



# The Anxiety Relief Guide

By  
Cecilia Lindhe

# **Your EFT Tapping Guide**

**@AscendedHealing**

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# Disclaimer

The technique in this pdf are based on the author's personal experience, research and professional practice in emotional healing, and are not presented as professional medical, psychological, or psychiatric advice.

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The technique is not a substitute for consultation with a qualified healthcare professional.

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If you are experiencing severe emotional distress, mental health challenges, or trauma, please seek immediate assistance from a qualified professional.

# EFT Tapping for Healing Anxiety

By Cecilia Lindhe

## Welcome to Your EFT Anxiety-Relief Guide

Emotional Freedom Techniques (EFT), or tapping, is a powerful, evidence-based tool to release anxiety and restore inner balance. This guide provides you with a simple yet transformative tapping sequence to help you calm your mind and body.

### *What is EFT?*

EFT is a form of acupressure that involves gently tapping on specific meridian points while focusing on negative emotions. This helps to rewire emotional responses and bring a sense of calm.

### *How to Use This Guide*

- Find a quiet space where you won't be disturbed.
- Rate your anxiety level on a scale of 0 to 10.
- Follow the tapping sequence outlined below.
- Repeat the process until you feel a shift.

# The EFT Tapping Sequence for Anxiety Relief

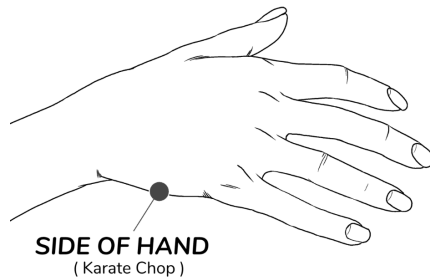
**Please note;** It does not matter if you use the **CP point** on your right hand or your left, the points are bilateral. The hand where you choose to activate your CP, will be the side of the body where you continue the tapping rounds for the session.

## 1. The Setup Statement

Before tapping, acknowledge your feelings and affirm self-acceptance:

**Example:** *“Even though I feel anxious right now, I deeply and completely accept myself.”*

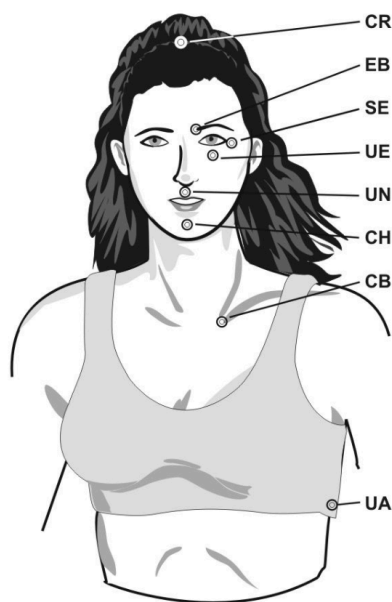
Repeat this statement **three times** while tapping on the **Karate Chop Point** (side of your hand).



## 2. The Tapping Sequence

Tap gently on each point while repeating a short reminder phrase, such as “this anxiety.”

1. **Eyebrow (EB)** – “I feel so anxious.”
2. **Side of Eye (SE)** – “This tightness in my chest.”
3. **Under Eye (UE)** – “I can’t stop worrying.”
4. **Under Nose (UN)** – “It feels overwhelming.”
5. **Chin (CH)** – “I don’t feel safe.”
6. **Collarbone (CB)** – “I release this tension.”
7. **Under Arm (UA) - About 10 cm down** – “Letting go of anxiety.”
8. **Top of Head (CR)** – “I choose to feel calm.”



## 3. Reassess and Repeat

Take a deep breath and rate your anxiety level again. If it's still high, repeat the sequence until you feel relief.

## 4. Positive Reframing

Once your anxiety level decreases, introduce positive the positive statements such as below or use the ***Calm & Safe Mantra***:

- “I am safe.”
- “I choose to relax now.”
- “I am in control of my emotions.”

