



Tapping for Emotional Health

The basic EFT technique requires you to focus on the negative emotion at hand: a fear or anxiety, a bad memory, an unresolved problem, or anything that's bothering you. While maintaining your mental focus on this issue, use your fingertips to tap 5-7 times each on 9 of the body's meridian points.

Basic Tapping Sequence

Here's how the basic Tapping sequence works:

- Identify the problem you want to focus on. It can be general overwhelm or it can be a specific situation or issue which causes you to feel anxious. Let's pick overwhelm about your clutter or it can be a specific situation or issue which is causing you to feel overwhelmed or frustrated like having your space filled with someone else's clutter. Say your ex's stuff.
- Consider the problem or situation. How do you feel about it right now? Rate the intensity level of your anxiety, with one being the lowest level of anxiety and ten being the highest.
- Compose your set up statement. Your set up statement should acknowledge the problem you want to deal with, then follow it with an unconditional affirmation of yourself as a person.

Examples of Set Up Statement

"Even though I feel this overwhelm, I deeply and completely accept myself."

"Even though I'm anxious about getting rid of this stuff, I deeply and completely accept myself."

“Even though I’m feel overwhelmed when I think about having to set boundaries with my son, I deeply and completely accept myself.”

“Even though I feel guilty when I think about letting go of his stuff, I deeply and completely accept myself. ”

“Even though I’m worried about what he’ll say when I tell him it has to go, I deeply and completely accept myself.”

“Even though I judge myself harshly for not being able to deal with this situation, I deeply and completely accept myself.”

Perform the set up

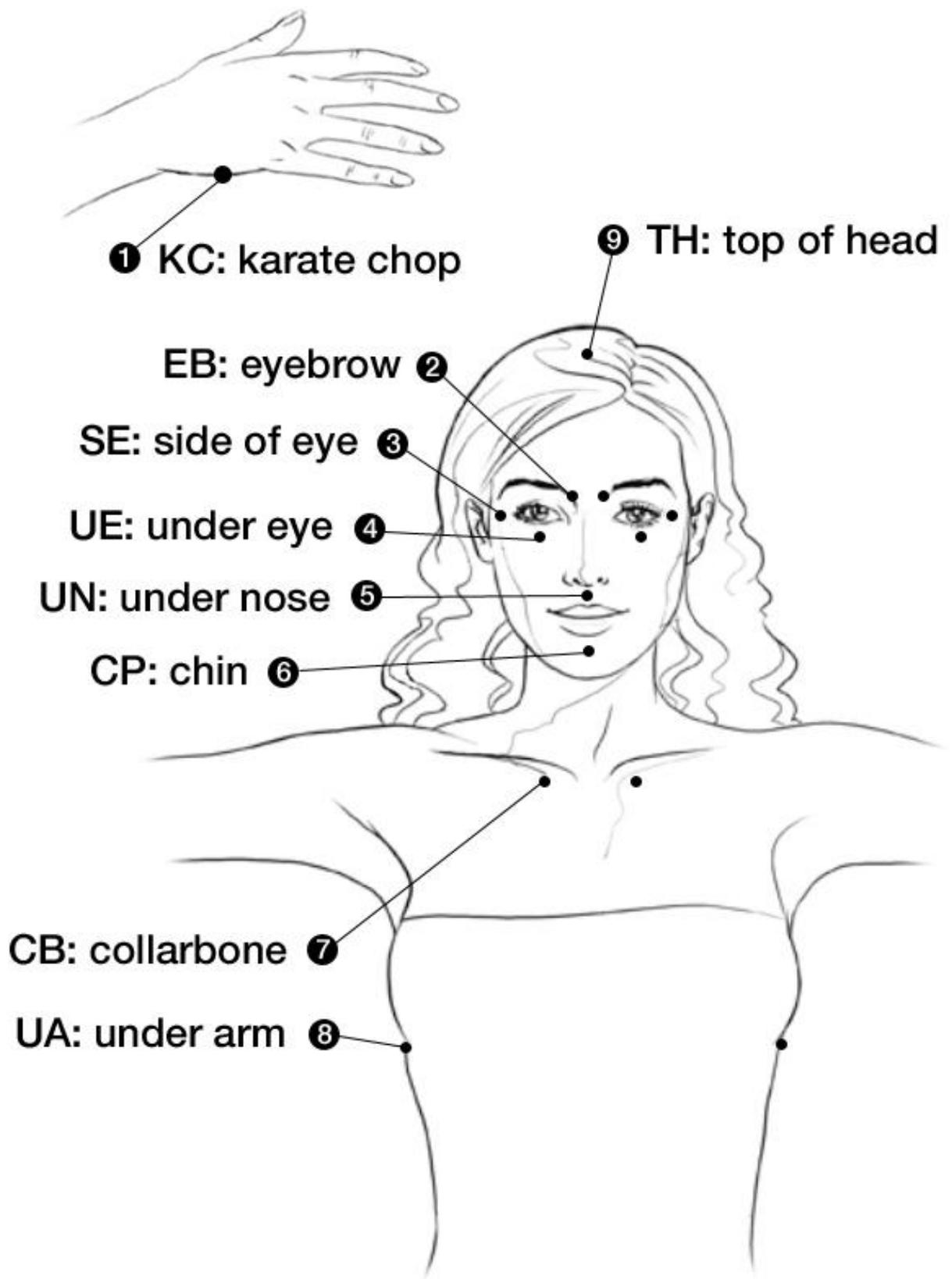
With four fingers on one hand, tap the Karate Chop point on your other hand. The Karate Chop point is on the outer edge of the hand, on the opposite side from the thumb.

