

HOW TO:

Use EFT Tapping

To Take Down Stress &
Feel Better

By Deborah A. Lindholm

Disclaimer

The information presented in this ebook is not intended to represent that EFT is used to diagnose, treat, cure, or prevent any disease or psychological disorder. EFT is not a substitute for medical or psychological treatment. Any stories or testimonials presented in this ebook do not constitute a warranty, guarantee, or prediction regarding the outcome of an individual using EFT for any particular issue. While all materials and links to other resources are posted in good faith, the accuracy, validity, effectiveness, completeness or usefulness of any information herein, as with any publication, cannot be guaranteed.

Deborah and Michael Lindholm and Serenity Matters accept no responsibility or liability whatsoever for the use or misuse of the information contained in this ebook including, but not limited to EFT demonstrations, training, and related activities. We strongly advise that you seek professional advice as appropriate before making any health decision or any financial decision. The content of this ebook is educational in nature and is provided only as general information. By proceeding to read this ebook, you are agreeing to the following statement:

"As part of the information presented in this ebook, I understand that I will be introduced to a modality called Emotional Freedom Techniques ("EFT"), a technique generally referred to as a type of energy therapy.

Due to the experiential or experimental nature of EFT, I agree to assume and accept full responsibility for any and all risks associated with reading this ebook, and with using EFT as a result of reading this ebook.

I understand that my choice to use EFT is of my own free will and not subject to any outside pressure.

I further understand that if I choose to use EFT, it is possible that emotional or physical sensations or additional unresolved memories may surface. I accept full responsibility for my own well-being as it relates to all matters affecting me, including but not limited to my health and finances."

Introduction

The Emotional Freedom Techniques, known as EFT or Tapping, is a versatile self-help method that calms the mind and the emotions, and promotes relaxation in the body. It does this by realigning the body's energy and nervous systems.

Using your fingertips to gently tap on acupuncture points (tapping points) on the upper part of your body, you are led through an easy step-by-step process designed to reduce the stress that interferes with your goals or well-being.

In this ebook, you will learn how to use EFT or Tapping. I'll lay out a simple and quick way for you to get started so you can make progress on your goals or whatever's bothering you.

Use EFT to help you, for example:

- Achieve your career goals
- Release fears and gain confidence
- Improve your health or eliminate a habit
- Transform a relationship
- Create prosperity and abundance
- Lead a balanced life overall

In the EFT world, it is well known that EFT can be applied to all kinds of situations that are causing distress or stress in a person's life.

The effectiveness of EFT has been backed up by over 5,000 written accounts, describing how it's been used for recovery from a wide range of physical and psychological challenges.

More than 100 papers published in peer-reviewed professional journals show that EFT is an “evidence-based” method, according to the evidence-based standards defined by the American Psychological Association (APA) Division 12 (Clinical Psychology) Task Force (“APA standards” for short).

To review the scientific research on EFT, go to eftuniverse.com/research-studies/. There, you'll find numerous studies and clinical reports about the effectiveness of EFT.

Table of Contents

Chapter 1

About EFT or Tapping	5
----------------------	---

Chapter 2

How Can EFT Help Me?	8
----------------------	---

Chapter 3

How to Do EFT or Tapping	13
--------------------------	----

Chapter 4

Advanced Tapping Script	21
-------------------------	----

Appendices

Resources and Link	25
--------------------	----

Quick Reference Guide	26
-----------------------	----

About the Author	27
------------------	----

Chapter 1

About EFT or Tapping

The roots of tapping can be traced back to Traditional Chinese Medicine (TCM), acupuncture specifically, which has been used to treat individuals for various illnesses and diseases for centuries.

TCM seeks to treat the cause of the illness rather than responding only to symptoms.

According to TCM, the human body has more than 2,000 acupuncture points that are connected by pathways or meridians. These pathways generate an energy flow (Qi, pronounced "chee") throughout the body that affects overall health.

It is proposed that when disruption occurs in the energy pathways or they are blocked for some reason, the corresponding lack of energy flow throughout the body may cause disease and contribute to emotional imbalances. By applying acupuncture to certain points on the body, the flow of Qi improves, thereby improving physical and emotional health.

Typically, acupuncture is done by inserting thin metallic needles into the skin along the pathways or meridians; performed by a licensed acupuncture practitioner.

As a fan of acupuncture, I've used it over the years, and I can attest to its usefulness. This, in part, is what piqued my interest in EFT because EFT has been called "acupuncture without needles."

While acupuncture has been used successfully to reduce chronic pain and treat many health conditions, it is not for everyone.

The beauty of EFT or tapping is that it builds upon the foundation of TCM, by stimulating acupressure points on the upper part of the body that are akin to acupuncture points.

In TCM, the acupressure points or tapping points, as we call them in EFT, are believed to stimulate the central nervous system. This, in turn, leads to the release of biochemicals into muscles, the spinal cord, and brain.

Biochemical changes stimulate the body's natural healing abilities and promote physical and emotional well-being. This is part of the body's efforts to maintain

homeostasis, which is a state of balance among all the body's systems and organs; needed for the body to survive and function properly.

In the 1970's, a psychologist, Dr. Roger Callahan, found himself deeply intrigued by TCM, specifically the principles of the body's meridian lines or pathways and how they operated in the body.

As recounted by Callahan, a patient came to him for a severe water phobia. The patient's fear was so intense that she even had trouble bathing her children. However, nothing Callahan tried seemed to alleviate her fear and he was perplexed by the situation.

One day, the patient mentioned that when she had thoughts about water, she felt a throbbing sensation or pain in her stomach. After divulging this detail to Callahan, he had a spark of insight. He recalled that a meridian point (from TCM), which corresponded with the stomach, could be found right below the eye. On a hunch, he directed the patient to tap on this spot when she felt the stomach pain arise.

The patient complied with Callahan's suggestion and found that her stomach pain disappeared quickly. This took her by complete surprise. Even more astonishing, her fear (phobia) of water was gone as well!

Callahan is credited historically with bringing together two different approaches to healing, TCM and psychology; namely exposure and cognitive therapies. Continuing in his field of psychology, he went on to experiment with various meridian points and developed what he called Thought Field Therapy (TFT), which preceded EFT.

A huge success, TFT attracted many students in the 1980's, including Gary Craig. Craig immersed himself in the technique, conducting his own experiments. Very quickly, he distilled TFT down into a simpler, faster routine that proved to be even more effective than TFT. Craig named his streamlined modality, Emotional Freedom Techniques, or EFT for short.

In the decades since, EFT has rapidly grown as an energy therapy technique. New and ongoing discoveries about its effectiveness and applications as a self-help and therapeutic tool continue to emerge.

EFT is now taught and practiced globally. It has become a favored tool of many mental health professionals and is widely used by coaches certified in the technique.

As the best-known researcher in the evolving field of EFT, Dawson Church, Phd is renowned for developing ***Clinical EFT***, the only version of EFT validated in scientific studies as "evidence-based."

Dawson regularly certifies practitioners in ***Clinical EFT*** and I am happy to say that I am certified in his program as a ***Clinical EFT Practitioner***.

For more information on ***Clinical EFT***, click on the link below:

eftuniverse.com/certification/clinical-eft-certification/

Chapter 2

How Can EFT or Tapping Help Me?

EFT quintessentially merges the ancient wisdom of Traditional Chinese Medicine (TCM) with cutting-edge insights from modern Western psychology. In the blending of these two approaches to health, it offers substantial benefits to those using the technique.

What we haven't discussed that is relevant to EFT are the incredible scientific discoveries made over the last twenty years about how our brains and bodies work in tandem. From a holistic perspective, the associations or connections between our emotions, beliefs, memories, traumas, and physical and emotional health affect our overall well-being.

Now, there is a supporting framework of scientific evidence that explains what is going on in the mind and body of an individual using stress-reduction methods like EFT to bring about positive changes. It is in the public domain.

The insights gained from science show us how we form associations in our brains between events and feelings and physical sensations. Those connected memories are stored in our brain and body, warning us about potential danger and keeping us safe going forward. It's the brain's job to do this.

The brain surveys the environment and when it finds a match to a stored memory, it alerts us about a potential problem or threat. It's quite a refined process handled seamlessly by the part of the brain called the limbic system.

The limbic system detects threats by building a memory bank of past experiences and events. It likewise encodes negative experiences according to their emotional charge, if any. Much of this process occurs during childhood before we've developed critical thinking and can consciously detect a threat.

However, the limbic system continues to operate on autopilot in the background throughout our life. It may be helpful to us or it may create havoc, stimulating our stress-response when it's not really necessary.

That's where EFT can come to the rescue, calming down the limbic system if needed.

To describe what I mean, imagine what could've happened when a child, we'll call her Mary, touched a hot stove. The result was a painful burn. In this incident, Mary could

form an unpleasant association or connection in her mind and memory between the event and the pain.

Here, the limbic system would serve Mary well in the future, reminding her to keep her hands safe around a hot stove. Of course, that's helpful.

Obviously, this is a fairly common childhood event. So, let's embellish. Let's say that Mary's big sister yells at her at the same moment her hand reaches for the stove. Along with the burn, she startles Mary with her loud voice as she scolds her. Mary turns to look at her. She's towering over her, wearing a red sweater. Mary feels hurt and she's crying not only because her hand was burned, but also because of being yelled at by her sister. Her spirit is crushed.

Along with the association between a hot stove and physical pain, Mary's limbic system could have attached a negative emotional tag to the experience with her sister; hurt feelings or fear or shame, perhaps. Memories associated with the red sweater and the tone of voice may also be stored in Mary's brain along with the event and related feelings.

Experiences like these automatically drive our future behaviors and choices, but we consciously forget about them. It's normal and that's a good thing. Can you imagine if we walked around remembering all these details? Life would be even more complicated.

It's straightforward and understandable when we think about learning to not touch a hot stove in childhood and that's useful. However, the emotional hurt and other sensory stimuli present in this example could've set the stage for additional negative associations stored in memory, potentially affecting future emotional reactions and choices.

Suppose later on in this story as an adult, Mary has a negative emotional reaction to a clerk in a store one day. The clerk, a tall woman, happens to be wearing a red sweater and she raises her voice to Mary unexpectedly.

Mary is thrown off guard by the clerk and she reacts in kind by yelling back at the clerk. Mary leaves the store without her purchase. It's all over quickly and Mary finds herself in her car, stewing over the incident, feeling like she could cry at any moment.

Mary feels frustrated, angry and hurt. She really wanted to buy that dress. Thoughts are running through her mind about not being able to do anything right and she feels like she's not good enough (again).

On the surface, it makes no sense. The incident was minor and the clerk wasn't yelling at Mary personally. Mary rationalizes that she's just "sensitive." In fact, people tell her that all the time. She needs to toughen up.

But, Mary realizes this type of thing happens to her more than she likes and she scolds herself for not knowing any better and acting like a child. She wonders, "Why do I take things so personally? Why can't I control my emotions?" She doesn't understand it; she eats well, exercises and goes to yoga class.

As Mary unconsciously rubs the pain in her right knee, she admits that it's a pattern she's noticed; over-reacting to someone else's mood and then not getting what she wants.

Therein lies the downside of the limbic system; it can react to stimuli in our environment and cause havoc instead of being helpful. The limbic system may perceive a threat that is not real, such as in the case of the store clerk raising her voice. The brain is reacting to external stimuli (red sweater, loud voice, etc) and it is all unconscious.

There is no real threat of harm (like a hot stove). It is a perceived threat detected by the limbic system due to associated memories that have negative emotions attached.

When the limbic system is activated by a threat, real or perceived, the fight-or-flight response naturally kicks in. Within a few seconds, our adrenals start pumping out hormones in large quantities. The brain and body are now in survival mode, ready to take life-or-death action even if there's no real impending harm.

We all know what it feels like when the stress-response takes hold and we can feel our heart racing. We may break out in a cold sweat, feel trembling in our body, have a dry mouth; our sympathetic nervous system goes into high gear.

This response is actually what helped our ancestors survive and ensured the survival of our species. We're genetically wired with this survival response for good reason.

The problem is that today we no longer live with the same types of threats that our ancestors faced. Most of us aren't at risk of being attacked by a bear in the woods, for example, but the stress-response still gets activated as we go about our daily lives.

In this story (compiled from real client events), Mary is not facing a life-threatening situation with the store clerk. Too late though, the stress hormones have hijacked her body and brain.

If Mary knew how to use EFT, a quick round of tapping in her car after this event would provide some immediate stress relief. It may dissolve the pain in her knee. And,

she may clear some old negative memories in the process. (You'll learn how to do EFT in the next chapter.)

At some point, these kinds of things happen to every one of us; we all have negative reactions to people, events and situations. We have aches and pains. The key is to notice whether or not there's a pattern there and how it's affecting your behaviors, choices, health and life overall.

EFT's starring role, in my view, is that it reduces the stress component triggered by everyday situations and events, clearing the emotional part of childhood or adult memories, even if there's no conscious recall of those memories or trauma.

We are all complex human beings and we may not know whether or not a childhood or adult trauma or memory or some other stressor is connected to a current negative emotional reaction or physical ailment. Sometimes we do have an inkling or have a memory we know is adversely affecting us. Either way, stress is the common denominator here.

Everyday chronic stress plagues most people. It has become a way of being that we tolerate and it is detrimental to our health. It zaps our energy and weakens the immune system, making us more vulnerable to illness and disease. It can interfere with digestion and assimilation of nutrients and unfortunately affect elimination. It can exacerbate pain, increase inflammation in the body, cause weight gain or loss, and accelerate aging. It can cause anxiety, impact memory and cognition, muddle our thinking, and shut down creativity. So, there are many reasons to keep the stress hormones at bay no matter what.