## *Calm & Safe Mantra for Anxiety Relief*

*"Even though I feel anxious, I deeply and completely accept myself.*

*I allow my body to release this tension.*

*I choose to feel safe in this moment.*

*With every breath, I welcome calm into my heart.*

*I trust in my ability to handle whatever comes my way.*

*I am strong, I am grounded, I am at peace."*

***Repeat this mantra while tapping or simply throughout the day to reinforce emotional balance and relaxation.***



## Bonus Accelerator

### *The Anxiety Relief Breathing Technique*

**Tips:** Use this breathing technique to calm your nervous system and to prepare your body, before you begin with the EFT tapping sequence, and also before using the Anxiety Relief Mantra.

**Breathing techniques** are powerful tools for managing for example anxiety. They work by directly influencing the nervous system, altering brain chemistry, and fostering emotional regulation.

#### **How does it help with Anxiety?**

**Physiological Impact:** Anxiety triggers the "fight-or-flight" response, which increases heart rate, blood pressure, and respiration. Controlled breathing activates the **parasympathetic nervous system (PNS)**, which counters the fight-or-flight response, reducing physical symptoms of anxiety.

**Brain Chemistry:** Deep, slow breathing increases levels of gamma-aminobutyric acid (GABA), a neurotransmitter that promotes calmness.

**Mindfulness:** Techniques like diaphragmatic breathing focus attention on the present moment, helping to interrupt anxious thought patterns.

**Example:** The *4-7-8 breathing* technique, slows the heart rate and induces a sense of calm.

## 4-7-8 Breathing Technique

*This technique calms the nervous system and reduces anxiety by slowing the heart rate.*

**Get Comfortable:** Sit or lie down in a comfortable position.

**Close Your Eyes:** Focus on your breathing.

**Inhale:** Breathe in through your nose for 4 seconds, feeling your belly expand.

**Hold:** Hold your breath gently for 7 seconds.

**Exhale:** Slowly exhale through your mouth for 8 seconds, making a soft "whoosh" sound.

**Repeat:** Complete this cycle 4–6 times.

**Tips:** *Focus on elongating the exhalation, which activates the parasympathetic nervous system, calming your body*

## Your Next Step

This is just the beginning!

When you feel the shift, imagine what deeper healing is possible.

Discover advanced EFT techniques, through guided scripts, and in-depth emotional healing methods in my books.

***The Healing Blueprint*** series is a transformative collection of self-healing guides designed to empower readers with practical tools and techniques for emotional well-being. Rooted in powerful modalities such as **EFT, NLP, EMDR, PSYCH-K, Breathing techniques, Meditations and Mantras.**

Each book provides an educational and hands-on approach to inner healing, and each volume in the series stands independently, allowing readers to begin their journey wherever they feel called.

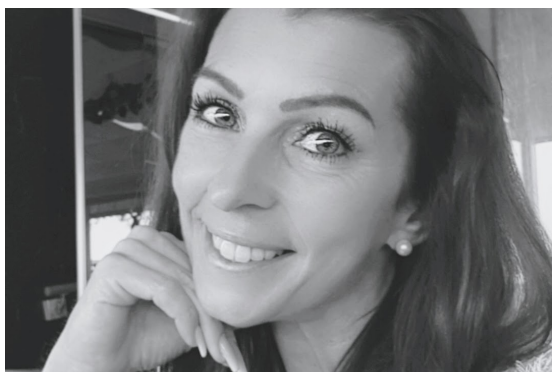
Whether healing **deep-seated wounds** from **Childhood** or addressing **Anxiety, Depression, or PTSD**, these books offer personalized, actionable strategies tailored to specific emotional challenges.

For more information, click the link below:

**[The Healing Blueprint - A Journey Within](#)**

***Feel free to share this guide with those who need it!***

# About the Author



## *Cecilia Lindhe*

Is a Swedish trauma therapist, specialized in the emotional impact on the human body and mind, she is a dedicated practitioner and advocate for emotional healing, with over 15 years of experience helping clients navigate the complex journey of overcoming emotional trauma.

