

# The Tapping Jumpstarter

*Get Tapping in an Afternoon*



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## **Disclaimer**

The information contained in this book is educational in nature and is provided only as general information.

As part of the information presented here, you will be introduced to a modality known as Emotional Freedom Technique (EFT) or Tapping which is a type of energy therapy.

Due to the experimental nature of EFT, and because it is a relatively new healing approach and the extent of its effectiveness, as well as its risks and benefits are not fully known, you agree to assume and accept full responsibility for any and all risks associated with reading this book and processes mentioned herein.



## About the Author



Hi, I'm Sonal Pandey. I have always been interested in people and ways that can help them feel happier and more confident.

I have always been interested in learning more and more about the power our minds hold over our surroundings. I have tried many modalities and techniques over the years in my self-empowerment journey.



## **My Story**

My journey with Emotional Freedom Technique (EFT) or Tapping began many years ago.

Searching for self-help methods that could help me deal with day-to-day stress effectively, I came across this funny-looking technique. I tried the “Tapping” as they called it, and found immense relief with so many kinds of problems that I was soon hooked.

I realized that EFT not only worked to alleviate daily stress, but also helped to resolve subconscious mental blocks acquired from one’s childhood and traumas.

Like many others, I find it difficult to shrug off emotional upsets. Tapping helps me amazingly well to remain stress-free.





I've used Tapping to get rid of debilitating fears, self-sabotaging thought patterns, constant worrying, anxiety, and painful memories.

I've seen some very positive changes happen almost miraculously by the use of Tapping. I'm not saying it is a cure-all, but Tapping does work very well. It has been working well for millions of people around the world.

I invite you to join me on this journey to dissolve limiting beliefs, past hurt, and negative emotions to start living your best life yet!

*Sonal*



Dr. Fabrizio Mardegan,  
Psychologist  
Nominated "Specialist of the  
Year 2014"

"Keep going with your brilliant job Sonal! I am a fan of your intuitive, deep and effective transformational work. I use your ideas and scripts with my patients."



## **A Reset Button at Your Fingertips**

You'll probably agree that in this day when life runs on adrenaline, one needs to have solid stress management mechanisms in place. Self-help methods have become important life-skills.

That is where Emotional Freedom Technique (EFT) or Tapping comes in. Think of EFT as a reset button at your fingertips.

EFT is an amazing self-help technique millions are using worldwide. Tapping can be used for relief from sadness, fear, worry, anxiety, anger, phobias, bad habits and performance issues naturally.

You can use EFT for relief from negative emotions and a host of physical problems.



EFT can help you bring more love, happiness, confidence and money into your life. This incredible method brings about dramatic, lasting changes, fast.

Tapping is a newer term that is used to describe what is essentially EFT.



## What is EFT or Tapping?

EFT stands for Emotional Freedom Technique. EFT is a powerful self-help method based on research showing that emotional trauma contributes greatly to disease.

Stanford Engineer Gary Craig developed EFT as a self-help tool for people struggling with painful emotions that traditional medical and psychological treatments had been unable to help.

It is said that intense negative emotions, if not processed and dealt with, can get stuck in our energy body. These negative emotions then color our view of the world, in turn attracting more of the same. Long term stress and bottled up emotions can lead to disease.

This is not to say that we shouldn't feel any negative emotions, or be in denial about hurtful emotions. We only need to find a



healthy way to experience and expunge negative emotions so they don't get stored in our mind-body system.

EFT is a tool to expunge negative emotions.



## **An Accidental Discovery**

In the 1980's, Dr. Roger Callahan invented Thought Field Therapy or TFT, which is known as the precursor to EFT.

It is said that Dr. Callahan discovered by chance that having her patient Mary tap under the eyes helped her overcome her lifelong water phobia.

(The tapping point under the eyes corresponds to the stomach meridian, a meridian associated with fear and anxiety.)

It was a Eureka moment for him and it lead to the development of a meridian based therapy known as Thought Field Therapy, or TFT.

Gary Craig, the inventor of EFT, trained under Dr. Callahan. He later branched out with his own version of tapping therapy which we know as EFT.



Whereas Dr. Callahan's application of tapping therapy involved customized and lengthy algorithms for correction of problems, Gary simplified the process by tapping on all the major points, all the time, for any problem.

Gary Craig was working on the premise of a 100% overhaul. This drastically reduced the time taken to tap on any given problem.

Information about TFT is not freely available, and you need specialized training to learn the techniques, some of which may be of interest only to aspiring therapists.

EFT by far is the easiest yet most comprehensive tool for regular people like you and me. It is handy, there are no complex algorithms involved, is easily accessible, and easily learned.

