



Coping With Stress - Practical Techniques For Optimal Wellbeing

WORKBOOK

Part 6: Releasing Your Stress



PART 6 COURSE EXERCISE

Emotional Freedom Technique

Emotional Freedom Technique is also known as tapping.

Rounds of Tapping Practical Exercise

Record your intensity level here from the rounds of tapping completed in the video.

Round 1 _____

Round 2 _____

Round 3 _____



Releasing Negative Charges Exercise

Write a list of 10 things that you feel you hold a negative charge towards and that you'd like to work on with tapping. These can be small or big things. They can be from the past a long time ago or from more recent times. It's up to you. The most important thing is to just start somewhere. Once you have your list of 10 things that you'd like to work on, choose one as your starting point. Tap on that one item until you feel the negative charge has dissipated. Measure to see if any charge remains. You can follow along with the tapping sequence in the video so that you know where to tap.

Write a list of 10 things that you feel you hold a negative charge towards: