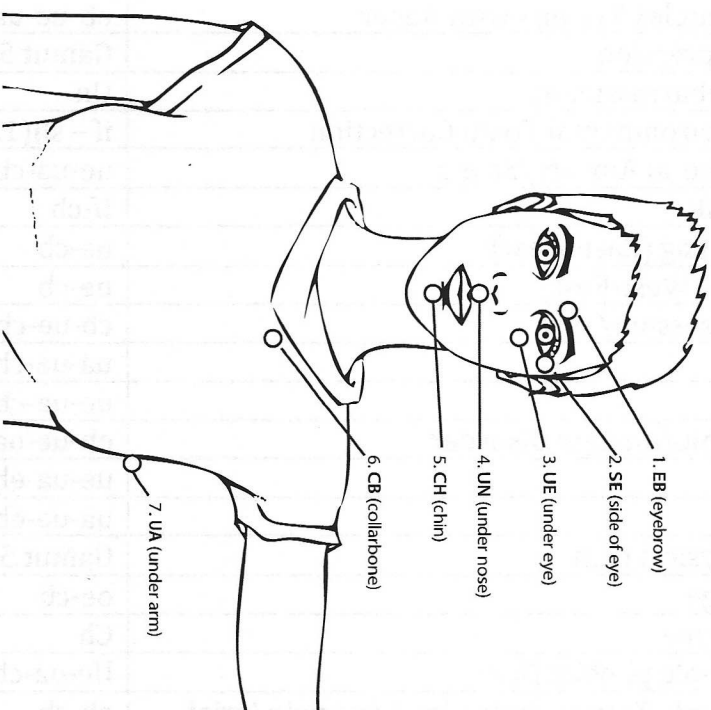


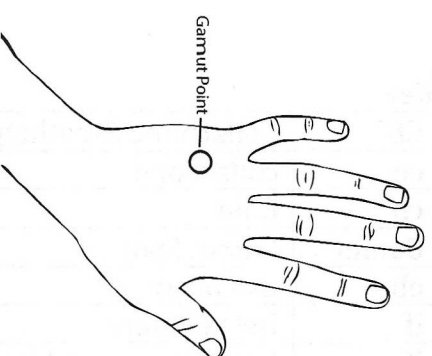
Basic EFT Tapping Guide

Step 2: The Sequence

Tap approximately 5-10 times on each point



Step 3: The 9 Gamut



Perform 9 actions while tapping the Gamut point *simultaneously*.