Think of EFT as an open source personal development tool. As long as you don't go





about calling yourself the creator of EFT, you can do pretty much anything you like with it.

The problem with many of the other self-help modalities is that the only way to learn them is to get professional certification even if you just want them for your personal use.

That is often the only way to get detailed information about them. Or, you have to take sessions with a practitioner who is certified in that technique.

This sort of a guarded approach prevents misuse and misrepresentation of a technique, but it also creates a walled garden around it.

For personal use, you should not have to go get professional certification, in my humble opinion. It's like needing to become a pro chef if you want to start cooking in your own kitchen.



Thankfully, EFT can be learned and used free of cost, from the comfort of your own home.



## How Does Tapping Work?

EFT or Tapping works by dissolving energy blockages when you tap on certain points on your face and body. That helps you to clear out all the stress, worry, anxiety and fear, so you automatically make space for more love, happiness, success and money in your life.

A deeper explanation relies on a network of energy channels running through the body – the meridian system. Like blood vessels carry blood, meridians carry energy.

Negative emotions create energetic blockages in the meridian system. EFT unclogs and balances the meridian system as you tap on certain points while focusing on an issue.

A modern explanation about why EFT tapping works is based on a part of the brain called the Amygdala. The Amygdala is responsible for our primal fight or flight response. EFT



tapping, by the virtue of gentle tapping movements, calms our fight-or-flight response.

That in turn allows the rational part of the brain to conjure solutions that were not available to it when it was subjected to stress and negative emotions.

Another theory is that tapping movements on the surface of the skin generate light electrical impulses which then get transmitted to the brain. Thus the mind-body connection.



## The Basic Recipe

EFT involves tapping on certain acupuncture points on your face and body. This chapter lists the sequence of tapping points.

Even though the original EFT basic recipe started out with a few more tapping points, only 8 tapping points are used now. With time, the rest of the points were deemed unnecessary.

This section shows the shortcut form of EFT with 8 tapping points.

### Setup Tapping

To begin, use your dominant hand (right hand if you are right handed or left if you are left handed) to tap on the fleshy part of the side of your other hand.



This fleshy part is called the Karate Chop since this is the part you would use if you were breaking a brick using Karate.



*EFT Setup Tapping / Karate Chop Tapping*



While tapping on the Karate Chop, we say a set up phrase about 3 times.

An example set up phrase is, “*Even though I’m feeling upset about this situation, I deeply and completely love and accept myself*”.

Tapping on the Karate Chop while saying the setup statements clears Psychological Reversal (PR). PR is our subconscious resistance to getting rid of a problem.

## **Psychological Reversal**

Dr. Roger Callahan, who discovered the concept of Psychological Reversal, said that if you didn't correct Psychological Reversal, your treatment would fail about 40% of the time. He was talking about TFT, but there's no reason why it won't apply to EFT.

Psychological Reversal can stop and sabotage us in many ways in our lives. Especially when medicines or nutritional supplements or



energy healing methods are not working, psychological reversal may be behind it.

PR may also be the hidden factor behind to lifelong weight issues and money problems where one may be doing everything they can muster, with little progress.

When Psychological Reversal is present, at some level, known or unknown to you, you are resisting healing.

Say the setup statement, “*Even though I \_\_\_\_\_ (have this problem or feel this way) I deeply and completely love and accept myself*” 3 times while tapping on the karate chop.

It is okay to say the setup statement even if you don’t completely believe it. Just do it as a preparation step and you are still going to receive the benefit.





## The Sore Spot

Another way to correct PR is to rub your sore spot.

Place your hand at the base of your neck and you will find a U shaped notch, right about where you would expect the knot of a tie. Now go down your chest about 3 inches from there, and then across in either direction about 3 inches.

Just feel around that area until you find a fleshy, spongy kind of place that feels a wee bit sore when you press it. That is the sore spot. Sometimes the sore spot doesn't feel sore at all. That is okay too.

The sore spot is a neuro-lymphatic drainage point that when rubbed or massaged, gets the lymph flowing.



Our body has a lymphatic system that needs to be regularly stimulated through exercise or massage in order to keep it flowing. Our lymphatic system removes toxins from the body and facilitates healing.

Unlike the circulatory system that has the heart providing the necessary stimulation to keep the blood flowing, there is no lymph triggering organ in the body.

## **Reminder Phrase and Tapping Points**

We can call this step the “Sequence”.

After setup tapping, we choose a reminder phrase, something that will help us keep our attention on the issue as we tap on the rest of the points.

Say, ‘this headache’ or ‘this anger toward Bob’. We tap on 8 points while repeating the reminder phrase:



1. Start of the eyebrow. This is the bony part where the eyebrow begins. Use the pads of 1 or 2 fingers to tap on both the eyebrow points or just one.



