

Emotional Freedom Technique (EFT) can help release tension, soothe distress and interrupt unhelpful patterns, including gambling urges. This worksheet invites you to explore how tapping can support emotional regulation and affirm your identity. If you would like to explore this further in your coaching sessions, please speak to your Recovery Coach



Emotions

What emotions feel most present when you experience gambling urges?



Body

Where do you feel these emotions in your body? Can you locate them?



Emotions

How does tapping shift your emotional or physical state?



Identity

What identity-related experiences might tapping help you process?



Grounded

What statements or affirmations feel grounding or empowering for you?



Goal

When could tapping be a helpful tool in your recovery?