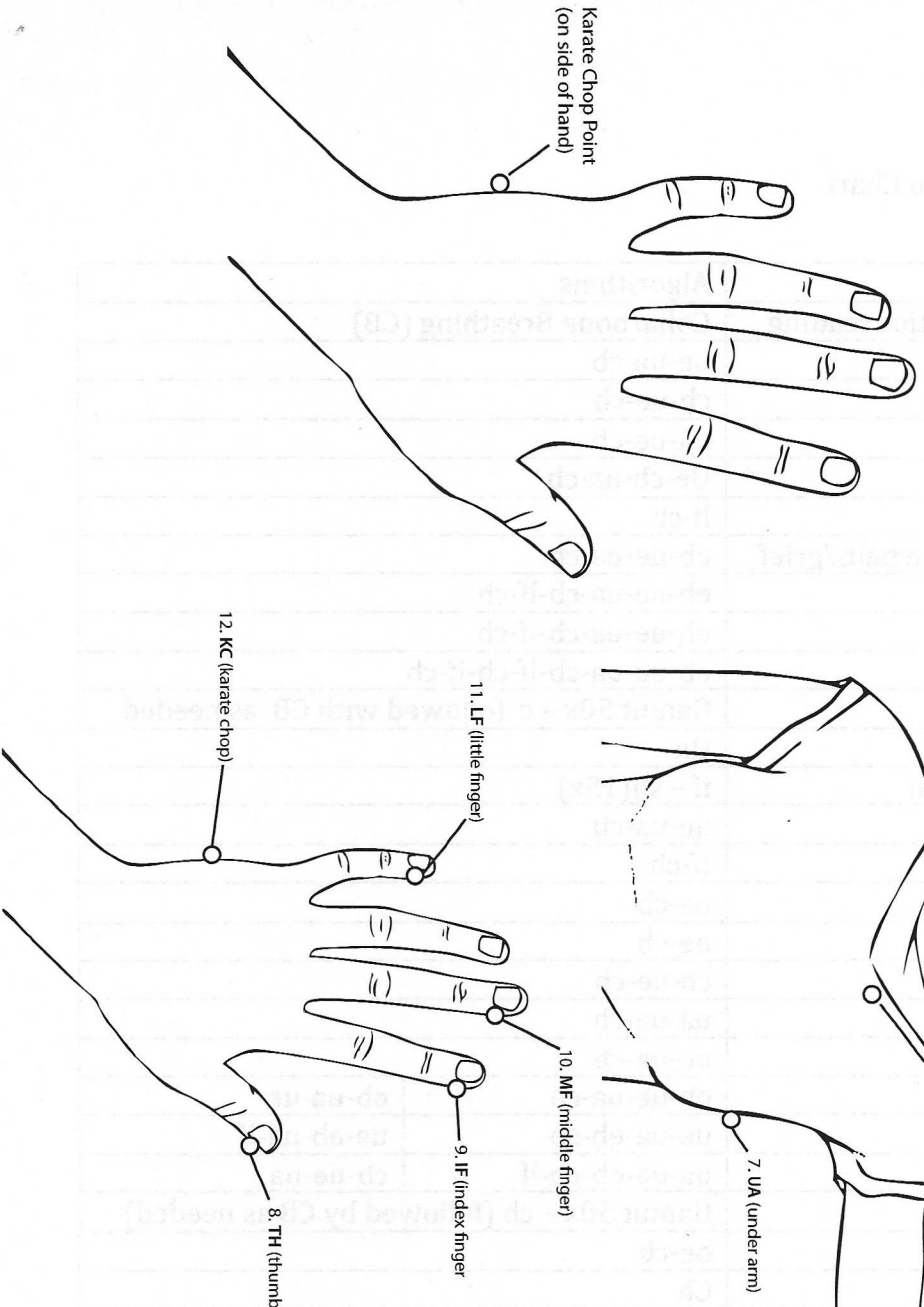
1. Eyes closed
2. Eyes open
3. Move eyes sharp down right (head steady)
4. Move eyes sharp down left (head steady)
5. Roll eyes in a big circle
6. Roll eyes in opposite direction
7. Hum 5 notes of any tune (Twinkle Twinkle Little Star)
8. Count from 1 to 5 quickly
9. Hum 5 notes of any tune again

Step 4: Repeat Sequence

Repeat the sequence in step 2

Repeat : In subsequent rounds of tapping change the set up statement to "Even though I **STILL** have **SOME OF** this **REMAINING** (fill in the blank), I deeply and completely accept myself." While tapping the sequence the 2nd time, focus on this *remaining* (fill in the blank).

Step 1: The Setup
 Say "Even though I have this _____ (fill in the blank with your problem), I deeply & completely accept myself" *while simultaneously tapping the karate chop point (on side of hand see below).*
Repeat 3 times



Collarbone Breathing Exercise

Approximate time: 2 minutes

Use: When simple algorithms are not bringing the SUDS down for the issue you are targeting, to address clumsiness, awkwardness, switching opposites such as left and right, and difficulty reading such as when reading makes you drowsy or with dyslexia symptoms.

Location of the Collarbone points:

To find these points place your fingertips of both hands on your collar bone and move your fingers towards the center until you find the bumps that form on either side of the groove that is directly in the center. From this point, draw your fingers down 1 inch and then move them about 1 inch towards your shoulders. At this point it may feel like a little indentation and this is the collarbone points. Try to find this location as best as you can, but you do not have to be exactly precise since the exercise will still work if you are in the approximate area.

Instructions:

To use this exercise the breathing exercise is combined, simultaneously with the touch points and tapping. Let's look at the components of this exercise and put them together:

Breathing Exercises:

For each touching position there are 5 breathing positions in this exercise:

1. Take a deep breath in and hold it for about 5 taps.
2. Breathe out half-way and hold that for about 5 taps
3. Breathe all the way out and hold that for about 5 taps
4. Breathe half-way in and hold that for about 5 taps
5. Breathe normally for about 5 taps.