Dawson Church, PhD and Dr. David Feinstein have proven that EFT is more effective for reducing cortisol, the “stress hormone” than psychotherapy alone. They have shown that EFT produces a “neutral emotional state,” which promotes health and wellness and assists with decision-making and goal achievement, and so much more.

EFT, for example, has been used to help people as follows:

- Cope with physical pain
- Balance blood sugar
- Maintain healthy blood pressure
- Alleviate headaches
- Reduce food cravings
- Take off excess weight
- Recover from illness
- Exercise more
- Change or eliminate a habit
- Increase income

- Manage money better
- Solve business problems
- Improve memory
- Decrease anxiety
- Get over various phobias
- Dissolve fears of all types
- Assist with Post-Traumatic Stress Disorder
- Improve depression
- Sleep better
- Let go of painful memories
- Reduce family strife
- Improve personal relationships
- Help with job performance & satisfaction
- Improve sports performance

The list of issues and problems that have been resolved or made better in some way by using EFT is long and extensive. However, EFT is not a "cure all." It may be highly effective in some situations and it does not work on every condition.

As a stress relief modality, it can help you finally understand and eliminate those negative thought patterns, emotions, and behaviors that have been holding you back, disrupting your life, and even quite possibly making you ill.

At the very least, I've experienced personally and seen that EFT is highly effective in clearing stress-related issues or experiences that block a person from feeling better about themselves or moving beyond what's bothering them.

It's common to feel less-stressed and happier overall when you use EFT regularly.

The bottom line is that if you want something to change in your life, EFT can play a role because it is an extremely adaptable technique that has the potential to bring you closer to what you want in life.

Whether you use EFT solely or to supplement traditional therapy or medical treatment, Tapping can enhance your results.

Best of all, you'll be able to do it on your own, with a little practice.

However, if you'd like a helping-hand, reach out to me at www.serenitymatters.com.

Chapter 3

How to Do EFT or Tapping

EFT's "Basic Recipe," which you'll learn here, is a shortened version that is an essential component of **Clinical EFT**.

Clinical EFT is comprehensive. Among other requirements, it includes mastering at least 48 different tools and principles in order to become a **Certified Clinical EFT Practitioner**.

Dawson Church, Phd is renowned for developing Clinical EFT, the only version of EFT validated in scientific studies as "evidence-based."

The Basic Recipe is by no means exclusive to Clinical EFT. There are many EFT teachers and practitioners that have advanced the use of EFT's Basic Recipe with great success or developed a version of their own. The creativity in the field is amazing; however, most practitioners are not certified like I am along with others at [The Tapping Place](#).

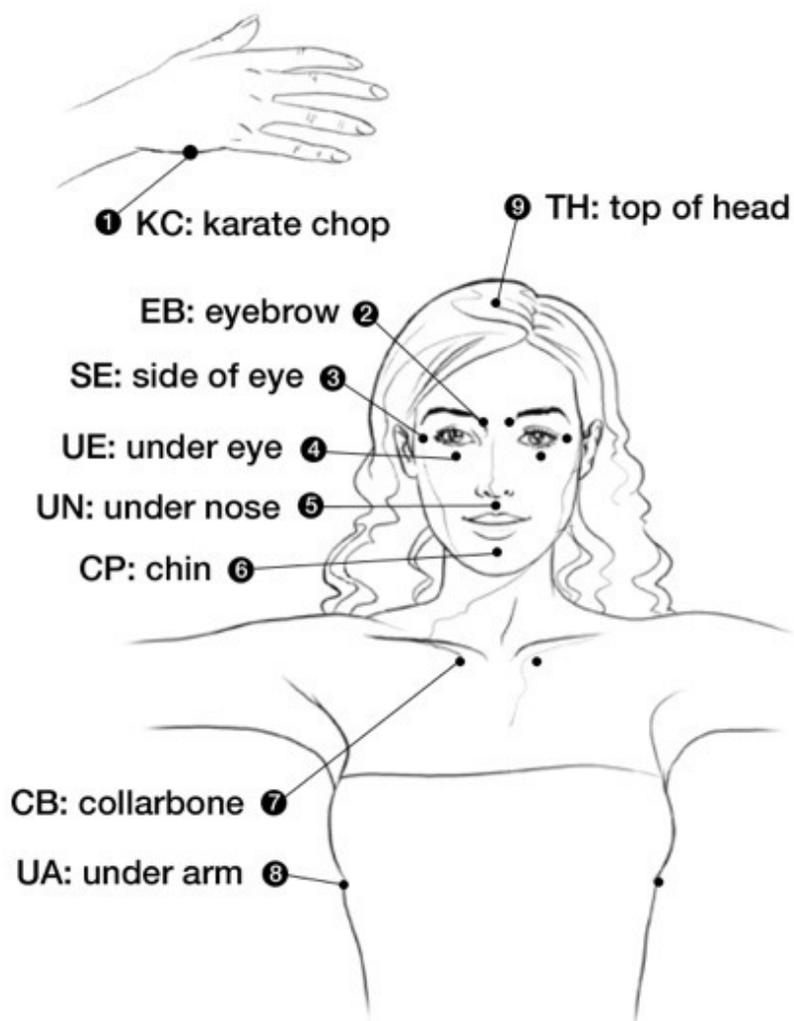
My intention is to give you some background so that you know you'll be learning a version of EFT here that's tried and true, so to speak.

