Hello!

A Note from Cassandra: Why We Start with the Heavy Feelings..

Before you begin tapping, you might notice that the first round of phrases sounds a bit heavy or negative. Please don't be afraid of these words, and know there is absolutely no shame here!

Think of EFT aka Tapping like cleaning a dusty room: **we have to sweep the dust out into the open before we can wipe the surface clean.**

We aren't creating negative energy by speaking these words; we are simply honoring the absolute truth of what your body and heart are already carrying. By giving your worries a voice, you are safely dialing down your nervous system's alarm bells. Once we clear that heavy energy out of the way, we then open up a beautiful, calmer space to invite in the positive, grounding truth. Trust the process, take a deep breath, and let it out.

With compassion,
Cassandra Toppi

Script 1: Calming the Crisis Response

Use this script when your loved one is actively struggling, dysregulated, or going through an immediate crisis, and you feel overwhelmed by panic or helplessness.

The Setup (The Karate Chop Point)

Take a moment to check in with yourself on a scale of 1 to 10 (with 10 being maximum panic). It is not essential to do the scale part to have a result.

Continuously tap on the fleshy outer edge of your hand, below your little finger.

Read the three statements below and simply choose the ONE that feels the most true to your heart right now to say out loud:

- "Even though my loved one is struggling right now and I feel completely helpless, I accept how much I care about them, and I choose to let my body breathe."
- "Even though my chest feels tight and I am panicking because I can't fix this for them, I acknowledge this heaviness and give myself permission to find a moment of calm."
- "Even though everything feels out of control and I am terrified for them, I honor my love for my family, and I am safe in this exact moment."

The 9-Point Tapping Round (Clearing the Heavy Energy)

Tap gently 5 to 7 times on each point in sequence while speaking the phrases out loud:

- **Top of Head:** All of this heavy worry in my mind.
- **Eyebrow:** This intense pressure to fix everything.
- **Side of Eye:** The fear that things will never get better.
- **Under Eye:** The physical tightness gripping my chest.
- **Under Nose:** Feeling like it is entirely up to me to save them.

- **Chin:** This exhaustion from carrying everyone's pain.
- **Collarbone:** Releasing the need to control the outcome right now.
- **Under Arm:** Letting my shoulders drop and my nervous system soften.
- **Top of Head:** I cannot think clearly if I am drowning in panic.

💡 **Cassandra's Tooltip for Your Journey:** Take a deep breath and check your 1-to-10 scale again, if you so choose to do this, you do not have to.
If your intensity dropped even a little bit, that is a beautiful win!
Even if you don't notice a shift yet, or you simply feel tired and want to stop tapping through the heavy feelings, that is completely okay.
Please do not leave the Grounding Round incomplete.

Proceed straight to the Grounding Round below to complete the cycle and seal in that calm energy. Your nervous system deserves to experience this return to balance.

The Grounding Round (Bringing Balance Back)

Take a slow, deep breath, and tap through the points with these stabilizing phrases:

- **Top of Head:** I choose to step out of the storm in my mind.
- **Eyebrow:** I am doing the absolute best that I can.
- **Side of Eye:** I can love them deeply without destroying my own peace.
- **Under Eye:** Breathing space into my tight chest.
- **Under Nose:** Returning to my own center.
- **Chin:** I am a calmer, stronger anchor when I am grounded.
- **Collarbone:** Sending calm energy to myself and my family.
- **Under Arm:** Trusting the process, one breath at a time.
- **Top of Head:** I am safe, I am grounded, and I am here.

Take one final, deep breath in through your nose, hold it for a moment, and exhale completely through your mouth.