Touching and tapping procedure:

This is tricky, but with practice becomes easy to implement:

1. Start on one of the collarbone points and touch it with the **pads of two fingers**, begin the breathing exercises 1-5. At each point that tapping is indicated, use the non-touching hand to tap the touching hand's gamut spot (I call this hand the "tapper" and the touching hand the "toucher").
2. Now, curl the fingers of your "toucher" into your palm and place your knuckles on the same collarbone point being careful not allow your thumb to rest on your body, and begin the breathing exercises again (1-5) while using your tapper to tap on the gamut spot when indicated.
3. Move the knuckles of your "toucher" across your body to your other collarbone point and repeat the breathing exercises and tapping in that position.
4. Finally uncurl the fingers of your "toucher" and place the pads of two fingers on the collarbone point your knuckles were just touching and again repeat the breathing exercises with the tapping in that position.
5. At this point, switch your "tapper" with your "toucher" so that now the hand that was doing the touching is now doing the tapping and vice versa. Then repeat the touching and tapping procedure with your new "tapper" and "toucher".

At this point, check in with the problem you were working on and repeat the TFT algorithm or EFT basic recipe. Likely your SUDS will have lowered significantly.

1. **Avoid perfectionism when using Emotional Acupressure interventions.** These are learnable interventions that can even be successful when done less than perfectly. No harmful side effects have been identified when using these interventions.
2. **Be as specific as possible to get the greatest results.** Instead of using EFT or TFT on "this stress" try addressing instead "this dread that I feel about my appointment at 3 o'clock today." Or "this dread that I feel because I know I'm going to have to speak at this meeting at 3 o'clock today". Sometimes it is difficult to get specific. When this happens tap on the general problem and usually it will "take the edge off" of the distress and then allow you to become more specific afterwards.
3. **Remember that sometimes we receive a benefit from having this problem and overcoming the problem means we will no longer receive the benefit.** Address this benefit and the fear of losing it using TFT or EFT.
4. **Search for the core issue.** To find the core of a problem, it may be beneficial to explore some questions such as:
 - a. When did the problem (or the symptom) start?
 - b. When was the first time you felt like this?
 - c. What was going on about that time or just before then?
 - d. What do you think caused you to feel this way?
 - e. If you had your life to live over, what person or event would you just as soon skip?
 - f. What else does this issue remind you of?
 - g. Who really hurt you?
 - h. What (or whom) are you afraid of?
5. **Tap regularly.** Tapping regularly builds your emotional acupressure skills, allows you to rebalance the energy in many thought fields, and will generate the most results. 5 to 15 minutes per day can be a great way to start your emotional acupressure self-care practice. These minutes can be lumped all together or spread out throughout the day.
6. **Avoid feeling like you have to do this alone.** Though emotional acupressure interventions are effective self-help techniques, you may feel that you are not ready to tackle your problem alone. If you feel that this might be true, find a "tapping buddy" or a professional to partner with you on your problem.

Thought Field Therapy Algorithm Chart

Challenges	Algorithms
Abnormal/Clumsiness/Difficulties reading	Collarbone Breathing (CB)
Addictive Urges/ Cravings	ue-na-cb
	cb-ue-cb
	na-ue-cb
	ue-cb-na-cb
Anger	If-cb
Complex Trauma/rejection/love pain/grief	eb-ue-na-cb
Complex Trauma with Anger	eb-ue-na-cb-If-cb
Complex Trauma with Guilt	eb-ue-na-cb-if-cb
Complex Trauma with Anger	eb-ue-na-cb-If-cb
Complex Trauma with Anger	eb-ue-na-cb-If-cb-if-cb
Depression	Gamut 50x - c followed with CB as needed
Embarrassment	Un
Environmental Toxin Correction	if - sh (15x)
General Anxiety/Stress	ue-na-cb
Guilt	If-cb
Jet Lag (East-West)	na-cb
(West-East)	ue-cb
Obsession/ ocd	cb-ue-cb
	na-ue-cb
	ue-na-cb
Panic/Anxiety Disorder	eb-ue-na-cb
	eb-na-ue
	ue-eb-na-If
	na-ue-eb-cb-If
	cb-ue-na
Physical pain	Gamut 50x - cb (followed by CB as needed)
Rage	oe-cb
Shame	Ch
Simple phobias/fear	ue-na-cb
Simple Trauma/rejection/love pain/grief	eb-cb
Spiders/claustrophobia/Turbulance	Ua-ue-cb
SUD report of 1 or less/ Rapid Relaxation	Floor-to ceiling eye roll (ER)
Visualization/Creativity	ua-cb

CB	Collarbone Breathing
cb	collarbone
ch	Chin
Gamut	Gamut Spot
eb	Eye brow
If	Index Finger
If	Little finger (pinkie)

Key

mf	Middle finger
oe	Outside of eye
na	Under arm
ue	Under eye
un	Under nose
th	Thumb