The Basic Recipe can be learned easily with practice and applied quickly to take down stress in a flash or over time, depending upon the situation.

I'll start by going over the steps, filling in with more information, tips and examples as we go on, and tie it up with a quick reference guide at the end.

Tapping Chart

So you can start using EFT right away, you'll want to refer to the Tapping Chart below:



In the Tapping Chart, you'll notice that there are 9 tapping points depicted, which correspond to the acupressure or meridian points mentioned in Chapter 1.

Tapping Sequence & Process

The tapping sequence is typically carried out in the order of the points listed and described below:

Karate-Chop Point (KC)

This point is on the outer edge of your palm, on the opposite side from your thumb.

Eyebrow (EB)

This point is on the inside corner of the eyebrow close to the bridge of the nose.

Side of Eye (SE)

This point is found on the outside edge of the eyebrow at the corner of your eye on your temple.

Under Eye (EU)

Staying in line with the center of your eye, this point is found on the bony ridge under your eye.

Under Nose (UN)

This point is right below the nose in the center between the nose and upper lip.

Chin (CP)

In line with the previous point, tap below the lower lip in the crease on your chin.

Collarbone (CB)

Find the notch between your collarbones at the base of your throat; move your fingertips down about inch; now move your fingers to the side about another inch. You'll notice a deep hollow there. That's the collarbone point.

Underarm (UA)

Find the center of your armpit and move your fingers down about four inches to find this point.

Top of Head (TH)

This point is located on the crown of the head.

As you can see in the chart, the tapping sequence begins with the Karate-Chop (KH) point and continues through the remaining eight points, ending with the Top of Head (TH). This would constitute one round of tapping.

Visually, you're tapping in a loop, starting at your eyebrow (inside), moving down over your face to your collarbone, under your arm, and then back up to the top of your head.

Some people prefer to start with the Top of Head (TH) point instead of the Eyebrow (EB). It doesn't matter and either way works.

When you actually tap, you'll be tapping lightly with your fingertips (not fingernails) for 5-7 times on each point.

As you tap first at the Karate-Chop (KC) point, you'll be reciting the Setup Statement 3 times. When you continue with the tapping sequence, you'll be reciting the Reminder Phrase as you tap on the remaining eight points.

However before doing any tapping, you'll need to define the problem you're having or whatever is bothering you, so that you can craft the Setup Statement and Reminder Phrase that go with it.

Define a Problem for Tapping

This is where you are now going to reap the benefits of tapping by defining a problem that you're facing or you're dealing with.

It could be a pattern you've noticed or anything that is causing distress whether it's related to your health, finances, work or relationships, for example.

You probably have some issue in mind or something that is stressing you out. It's helpful to jot down your feelings about the problem or situation in a sentence or two. Figure out what it is that you're stressed about. Perhaps, notice where you feel it in your body. Or, you may simply bring what's going on to the front of your mind.

Occasionally, the problem could be something happening in real time, for example, like in the fictional account of Mary's experience with the store clerk (described in Chapter 2). As suggested, Mary could've started tapping in her car right after leaving the store while she was still feeling the aftermath of the incident.

Realistically, that's often not possible, but I wanted to mention this tip. When you have an opportunity to tap on an incident or problem while you're in the throes of the stress-response of the event, this can provide immediate relief without the need to actually define the problem. Your body and your mind know what's happening. You're feeling it in real time so there's no need to define the problem.

The value of EFT comes when you're able to take down stress a notch or more or use it for one of the many other applications already mentioned.

Either way, the next thing to do is to rate the intensity of the problem identified, by giving it a number called a Subjective Unit of Distress (SUD).

Rate the Intensity of the Problem (SUD)

Writing down the nature of your problem or issue, identifying your feelings, and assigning a Subjective Unit of Distress or SUD rating are advisable. Dr. Joseph Wolpe, psychiatrist, created this tool for the subjective measurement of discomfort or psychological pain experienced by his patients.

In EFT, it's used for tuning in to your level of distress in the moment about a problem, which is something only you can determine.

