

TAPPING HANDOUT

By [LWDadmin](#), 12th September, 2013
www.spectrumturkey.co.uk/eft-tapping-sequence/

Tapping is a set of techniques which utilize the body's energy meridian points. You can stimulate these meridian points by tapping on them with your fingertips—literally tapping into your body's own energy and healing power.

So How Does It All Work?

Tapping works to restore the body's energy balance, and conquer negative emotions. The basic 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 the meridian points. Tapping on these points—while concentrating on accepting and resolving the negative emotion—will access your body's energy, restoring it to a balanced state.

Tapping is used with specific emotional intent towards your own unique life challenges and experiences.

Basic Tapping Sequence for Anxiety

Tapping can be used for everything—try it on everything! In this example, we'll focus on general anxiety. Here's how a basic Tapping sequence works:

- Identify the problem you want to focus on. It can be general anxiety, or it can be a specific situation or issue which causes you to feel anxious.
- Rate the intensity level of your anxiety: zero being the lowest level of anxiety and ten being the highest.
- Compose your set up statement acknowledging the problem you want to deal with, and then follow it with an unconditional affirmation of you.
 - "Even though I feel this anxiety, I deeply and completely accept myself."
 - "Even though I'm anxious about _____, I deeply and completely accept myself."
 - "Even though I'm feeling this anxiety about _____, I deeply and completely accept myself."
 - "Even though I panic when I think about _____, I deeply and completely accept myself."
 - "Even though I'm worried about _____, I deeply and completely accept myself."
 - "Even though I'm having trouble breathing, 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!

Head (H)

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.

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 (CH)

This point follows symmetrically with 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 (H)

And back where you started, to complete the sequence.

Keep tapping until the anxiety is gone. Now take another deep breath!

Once you've completed the sequence, focus on your problem again. How intense is the anxiety now, in comparison to a few minutes ago? Give it a rating on the same number scale.

If your anxiety is still higher than "2", you can do another round of tapping. 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 anxiety, I deeply and completely accept myself". Now that you've are dispelling your immediate anxiety, worry and/or tension you can work on installing some positive feelings.

Note: You're not trying to obscure the stress and anxiety inside yourself rather, you've confronted and dealt with the anxiety and negative feelings, offering deep and complete acceptance to both your feelings and yourself. Now, you're turning your thoughts and vibrations to the powerful and positive. It's not just a mental trick; instead, you're using 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, a more positive vibration.

Here are some example phrases to guide you:

"I have faith in my ability to change."

"I am joyful about these positive changes."

"I am accomplishing so much."

"I enjoy the calm and peace that I have."

"I love the person that I am."

"I am becoming a more relaxed and joyful person."

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

