



Getting to the Bottom of It

Benefits of using "Getting to the Bottom of It" technique has been a game changer for me both personally and professionally. I have found this technique gives you a clear road map of what is standing between you and your goal. This exercise takes out the guess work and empowers you. It also gives you a way to track progress, identify what you can tackle on your own and what you need support with while set reasonable intentions for your work.

Preparation:

- Have a recording device or notebook handy.
- Get crystal clear about your desires and focus on one specific goal/desire; specific weight, health, relationship, career, experience.
- Remember that there are no wrong answers, once we begin, whatever comes up is perfect.

Tapping:

- 1- Begin tapping on the side of the hand: "Even though I would LOVE to have/be/do ___ (fill in the blank with whatever you are working towards), part of me is afraid of ___" fill in the blank. Give yourself time to breath and fill in the blank. In this time, allowing yourself to vent out any fears, beliefs, issues that come up.
- 2- Continue tapping through the points "I'd love to ____, But part of me is afraid that___" noting or recording every issue, fear, story, belief that comes up.
- 3- Continue tapping on each point using a variety of phrases like; "Part of me says I can't have it because ___", or "Part of me is worried about ___" after stating what you would LOVE.
- 4- Continue with this process until no new issues surface.
- 5- Now you have a comprehensive list of what to tap on to help your client achieve the goal.
- 6- Go through the list:
 - a. rate each fear with a SUDs (Subjective Units of Distress, how intense is it)
 - b. rate each belief with VOC (Validity of Cognition, how true is it)
 - c. group similar items to identify clear table tops and table legs (you do this one)

7- Now you have a map of what to work on. Go through the list and select a fear to begin tapping on making sure to save any large or traumatic aspects to work with a professional.

8- After some tapping, review your list and see if any or the SUDs or VOC have changed.

9- Keep this list for future tapping to track progress.

EFT Tapping Points