Drawing on her extensive expertise in techniques such as Emotional Freedom Techniques (EFT), Neuro-Linguistic Programming (NLP), Eye Movement Desensitization and Reprocessing (EMDR), and PSYCH-K, Cecilia has guided countless individuals toward renewed emotional balance and inner peace.

Cecilia's passion for healing stems from her belief in the power of the human spirit to transform pain into growth.

Her work focuses on empowering clients to understand and release emotional blockages, build resilience, and cultivate a greater sense of self-awareness and self-compassion. With a background that blends scientific insight with holistic practices, Cecilia bridges the gap between traditional and alternative approaches to healing.

Her workshops, one-on-one sessions, online treatments, and now her writing have become a beacon of hope for those seeking to reclaim their emotional freedom.

Through her books, guided meditations, and educational content, Cecilia provides a **safe and supportive space** for healing. She is also the creator of **Ascended Healing**, where she shares wisdom and practical tools with a growing audience on TikTok, Instagram and Facebook.

Her mission is simple yet profound: to empower others to heal, transform, and thrive—because true freedom begins within.

## ***Thank You***

**Dear Reader,**

I want to take a moment to express my heartfelt gratitude for downloading the **EFT Anxiety-Relief Guide**.

By taking this step, you are choosing to prioritize your well-being, and that is truly powerful.

I hope that this guide has provided you with immediate relief and a sense of calm. EFT is an incredible tool for shifting emotions and releasing deep-seated stress, and this is just the beginning of your healing journey.

**Imagine the transformation that awaits when you dive even deeper into this practice!**

For those ready to explore more profound healing techniques, guided scripts, and advanced EFT methods, I invite you to continue this journey with me.

My book series, **The Healing Blueprint - A Journey Within**, is designed to take you beyond the basics and into a world of deeper emotional freedom, self-discovery, and inner peace.

If you're ready to unlock a more profound level of healing, you can get your copy here:

**[Healing Your Anxiety, Depression or PTSD.](#)**

Thank you again for allowing me to be part of your healing path. Remember, you are capable of immense transformation, and I am here to support you every step of the way.

With love and gratitude,  
***Cecilia Lindhe***

*P.S. If this guide helped you, I would love to hear about your experience! Feel free to share your thoughts or tag me on social media, and whenever you decide to unlock a more profound level of healing, by embarking on the journey to emotional freedom, please feel free to leave a review on Amazon to help others on their healing journey.*

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# Q&A

## *Your Healing Journey*

### **Q: What if I don't feel immediate results?**

A: Healing is a journey, and everyone progresses at their own pace. Some people notice changes quickly, while for others, it may take more time. The key is consistency and trust in the process. Even subtle shifts in how you feel or think are signs of progress.

### **Q: How do I know if I'm doing the techniques correctly?**

A: If you're following the instructions provided in the book, you're on the right track. Don't worry about perfection; your intention and focus are what matter most. Trust your intuition and allow yourself to adapt the techniques to suit your needs.

### **Q: Can I combine these methods with other forms of therapy or medication?**

A: Yes! These techniques are complementary and can enhance other forms of healing. If you're on medication or working with a therapist, let them know you're using these methods so they can support you in your journey.

### **Q: Are there any side effects or risks with EFT?**

A: The method is generally safe, but can sometimes bring up strong emotions. This is a natural part of processing and releasing trauma. If you feel overwhelmed, take a break, practice grounding exercises, or consult with a professional.



**Q: What if I feel resistance or discomfort during a session?**

A: Resistance is common, especially when working through deep emotional patterns. See it as an opportunity to explore what's coming up for you. You can always pause and return when you feel ready. If discomfort persists, consider seeking guidance from a trained practitioner.

**Q: How often should I practice this techniques?**

A: Start with 5–10 minutes a day and gradually increase as you feel comfortable. For best results, incorporate them into your daily routine, but remember that even small steps can lead to big changes..

**Q: How can I track my progress?**

A: Consider keeping a journal to reflect on your thoughts, emotions, and physical sensations each day. This can help you identify patterns, celebrate successes, and stay motivated.