

EFT SCRIPT 1:

TAPPING FOR WHEN IT'S ALL TOO MUCH



Theme: ADHD overwhelm, decision fatigue, pressure to “do it all”

Goal: Regulate nervous system, release the urgency, bring clarity + calm

Setup (Round 1 – Repeat after me):

(Tap the side of the hand)

Even though it feels like too much right now... I accept how I feel.

Even though my brain is racing, and I don't know where to start... I'm open to finding a little space.

Even though everything feels urgent and I'm completely overwhelmed... I'm doing the best I can.

Setup (Round 2 – Repeat after me):

Even though I feel like I'm failing at everything...

Even though I'm tired of holding it all together...

Even though I want to run away or shut down...

I'm allowed to pause.

I'm allowed to feel this.

I'm allowed to take a breath.



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Tapping Round (Guided – just listen and tap):

(Eyebrow) Everything feels urgent.

(Side of eye) There’s too much to do and not enough of me.

(Under eye) I don’t know where to start.

(Under nose) I can’t keep up.

(Chin) I feel like I’m drowning in invisible pressure.

(Collarbone) I’ve tried so many times to get it together.

(Under arm) But it always feels like I’m behind.

(Top of head) And it’s exhausting.

Tapping Round 2 (Guided – still listening):

(Eyebrow) My brain is overloaded.

(Side of eye) I’m carrying too much – mentally, emotionally, physically.

(Under eye) And I’m afraid if I stop, everything will fall apart.

(Under nose) But I’m already falling apart inside.

(Chin) It’s safe to slow down.

(Collarbone) It’s okay to take one breath right now.

(Under arm) I don’t have to fix it all in this moment.

(Top of head) I just need a pause.



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Affirmations Round 1 (Repeat after me):

(Eyebrow) I’m allowed to rest.

(Side of eye) I release the pressure to do it all right now.

(Under eye) I give my brain permission to pause.

(Under nose) I am not behind — I’m human.

(Chin) One thing at a time is enough.

(Collarbone) I’m creating calm with every tap.

(Under arm) I am allowed to feel supported.

(Top of head) And I am doing better than I think.

Affirmations Round 2 (Repeat after me):

(Eyebrow) My value is not measured by my to-do list.

(Side of eye) I deserve peace, even in the mess.

(Under eye) I’m calming my body, so my brain can breathe.

(Under nose) I’m showing up for myself in this moment.

(Chin) I choose to trust my own pace.

(Collarbone) I am safe, supported, and steady.

(Under arm) There is space for me in my own life.

(Top of head) And I am enough, exactly as I am.

Gently finish tapping when you are ready

Take a big deep breath in and out at your own pace and relax