*Start of the Eyebrow*



2. Side of the eye. This is the bony part right near the eye. Use 2 fingers to tap on one or both sides of the face.



*Side of the Eye*



3. Under the eye. This is the bony part on the socket of the eye, located below the pupil. Use 2 or 3 fingers to gently pat this area on one or both sides of the face.



*Under the Eye*



4. Under the nose. This is the area between the upper lip and the nose. Use 2 or 3 fingers to tap on this area.



*Under the Nose*



5. Under the lips. This point is located at the indentation below the lower lip. Use 2 or 3 fingers to tap here.



*Under the Lips*



6. Collarbone. This point is located at the fleshy part under the collar bone. Use 3 or 4 fingers to pat this area so you won't miss the exact spot.



*Collarbone*





7. Under the arm. It is located about 4 inches under the armpit, aligned with the seam of your clothing. Use your palm to pat this area so you'll cover a greater area, and won't miss the exact spot.



*Under the arm*



8. Top of the head. This point is located at the top of your head. Cup your hand and use your fingers to tap this general area or use your palm to pat it gently.



*Top of the head*



This completes one round of EFT tapping and is called the Basic Recipe. Repeat tapping for a few more rounds till you start feeling decidedly better and peaceful about the problem.

One round of EFT takes less than a minute. Normally, you start feeling better from the first round itself.

For each subsequent round, modify the reminder phrase to reflect the current state of the problem. For example, “this remaining anger toward John”, “this remaining pain in my right arm” etc.



## **The Longer Version**

When EFT first came out, the process of tapping consisted of 4 steps and a few more points.

### **4 Steps and More Points**

1. The Setup
2. The Sequence
3. The 9 Gamut Procedure
4. The Sequence

The Setup step is the Karate Chop tapping / Sore Spot rubbing which we covered in the previous chapter.

The Sequence consisted of a few more points on the body, including some on the fingers.

1. Start of the eyebrow
2. Side of the eye
3. Under the eye



4. Under the nose
5. Under the lips
6. Collarbone
7. Under the arm
8. Below the nipple - 1 inch below the nipple or where the skin of the breasts meets the chest
9. On the outside of the thumb at the base of the nail
10. On the outside of the index finger (the end nearer the thumb) at the base of the nail
11. On the outside of the middle finger (the end nearer the index finger) at the base of the nail
12. On the inside of the little finger (skip the ring finger for now) at the base of the nail
13. Karate chop point (side of the hand)

## **The 9 Gamut Procedure**

The 9 Gamut Procedure was an extra step to better coordinate both sides of the brain and hasten the results of tapping.



It involves tapping on the gamut point (shown in the picture) while performing the following actions, all at the same time:



*Gamut Point*

1. Close eyes



2. Open eyes
3. Look down hard right (keep head straight)
4. Look down hard left
5. Roll your eyes clockwise (around in your skull as far as they can go)
6. Roll your eyes anti-clockwise
7. Hum a tune (a little bit of "Happy Birthday" will do nicely)
8. Count 1-2-3-4-5 quickly
9. Hum again

Perform all the nine steps while tapping on the Gamut point as shown in the picture. All this while, also keep your focus on the problem at hand.

Even though the shortcut form of EFT works fine, you could still do the longer version and it will only help.

To recap, if you were using the longer version, you would do the setup, the sequence, the 9 Gamut, and then the sequence once again.



## EFT on a Page

Setup tapping (tap 3 times on the Karate Chop while saying the following phrase)

*“Even though I (have this problem or feel this way) \_\_\_\_\_, I deeply and completely love and accept myself.”*

Say out a reminder phrase while tapping on the points, such as *“this sadness”*.

Do multiple rounds until you feel decidedly better.

Start of the eyebrow → Side of the eye → Under the eye → Under the nose → Under the lips → Collarbone → Under the arm → Top of the head

Modify reminder phrase to address the changing state of emotions such as *“this remaining sadness”*.







## **Insider Tips on Tapping**

By now you know that we use the tapping action to stimulate acupuncture points located in an area. That helps to dislodge energy blockages, which in turn clears negative emotions.

### **How Many Taps Per Point?**

Tap approximately 7 times on each point. It is perfectly okay if you tap more than that.

You do not need to say the reminder phrase 7 times, you only need to tap each EFT point approximately 7 times while saying the reminder phrase.

### **Left Hand or Right Hand?**

More often than not, we use our dominant hand (left hand if you are left-handed, right otherwise), but you can use either one. That is



because the meridian end points are located on both sides of the body. By using either hand, you'll be tapping into the same meridians. You can even switch hands in between.

