

# TAPPING PLAYBOOK

## BENEFITS OF TAPPING

Tapping, also known as Emotional Freedom Technique (EFT) is a powerful technique for processing difficult emotions. Rather than being forced to choose between repressing/ignoring your emotions or being overwhelmed by them, tapping enables you to diffuse your difficult feelings and move on lighter and more free.

There are numerous benefits to tapping. Here are a few:

- It calms the fight or flight nervous system.
- It activates the rest and digest nervous system.
- It disconnects thoughts and emotions from the fight or flight reactions they cause in the body.
- It regulates cortisol levels.

## STEP 1. IDENTIFY YOUR MOST PRESSING ISSUE

Although many people are in the habit of “thinking positive” and minimizing or ignoring their negative emotions, just as you have to focus on the dirt in order to clean your house, tapping works best if you can “feel into” your negative emotions for a few moments before you start.

If you are finding this difficult, spend a few moments taking some deep breaths, imagining that your breath is a like a bellows that is fanning the flame of your feelings enough for you to clearly identify both the nature of the emotion and its location in your body.

Once you’ve made contact with the emotion, express your most pressing issue (MPI) in a sentence or two, being as explicit and detailed as possible. Your MPI should ring true and feel powerful to you.

For example, you will get a better effect working with the MPI “ever since I spoke to my ex-husband on the phone it has felt like there was an elephant sitting on my chest” than the MPI “I am upset at my ex-husband”.

## STEP 2. MEASURE THE INTENSITY (SUDS)

Get in touch with your MPI and stir up as much emotional intensity as you can by breathing into the emotion. Give your emotions an intensity rating (or subjective units of distress scale - SUDS) between 0 and 10. A zero rating would be no intensity at all while a 10 rating would be as intense as you can possibly imagine. Don’t stress about getting the SUDS level exact -- just go with your first instinct and write that number down.

## STEP 3. CRAFT A SET-UP STATEMENT

The set up statement serves to focus your

attention on your MPI. The basic set-up statement goes like this:

*Even though I [briefly describe your MPI], I deeply and completely love and accept myself.*

(Some people find that this phrase feels uncomfortable or inauthentic for one reason or another. If that is the case for you, there is a list of alternative statements on pages 2-4.)

## STEP 4. PICK A REMINDER PHRASE

The reminder phrase serves to keep your attention focused on your MPI as you tap through the points. It can be one or two words, just enough to keep you focused on the issue at hand.

The other option is just to “vent” aloud about the issue as you tap, voicing whatever thoughts and feelings come to mind.

## STEP 5. PREPARE TO TAP

Take off your glasses, your watch, and any other jewelry or clothing that might get in the way.

## STEP 6. TAP!

While tapping on the karate chop point (point locations are described in detail on page 2) on your non-dominant hand with three or four fingers of your dominant hand, say your set-up statement aloud three times (with emphasis and emotion).

Use the tips of the index and middle fingers of your dominant hand to tap gently but firmly approximately 10-15 times on each point (on whichever side of the body is easiest to reach) in this order while saying your reminder phrase or “venting” aloud about your MPI:

- Eyebrow
- Side of eye
- Under eye
- Under nose
- Chin
- Collarbone
- Underarm
- Top of head

## STEP 7. RE-RATE YOUR SUDS

Pause and breathe for a few moments. Get in touch with your MPI and, once again, stir up as much emotional intensity as you can. Give your emotions another SUDS rating. If your SUDS is still 2 or above, think about whether your set-up statement could be refined, adjusted, and/or made more specific.

## STEP 8. START OVER AGAIN AT STEP #6

Repeat until you feel a sense of peace and resolution.

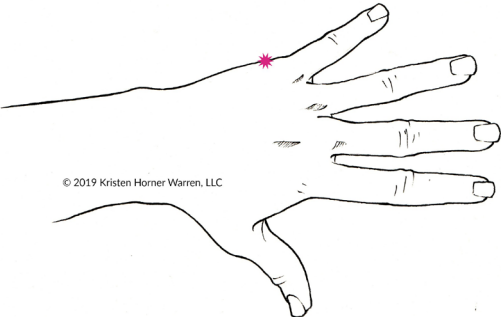


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# TAPPING POINT LOCATIONS

**KARATE CHOP POINT:**

On the outside of the hand, about an inch below the base of the pinky finger.



