EFT Tapping Script to Release Coronavirus Fear and Anxiety

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It’s challenging to keep your vibration high when everywhere you turn you’re being reminded that there’s a pandemic going on. The coronavirus is causing a lot of stress and anxiety in the world and you may be one of those affected, either emotionally or physically.

Because this has never happened before in our modern society, most people just don’t know what to do or what to expect, which leads to a lot of fear and anxiety.

Here is a Tapping Script to help you release coronavirus fear and anxiety (if you’re not familiar with EFT Tapping, [click here](https://www.joyfullychrista.com/category/eft-tapping/) to learn more):

Before you begin tapping, find a quiet place where you can close your eyes and tune in to your thoughts. Take a deep breath and use the following script as a guide. Feel free to omit, add, or replace any statements that don’t resonate with you.

Start with the set up statement. You can use any or all of the following suggestions:

**Karate Chop**: Even though I feel fear and anxiety, I honor my feelings and give myself permission to relax.

**Karate Chop**: Even though the coronavirus is causing me stress, I accept how I feel and choose to stay calm.

**Karate Chop**: Even though the coronavirus pandemic is scary and stressful, I choose stay calm and relaxed.

**Round 1**: Tap it out. Acknowledge the stress and the emotions that come with it. If you need more than one round to do this, repeat the phrases or add your own.

**Eyebrow**: All this fear and anxiety
**Side of Eye**: The news is overwhelming
**Under Eye**: This is scary
**Under Nose**: All of this uncertainty
**Chin**: It’s really effecting me
**Collarbone**: I feel like I’m on high alert
**Under Arm**: I can’t stop thinking about it
**Top of Head**: The reminders are everywhere

**Round 2**: What do you want? Prepare your subconscious mind for change. You are letting it know that there is an alternative to the stress.

**Eyebrow**: I want to release this fear and anxiety
**Side of Eye**: I want to feel calm and relaxed
**Under Eye**: I want to feel safe and protected
**Under Nose**: I want to believe that all is well
**Chin**: I want to let go of these negative, worrisome vibes
**Collarbone**: I want to focus my thoughts on better feeling things
**Under Arm**: I want to stop thinking about it all
**Top of Head**: I want to feel peace

**Round 3**: Tap it in. Your feelings and the way you react to circumstances is always a choice. In this round you will “tap in” your choices.

**Eyebrow**: I choose to let go of the fear and anxiety
**Side of Eye**: I choose to feel calm and relaxed
**Under Eye**: I choose to believe that all is well
**Under Nose**: I choose to trust that I am safe and protected
**Chin**: I choose to stop thinking about it all
**Collarbone**: I choose to focus my thoughts on positive things
**Under Arm**: I choose to allow myself to feel calm and centered
**Top of Head**: I choose to feel peace

**Round 4:** Alignment tapping. In this round you will tap in the positives.

**Eyebrow**: I am safe

**Side of Eye**: I am calm
**Under Eye**: I am relaxed
**Under Nose**: I am peaceful
**Chin**: I am healthy
**Collarbone**: I am strong
**Under Arm**: I am tuned in, tapped in and turned on
**Top of Head**: I trust all is well

After completing the tapping rounds, take a deep breath and tune in to the fear and anxiety. Do you feel relief? If not, repeat the tapping sequence above until the intensity has been relieved.

After using these scripts you should feel more relaxed, optimistic, and relieved. If the fear and anxiety returns, simply repeat the process.

I hope this tapping script is helpful if you’ve been stressed out by all the news on the coronavirus. Do your best to keep your thoughts positive and remember, this too shall pass. All is well.

**Joyfully,**
**Christa**