Assigning a SUD rating is easy. As you connect with the problem you've defined, rate the intensity of the distress you feel about it, by using a scale of 0 to 10. Zero indicates that you have no distress about the problem and 10 is the highest level.

Quickly give the problem a number, 0-10, so that you can gauge how you're feeling before a round of tapping and then reassess after the round.

That way, you can keep track of what you're tapping on, and how you're doing and feeling.

Tip: you may also want to notice and write down what came up while you were tapping and rate that or maybe what even felt worse for you. These could be "aspects" or "tappable targets" that you may want to tap on later.

Setup Statement

Some versions of EFT leave out the Setup Statement, but it is crucial to the process. It can potentially rebalance your energy system like acupuncture does in Traditional Chinese Medicine (TCM), and other energy therapies that have become popular over the last twenty years. Most importantly, the Setup Statement literally "sets up" the problem that you want to address with EFT.

Callahan is credited historically with bringing together two different approaches to healing, TCM and psychology; namely exposure and cognitive therapies.

The format of a Setup Statement looks like this:

"Even though I have _____ (name of the problem), I deeply and completely accept myself."

In composing the Setup Statement, you want to craft it from the problem you defined earlier and then rated with a SUD. As discussed, pick something that you're stressed out about.

To give you some ideas about coming up with a Setup Statement, let's go back to Mary and her experience in the store (Chapter 2).

In Mary's case, keeping a focus on the incident in the store, specifically, any of the following Setup Statements may bring Mary some immediate relief:

"Even though I had this problem in the store, I deeply and completely accept myself."

"Even though I have this problem of being too sensitive, I deeply and completely accept myself."

"Even though I was angry at that store clerk, I deeply and completely accept myself."

"Even though I had this problem of over-reacting to the clerk's bad mood, I deeply and completely accept myself."

"Even though I have this problem of not getting what I want and I feel frustrated, I deeply and completely accept myself."

"Even though I have this pain in my knee, I deeply and completely accept myself."

In the beginning, it's useful to keep the Setup Statement on the simple side and follow the format given here, until you've had experience and feel more confident.

Because the Setup Statement is stated out loud, it signals the brain that you want to confront a problem (like in exposure therapy). At the same time, it recognizes the value of accepting yourself as you are in the moment (like in cognitive therapy).

Dawson Church has written about the Setup Statement and more in his book, [The EFT Manual](#), Fourth Edition. He includes detailed instructions and compelling stories from people that have been helped by using EFT. I highly recommend it if you're yearning for more.

You're almost ready to tap. The final step before actually doing a round of tapping is to extract what's called the Reminder Phrase from your Setup Statement.

Reminder Phrase

The Reminder Phrase comes after the Setup. It's a few words or phrase that you say out loud as you're going through the tapping sequence, starting with EB and ending with TH. By doing this, you'll be reminded to stay in tune with the problem.

The Reminder Phrase pulls from the problem that you've defined and used in the Setup Statement.

Using Mary again, a Reminder Phrase might be:

"The problem in the store"

"Too sensitive at the store"

"This anger at the store clerk"

"Over-reacting to the clerk"

"This frustration at the store"

"This knee pain"

So, think of a few words or a short phrase that you'll repeat on each point as you move through the tapping sequence of the eight remaining points. This keeps you focused on the problem.

Let's Tap

You're ready to tap at this point, if you have:

- Learned the tapping points and sequence
- Defined a problem to be addressed
- Assigned a SUD rating to the problem
- Created the Setup Statement
- Created the Reminder Phrase

Now you're ready for some actual tapping.

First, you'll be tapping on the KC point three times, reciting your Setup Statement out loud as you do it.

Then, you'll do a round of the tapping sequence from the EB point all the way through to the TH. As you tap, you'll say your Reminder Phrase out loud and tap 5-7 times on each point.

Upon completion of a tapping round, check in on your SUD rating again. How are you feeling now? What's the intensity when you tune in to the problem? Is the number lower?

While one-minute wonders are possible (I've experienced them), meaning the SUD went immediately down to a 1 or 0. It's more likely that some distress is still present.

In that case, you can simply do another round or two using the Reminder Phrase and check to see if the SUD level came down, say from an 8 to a 4.

If the SUD went down slightly or not at all, another approach is to do a new round, referencing the same problem. However, this time insert the word "*still*" in the Setup and play with expanding the wording.

Then, revise the Reminder Phrase accordingly and insert the word "*remainder*."

For example, if Mary needed more tapping to bring down a SUD, she may say:

"Even though I *still* had this problem in the store and I'm angry and frustrated over it, I deeply and completely accept myself." (Setup Statement)

"This *remaining* anger and frustration" (Reminder Phrase)

"Even though I *still* have this problem of being too sensitive and I over-react like I did in the store, I deeply and completely accept myself." (Setup Statement)

"This *remaining* sensitivity problem" (Reminder Phrase)

"Even though I *still* have this pain in my knee, I deeply and completely accept myself."