Repeat the set-up statement three times aloud, while simultaneously tapping the Karate Chop point. Now take a deep breath!

Get ready to begin tapping! Here are some tips to help you achieve the right technique.

- You should use a firm but gentle pressure, as if you were drumming on a table.
- You can tap with four fingers or just two. Four fingers are generally used on the wider areas like the top of the head, the collarbone, under the arm. On smaller, more sensitive areas, like around the eyes or under the nose you can use just two.
- Tap with your fingertips, not your fingernails.
- The tapping order begins at the top and works down. You can end by returning to the top of the head, to complete the cycle.

Now, tap 5-7 times each on the remaining eight points in the following sequence:



Head (TH)

The crown, center and top of the head. Tap with all four fingers on both hands.

Eyebrow (EB)

The inner edges of the eyebrows, closest to the bridge of the nose. Use two fingers.

Side of eye (SE)

The hard area between the eye and the temple. Use two fingers. Feel out this area gently so you don't poke yourself in the eye!

Under eye (UE)

The hard area under the eye, that merges with the cheekbone. Use two fingers, in line beneath the pupil.

Under nose (UN)

The point centered between the bottom of the nose and the upper lip. Use two fingers.

Chin (CP)

This point is right beneath the previous one, and is centered between the bottom of the lower lip and the chin.

Collarbone (CB)

Tap just below the hard ridge of your collarbone with four fingers.

Underarm (UA)

On your side, about four inches beneath the armpit. Use four fingers.

Head (TH)

And back where you started, to complete the sequence.

As you tap on each point, repeat a simple reminder phrase, such as "my anxiety" or "my interview" or "my financial situation."

Now take another deep breath!

- Now that you've completed the sequence, focus on your problem again. How intense is the feeling of overwhelm now, in comparison to a few minutes ago? Give it a rating on the same number scale.
- If your overwhelm is still higher than "2", you can do another round of tapping. Keep tapping until the overwhelm is gone. You can change your set up statement to take into account your efforts to fix the problem, and your desire for continued progress. "Even though I have some remaining overwhelm, I deeply and completely accept myself." "Even though I'm still a little worried about talking to my son, I deeply and completely accept myself." And so on.
- Now that you've focused on dispelling your immediate feeling of overwhelm, you can work on installing some positive feelings instead.

Note: Making positive statements in tapping is different from traditional "positive thinking." You're not being dishonest with yourself. You're not trying to obscure

the stress and anxiety inside yourself by covering them up with positive affirmations that your subconscious mind can't accept. With tapping you acknowledge your reservations and negative feelings, and totally accept them and yourself. It's only once you've done that, that you turn to positive and powerful thoughts and vibrations.

You use these positive phrases and tapping to tune into the very real energy of positivity, affirmation, and joy that is implicit inside you. You're actually changing your body's energy into a more positive flow and a more positive vibration.

Here are some examples of positive phrases you can use:

"I have faith in my ability to change."

"I am joyful about these positive changes."

"Every day, I am taking positive steps to create the change I want"

"I love creating my SoulSpace and getting clear on what I want"

"I love the person that I am."

"I am learning to let go and it feels really good"

"I am lighter and happier as I let go of the past"

"I love the new life I am creating."

"I feel peaceful, relaxed and at home in my new space."

You can use these positive phrases with the same tapping points and sequences described above.

Congratulations! You've completed your first Tapping sequence.

If you listen to the coaching calls there are a couple of instances where I take people through the tapping sequence.

I encourage you to use tapping as you are decluttering. Many of you may know about tapping but you are not using it. It's easy to keep collecting information but it only becomes knowledge when we apply and integrate it into our lives.

As you probably know, stress is now recognized to be the #1 cause of disease. It is a component of virtually every mental and physical health challenge, so I encourage you to use tapping and assess how you change. Some of you may get results right away. A lot of people do. But remember that some people don't experience a dramatic shift.

If you find yourself tapping repeatedly and not making any shift when you test your stress level then deeper work is needed and you can bring the issue to our private session.

It's important to realize that some people experience instant or rapid healing while for others healing it takes working persistently with a trained professional.

So if a session is part of your package make sure to use it on something that is proving hard for you to resolve.

I am an EFT practitioner and am happy to work with any of you who feel the need to work on a particular issue that you haven't been able to resolve or clear. You can email me at support@adoley.com and we will provide you with a discount since you have been a part of the program.

Go to youtube and you can watch lots of videos that teach you how to tap. I'm a fan of Pat Carrington, Carol Look both Master EFT Trainers. EFT Universe.com (Dawson Church) and Nick Ortner and The Tapping Solution folk www.tappingsolution.com have tons of resources and sample videos.