, and feel \_\_\_\_\_, and all I want is to soothe these feelings, I'm trying to accept myself right here, right now.

Reminder phrases for tapping points – do 2 – 3 rounds of tapping:

- Eyebrow: this \_\_\_\_\_ (name your emotions)
- Side of eye: this feeling in my gut \_\_\_\_\_
- Under eye: this emotion \_\_\_\_\_
- Under nose: this feeling \_\_\_\_\_
- Under lip: this emotion \_\_\_\_\_
- Collar bone: this emotion \_\_\_\_\_
- Under arm: this feeling \_\_\_\_\_
- Top of head: this emotion \_\_\_\_\_

Check in with yourself and see if your intensity has changed and write that down.

If the intensity is above 4 out of 10, then do another round of tapping as described above.

When the intensity drips to 4 or below, do a few more rounds of tapping using this script.

Side of hand:

- Even though I still feel a bit \_\_\_\_\_, I wonder if I can let that go.
- Even though I still have some of these these \_\_\_\_\_, I wonder if I can let that relax.
- Even though I still feel a bit \_\_\_\_\_ ----- and still have some \_\_\_\_\_ I wonder if I can feel more \_\_\_\_\_ (example peaceful, relaxed, calm etc.) today?

Reminder phrases around the points:

- Eyebrow: This \_\_\_\_\_ (emotion) can I let it go?
- Side of eye: This feeling in my gut \_\_\_\_\_. Can I let it go?
- Under eye: This emotion \_\_\_\_\_.
- Under nose: This feeling \_\_\_\_\_.
- Under lip: This emotion \_\_\_\_\_. Can I let it go?
- Collar bone: This feeling in my gut. \_\_\_\_\_ Can I let it go?
- Under arm: This emotion \_\_\_\_\_.
- Top of head: This feeling in my gut \_\_\_\_\_.

Check back after a few rounds of tapping and see where you are. What emotions and physical symptoms are you experiencing right now? How has that changed since you started tapping?

---

Try this regularly and see how things change as you start to build resilience in your nervous system. And to learn more about how to nourish your gut and soothe your anxiety, contact me, Georgia Barnwell, Certified Master EFT Practitioner, at [georgia@energyfortransformation.com](mailto:georgia@energyfortransformation.com), 902-449-9820 or [www.energyfortransformation.com](http://www.energyfortransformation.com)