

Emotional Freedom Technique Tapping Protocol



What is EFT?

- Based in modern psychology and ancient Chinese acupressure principles, EFT is an easy to learn, stress-reducing, healing technique. It is a strategy that can be used to cope with, or even heal from emotional, physical, and spiritual challenges, traumas, and ailments.
- Because it is so easy and effective to use, it is now practiced by millions of people across the globe!
- Results vary, but can be quite remarkable! Positive changes typically range from deep relaxation and emotional relief, to complete resolution of symptoms.

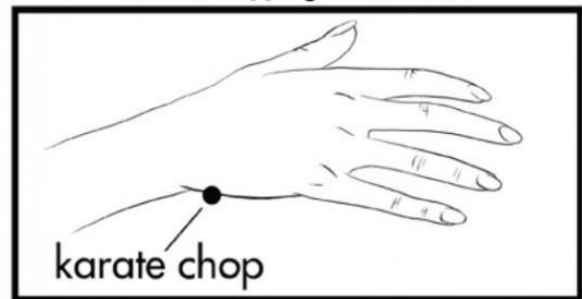
How to Perform the Tapping

Points:

- While tapping on the following points, repeat an affirmation of your choosing (on back), in YOUR own words.
 - Start with the karate chop point on side of hand, then eyebrow, side of eye, under eye, under nose, chin at midline, collarbones, underarm/side. Finish with top of head and, if you'd like, hands over heart and three deep breaths.
 - With point 1 (karate chop point): say the entire script.
 - With other points: speak an abbreviated version of your script, if you'd like, to speed things along.
- Keep your intention of the full script in mind the entire time.

Tips:

- Remember to BREATHE deeply and intentionally while tapping.
- Speak YOUR truth in your own words. Use the guidelines below to help if they resonate.
- Be honest about your true feelings, even if they are unpleasant or negative.
- State the first part about what you are experiencing in the here and now. No need to whitewash!
- There are many variations of this technique. Some people add in additional points such as the third eye, fingertips or over heart. You can see what works for you! Many people like to go through the tapping a few times, especially for deeply rooted issues.



EFT Tapping SCRIPT Ideas:

1. Begin with: "Even though..."

- ... I hate that...
- ... I'm so frustrated that...
- ... I'm angry that...
- ... I'm hurt that...

OR

"Even though I feel (insert negative emotion or physical symptom*)"

*Examples: anxious, scared, vulnerable, stupid, lazy, angry, hurt, belittled, broken, inadequate, confused, indecisive, unloved, in pain, foggy-minded, like I'm not good enough, etc.

2. THEN say one of or a combo of the following:

- ... I'm still an awesome person and I love and accept myself fully.
- ... I am learning to accept and love myself the way I am.
- ... I am still worthy of love from myself and others.
- ... I am still loved by those in my life.
- ... I still love myself and am a great person.
- ... I am still important and valuable.
- ... I matter.
- ... I am enough and I love who I am.
- ... I accept that's where I am right now and still love myself.

For kids:

I am still a great kid and Mommy and Daddy (*or your family variation*) still love me so much.

Books and resources:

The Tapping Solution, Nick Ortner

www.thetappingsolution.com

For Kids:

The Wizard's Wish, Book,

CJ the Cartoon <https://www.youtube.com/watch?v=Hfpl6WYBFek>

Dr Rani Bora and Tapping Bear <https://www.youtube.com/watch?v=dtP7ffASb8>

