



Tapping Protocol for Addiction to Anxiety By Stacey Vornbrock

Tap on Karate Chop Point while repeating:

“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."

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 the 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. She is the author of nine EFT *Breakthrough Performance Sports Manuals* and four e-books for the general public: *Body Recovery*, *Injury Recovery*, *Travel Recovery*, and *Coming Back to Balance*.

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