

Free EFT Guide for self help

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1. Identify event and be very specific

- I was laughed at in school, at work, at conference;
- I have a job interview tomorrow;
- I had an argument with my boyfriend;
- I'm scared of spiders

Name the Emotion

- I feel embarrassed
- I feel scared
- I feel angry
- I feel guilt

Measure the intensity of it

- Subjective Units of Distress
- From 0 - 10
- This will help you to work out how big your problem is when you start and how much it shrinks.

Locate the Body Sensation (if any)

- I feel this this pressure at the top of my forehead
- I feel this sharp pain in my heart
- I feel my heart is beating faster and my hands start to sweat
- I feel like I cannot speak my throat is tightening

Create a Setup Statement

- Even though I feel _____(emotion) about _____(specific event/issue) in my _____ (body)
- Example:-
- Even though I feel angry with my boyfriend, because of how he spoke to me and I felt it at the top of my forehead, like a sharp pain...

Then Comes Self Affirmation

- I deeply and completely accept myself

Create a Reminder Phrase

- This anger in my forehead
- This sadness in my heart
- This fear in my solar plexus
- This guilt in my chest

Tap through the sequence using the reminder phrase

- Top Of Head
- Eyebrow
- Side of eye
- Under the eye
- Under the nose
- Chin point
- Collar bone
- Under the arm



Let's start Tapping

- Repeat Setup statement and Self Affirmation three times by tapping on the side of your hand with four fingers
- Tap through the sequence using the reminder phrase
- Take and deep breath

Evaluate the results

- Thinking about the event
 - rate the intensity of emotion from 0-10
 - Repeat tapping round
 - until your problem feels like a 0 (zero).
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- Remember to take full responsibility for your own well being