



Constricted Breathing Technique

This is a fantastic exercise designed by EFT Founder Gary Craig that is very effective in reducing generalised anxiety as showing up in our breath without the need to analyse/find the root cause. When used regularly (preferably daily) you will notice a marked change in the way you experience your daily life, how you respond to people and how things that used to 'get' you no longer get the same reaction.

Take a couple of deep breaths to stretch out the lungs.

Then take the fullest breath possible for you right now and rate it on a scale of 0 – 10 where 0 is no breath at all and 10 is the fullest breath you can imagine taking.

Repeat 3 times while tapping the Karate Chop:

Even though I have this constricted breathing I deeply and completely love and accept myself

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|---------------------|--|
| <i>Eyebrow:</i> | <i>This constricted breathing</i> |
| <i>Side of Eye:</i> | <i>This constricted breathing</i> |
| <i>Under Eye:</i> | <i>Something is blocking my breathing</i> |
| <i>Under Nose:</i> | <i>Something getting in the way of my fullest breath</i> |
| <i>Chin:</i> | <i>This constricted breathing</i> |
| <i>Collar Bone:</i> | <i>This constricted breathing</i> |
| <i>Under Arm:</i> | <i>This block to my fullest breath</i> |
| <i>Top of Head:</i> | <i>This constricted breathing</i> |

Tap using the following Reminder Phrases, or variations thereof:

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|---------------------|---|
| <i>Eyebrow:</i> | <i>This remaining constricted breathing</i> |
| <i>Side of Eye:</i> | <i>This remaining block to my fullest breath</i> |
| <i>Under Eye:</i> | <i>This remaining something blocking my breath</i> |
| <i>Under Nose:</i> | <i>This remaining constricted breathing</i> |
| <i>Chin:</i> | <i>The remaining block to my breathing</i> |
| <i>Collar Bone:</i> | <i>This remaining constricted breathing</i> |
| <i>Under Arm:</i> | <i>This remaining block to my fullest breath</i> |
| <i>Top of Head:</i> | <i>This remaining something blocking my breathing</i> |

Reassess your breath. Chances are your breathing will be deeper, or more expansive, or have changed quality in some way. Sometimes a snippet of a memory, or an emotion, may surface. If this is the case, make a note to work with that as it will be important and relevant in some way, even if that is not clear now.