**EYEBROW POINT:**

At the end of your eyebrow closest to your nose.

**SIDE OF EYE POINT:**

On the bony rim on the outside of the eye.

**UNDER EYE POINT:**

On the bony rim directly underneath the pupil.

**UNDER NOSE POINT:**

At the midpoint of a line between the underside of the nose and the upper lip.

**CHIN POINT:**

In the cleft of the chin, midway between the lower lip and the tip of the chin.

**COLLARBONE POINT:**

To find this point, place your index finger in the U-shaped notch at the top of the breastbone (where a man would knot a tie) then move the finger down one inch (toward the navel) and one to two inches to either side until it falls into a tender depression.

**UNDERARM POINT:**

About four inches beneath the center of the armpit, approximately where a bra strap would fall.

**TOP OF HEAD POINT:**

At the center of the top of the head.



# ALTERNATIVE AFFIRMATIONS

Read through the list of alternative affirmations below and check the ones that appeal to you for quick future reference.

- ENNEAGRAM TYPE 1: I am good.
- ENNEAGRAM TYPE 2: I am wanted.
- ENNEAGRAM TYPE 3: I am loved for myself.
- ENNEAGRAM TYPE 4: I am seen for who I am.
- ENNEAGRAM TYPE 5: My needs are not a problem.
- ENNEAGRAM TYPE 6: I am safe.
- ENNEAGRAM TYPE 7: I will be taken care of.
- ENNEAGRAM TYPE 8: I will not be betrayed.
- ENNEAGRAM TYPE 9: My feelings and needs matter.
- All experiences are helping me grow.
- Change is how I grow.
- Everything always works out for my highest good.
- Everything I need to know is being revealed to me at the perfect time.



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- I accept and forgive myself.
- I acknowledge how I feel.
- I allow myself to be the way I am.
- I am a good person.
- I am adequate.
- I am alive.
- I am doing the best I can with what I know.
- I am exactly where I need to be.
- I am good enough.
- I am healthy
- I am in control now.
- I am living my life fully.
- I am lovable.
- I am myself and I enjoy it.
- I am okay as I am.
- I am okay with myself.
- I am on the right path.
- I am open to new freedom and joy.
- I am proud of myself for the progress I have made.
- I am safe now.
- I am safe; all is well.
- I am strong enough to get through this.
- I am strong enough to handle whatever comes my way.
- I am strong.
- I am true to myself.
- I am wanted.
- I am worthy of love.
- I can accept that.
- I can be healthy.
- I can be trusted.
- I can choose who to trust.
- I can learn to take care of myself.
- I can learn to trust myself.
- I can relax – all my needs are being taken care of.
- I can safely feel and show my emotions.
- I can take care of myself.
- I can trust myself.
- I can't accept myself right now but I can accept that I can't accept myself right now.
- I choose to feel at peace.
- I choose to forgive myself now.
- I choose to release this now.
- I control my destiny.
- I did my best.
- I deserve love.
- I did the best I could.
- I do the best I can.
- I don't have to find the right answer; the right answer will find me.
- I embrace whatever will come – I know I am protected.
- I feel grateful to be alive
- I find peace, no matter what is happening around me.
- I forgive myself.
- I give myself permission to let go of what no longer serves me.
- I give thanks to every cell in my amazing body.
- I have a lot to look forward to.
- I have choices now.
- I have honor.
- I have value.
- I hope that someday I will accept myself.
- I know that the perfect solution is on its way.
- I learned from it.
- I listen to my body and respond to its wisdom.
- I love myself anyway.
- I might be able to accept myself.
- I open my heart to love.
- I relax and surrender to the flow of life.
- I relax, knowing that everything is going to be ok.
- I release the old so that I can welcome in the new.
- I release things that are no longer in my control.
- I see failure as an opportunity
- I speak my truth.
- I stand for truth at all times.
- I take care of myself.
- I trust myself and the decisions I have made.
- I trust that everything is going to work out perfectly.
- I validate myself.
- I want to accept myself one day.
- I'm entitled to feel that way.
- I'm okay anyway.
- I'm okay right now.
- I'm okay with that.
- I'm open to a new perspective.
- I'm open to the possibility of accepting myself.
- I'm really trying to accept myself.



