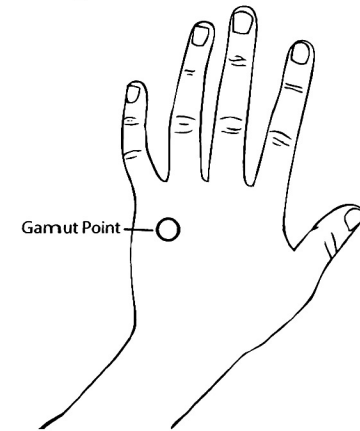


Basic EFT Tapping Guide

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

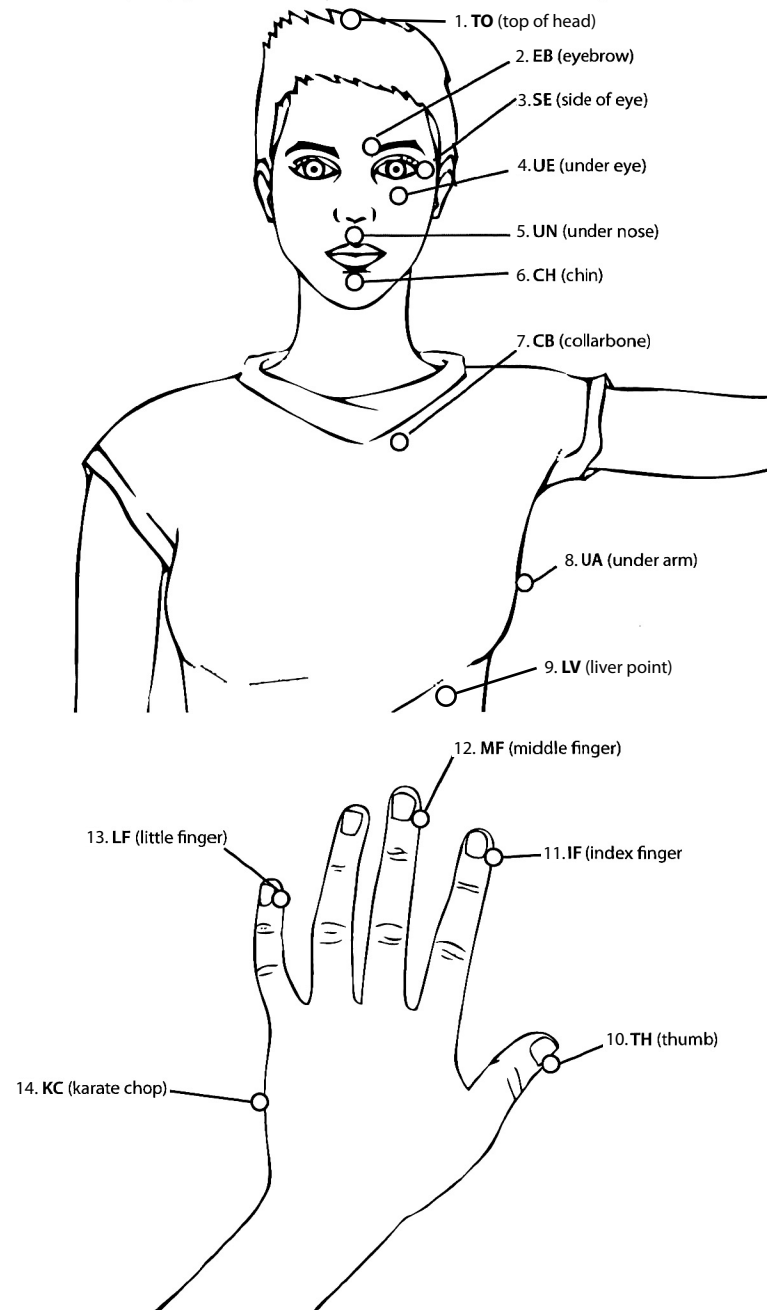
Step 4: Repeat Sequence

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 2: The Sequence

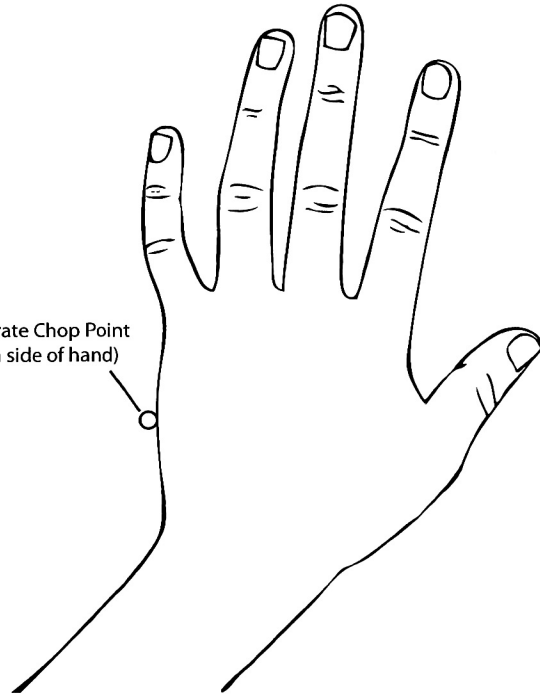
Tap approxiamatly 5-10 times on each point



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.

Thought Field Therapy Algorithm Chart

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

Key

| | |
|-------|------------------------|
| CB | Collarbone Breathing |
| cb | collarbone |
| ch | Chin |
| Gamut | Gamut Spot |
| eb | Eye brow |
| if | Index Finger |
| lf | Little finger (pinkie) |

| | |
|----|----------------|
| mf | Middle finger |
| oe | Outside of eye |
| ua | Under arm |
| ue | Under eye |
| un | Under nose |
| th | Thumb |