"This *remaining* knee pain" (Reminder Phrase)

As always, measure the SUD after you tap so that you can consciously gauge your progress.

Many of my clients keep a tapping journal to record their SUD ratings and also to make notes about their tapping journey. I do that myself.

It can be very fulfilling to look back in a journal and see how far you've come and make notes about how to use EFT in your life going forward.

If EFT looks like it's too labor intensive to learn by reading about it, please be reassured that it can be learned quickly and easily with practice.

Some people do better by being shown how to tap in a personal session with me. Then they can move forward on their own using the technique. And, I only hear from them when they get stuck on something. It's a very self-empowering tool in that regard.

So, if you'd like a helping hand or you have a question or two, reach out to me at [Serenity Matters](#).

Plus, there are many free resources online and on YouTube about EFT or Tapping. At [EFT Universe](#), you'll find a multitude of free resources and videos to help you apply EFT in your life where it matters most to you.

Chapter 4

Advanced Tapping Script

Now that you have the template for EFT's Basic Recipe, plus the tapping points and sequence, you know how to tap on your own. The Basic Recipe works perfectly well in many applications.

However, sometimes EFT users are looking for variety or they've become adept at using the technique and want to be a little creative with it. So, I encourage my clients to play with the technique.

Some of them tell me that they don't know what to say when they tap. They want to tap, but they feel awkward trying to come up with the verbiage.

To give them an idea of what's possible with EFT, I organized a group call for a half-dozen or so individuals. I asked them to submit what they'd like help with as tapping targets or subjects. That way, their privacy could be respected unless they wanted to open up on the call.

One subject that the group wanted to address was related to ***stress in their current life over a decision made in the past.***

Part of the tapping rounds I led them through are presented below. Even though I got the tapping rounds started and embellished at times, much of the verbiage came directly from the group. One person's words sparked another person, giving them ideas. That shows the power of tapping in a group.

You'll notice that the rounds of EFT in the script below are not separate. In other words, I didn't stop at the end of a round and have the group check their SUD rating. We did continuous tapping on the call and I used some advanced techniques.

Feel free to tap along with the script, substituting your words. Make sure that you still follow these steps in the Basic Recipe: define your problem, rate the intensity of your problem (SUD), start with the Setup Statement, go through the tapping sequences, recheck the SUD, and make notes.

Stress From a Past Decision

Identify a past decision that still causes you concern now, but you'd fix it if you could. Tune into it now and rate the intensity of the decision or your concern or feelings.

Use the following template as your Setup Statement or personalize it.

KC: Even though this decision still concerns me and I want to fix it, I deeply and completely accept myself and I'm tapping for this now. (recite 3 times while tapping)

Continue with the tapping sequence, tapping lightly on each point while reciting the following or whatever wording comes up for you.

EB: This decision still stresses me out

OE: I made a bad choice

UE: It hasn't worked out the way they said it would

UN: Don't know how to fix it now

CP: I'm so angry over this

CB: They weren't honest

UA: What was I thinking

TH: I got scared

EB: I'm just going to trust myself

OE: Releasing the anger and I'm still scared

UE: This fear and anger

UN: I want to let go of these feelings

CP: Hurt myself with this decision

CB: I didn't have all the facts

UA: Now I know better

TH: I should've known better back then

EB: This fear in my body...and in my thoughts

OE: They lied to me and I'm still angry

UE: I didn't know what I didn't know

UN: It's so hard and I want to figure it out

CP: Focus on how to fix it today

CB: Feels a little bad again

UA: Those bad feelings sneak up on me

TH: Releasing the fear and anger

EB: They're just taking up space

OE: This is a new moment

UE: Gives me the chance for new choices

UN: I can figure this out with ease and grace now

CP: This fear and anger in my body

CB: Has no place to hide now

UA: I'm onto it...clearing it out now

TH: I trust myself to use everything I got...and find a new way

How did the tapping go for you? What came up? Do you need more help?

You probably noticed that the script is conversational in nature, which is one of the benefits of tapping with a practitioner or someone else.

If you're working solo, you can always imagine you're talking to someone when you tap. Plus, keeping a journal of your thoughts and subjects to tap on will also give you the words for your tapping rounds.

If you get stuck or need help, you may find me at TappingPlace.com. If I'm not available there for a complimentary session, [email me](#) and we'll set one up.

You may also choose to work with one of the many other EFT Practitioners at TappingPlace.com.

Do whatever is appropriate because only you can determine what your next best step could be.

Resources and Links

To make it easier for you, here is a list of resources and links mentioned earlier:

SerenityMatters.com for resources and services offered by Deborah and Michael Lindholm

deb@serenitymatters.com Deborah Lindholm's email

eftuniverse.com/research-studies/ for scientific research studies on EFT

eftuniverse.com/certification/clinical-eft-certification/ for information on Clinical EFT Certification standards and requirements

[The Tapping Place](#) for live access online to Certified Clinical EFT Practitioners, including Deborah Lindholm

[The EFT Manual](#) authored by Dawson Church

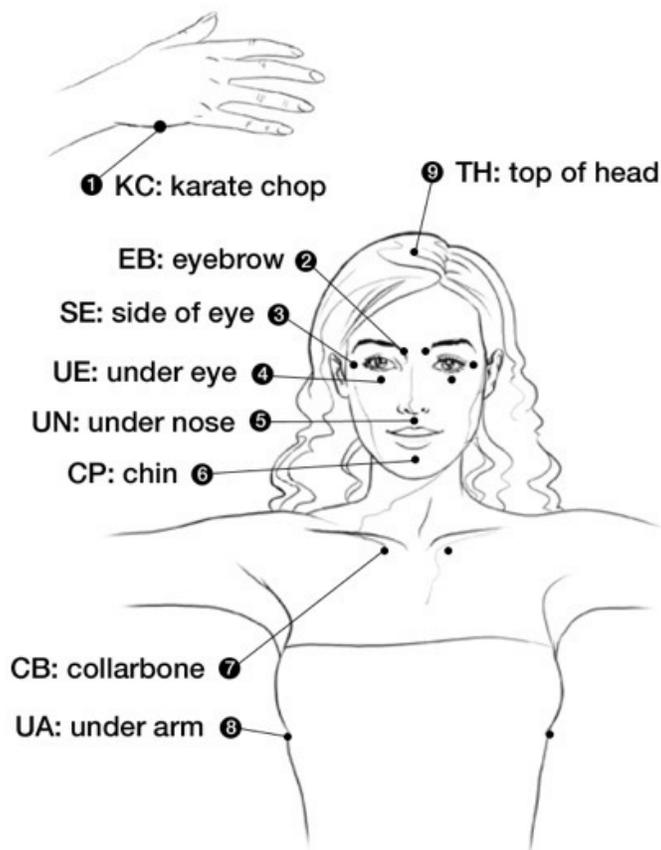
[EFT Universe](#) for a multitude of free resources and videos to help you apply EFT in your life

Quick EFT Reference Guide

1. **Define a problem** you're dealing with, **identifying your feelings or bodily sensations** about it.
2. **Rate the intensity of the problem on a scale of 0 to 10** with 0 being no stress and 10 the highest level (SUD).
3. **Compose the Setup Statement** based on the problem and **repeat three times** while tapping on KC:

"Even though I have _____ (name of the problem), I deeply and completely accept myself."

4. **Complete tapping sequence** repeating **Reminder Phrase** on each point based on the Setup Statement.
5. **Recheck SUD** and tap again if needed.



About the Author



Deborah A. Lindholm

Decades ago, my interest in EFT came about when doctors said I had an illness that was incurable. The loss of a marriage and financial losses followed that.

During recovery, my intuitive abilities awakened. I "saw" energy fields and received "knowings" about things I'd never heard of or read. Raised as a Catholic and being a CPA at the time, it rattled my world. As a spiritual awakening, it transformed my life.

Last year, I relied on prayer and EFT and Serenity Vibration Healing® (SVH) to get over a COVID episode, including hospitalization. Loving family and friends and great medical care were factors too. Now, I'm even more grateful, humble and wiser.

Life is not back to normal. It's better due to another major spiritual awakening in the hospital. By the Grace of God, lemons turned into lemonade as the saying goes.

It's taken a holistic approach for me to move through the stuff of life. Solutions such as EFT helped me heal on all levels - physically, mentally, emotionally, spiritually.

Now, I combine Clinical EFT with cognitive behavioral coaching, SVH, and other techniques along with my natural intuitive abilities to help clients bounce back from the stuff of life or reach their goals personally, professionally, and in business.

Experience and Qualifications

Clinical Certified EFT Practitioner	MACP Holistic Specialization	Certified Group Coach
Serenity Vibration Healing® (SVH)	Psych-K® Basic & Advanced	Certified Hypnotherapist
Yes Code™ Coach Certification	Human Design, Levels 1-2	Small Business Owner
Non-Profit Executive Director, Treasurer, Board Member	Psychotherapist & Behavioral Coach	CPA, Bank Treasurer, VP Credit Union Treasurer