## **Tap on Both Sides or One?**

While Tapping on just one side of the body works fine, you may find that Tapping on both sides of the body at once may work better, or just the same, for you. Choose what feels more comfortable or effective for you.

The same meridian end points are located on both sides of the body, so you will get them even if you tap on only one side.

## **Does Sequence of Points Matter?**

The sequence of tapping points isn't taken into consideration in EFT Tapping. So it is perfectly okay to start from the top of the head and end there as well. It is also okay to



start from the eyebrow point and end at the top of the head.

When I learned EFT many years ago, the eyebrow point used to be the starting point. Many practitioners have stuck to that routine mainly because of habit.

Lately, the emphasis is more on starting with the top of the head point simply because it forms an easy to remember top to bottom sequence of points to tap on. That makes it easier to remember the sequence. Personally, I still start with the eyebrow point, simply because I'm used to it.

You can't go wrong with this - as long as the points are covered in some sequence, you're doing EFT right. The sequence of points matters in Thought Field Therapy which was a precursor to EFT.



## How Many Rounds?

Tapping for at least 5-6 rounds on a problem is a good idea even if you start to feel better within the first round or two.

Your pattern of thoughts will change as you continue tapping on a problem. If a problem resurfaces, it is most likely because some important aspects of it were left untapped.

To uncover hidden aspects, ask yourself, “*What else feels bad about this problem?*” or “*What still feels bad about this problem?*” or “*What does this remind me of?*”

Then continue with a few more rounds on the answer.

## How Much Force?

As you tap, you should feel a little bit of bounce back from your skin. With tapping,



more force does not necessarily mean more benefit.

The idea is to feel the stimulation of the tapping points. This stimulation can be felt through a buzzing sensation or an increased blood flow in that area.

As you stimulate these points, your feelings will start to change too. You will start to feel calmer about whatever it is that you are tapping about.

The tapping points can be stimulated through tapping, but they can be stimulated just as well through touch or merely thought.

Simply touching each tapping point for 5-10 seconds while focusing on your worry works too.

You should never be feeling sore from tapping. If you are, then you need to cut back on the pressure and impact of your fingers.



You will get maximum tapping force while using your index and middle fingers together.

Remember to use your fingertips for tapping, and not the ends of the nails. This is to avoid soreness. A gentler approach is to use the pads of the fingers rather than the fingertips.

To tap very gently, such as on children or on delicate skin, use your middle finger. The little finger works great when you want to stimulate your tapping points by only touching and not tapping.

## **Mental Tapping**

With continued tapping, the tapping points become stimulated enough so that just thinking about a tapping point can stimulate it.

This is the basis for mental tapping, a way of tapping where you think about your problem



and imagine tapping on the tapping points. Once you become comfortable with mental tapping, you could use it anytime during the day – at work, in the car, while talking to someone.

With mental tapping, you get instant relief from whatever stresses you in the moment, without the fear of looking weird in public.

## **Tapping Amnesia**

Because negativity clears up at a deeper level when you use EFT, you may feel so much lighter afterwards that you may not believe how much an issue used to bother you and what big shifts tapping has created.

Since your thoughts about that problem have changed and that problem no longer looks like the sword hanging over your head that it once used to, it is easy to downplay the role of tapping.





This may keep you from using Tapping the next time something bothers you since you won't think tapping as being very powerful.

Often, the changes that happen as a result of tapping can seem so natural that you think nothing of them. It has happened with me many times.

## **Choosing the Right Wording**

Newcomers to EFT often struggle with what words to say while tapping.

This is made more difficult by the state you are in. When you are all worked up about something, you are not thinking clearly. That makes it hard to be logical and focus on forming the right words to say. That in turn makes concentrating on that elusive feeling difficult.

All you know is that you are feeling bad. And you want to feel better. You could be least



bothered with finding the ‘appropriate’ statements.

While a short reminder phrase such as “this anger toward Bob” works just fine when you are tapping through the points, the real power of EFT unfolds when you start to get more and more specific about what’s bothering you.

How do you get more specific with your wording? It’s actually as easy as ABC.

## **Wording Made Easy as ABC**

Here is my 3 step process to figuring out what to say while tapping.

Acceptance + Bashing + Choices = ABC method of tapping

Let’s say you are worried that you might be given the pink slip in the next round of layoffs at work.



The worry has become a constant companion at work, and off it. You keep trying to read your manager's face about signs of what's coming. This is affecting your productivity and quality of life. So you decide to tap on it.

Now what words to say while tapping on this situation?

## **1. Acceptance**

If you feel confused about what set up phrase to say while tapping on the karate chop, here is a statement which will work for almost any situation.

The situation doesn't really matter, what matters is that we are accepting ourselves despite being in that situation. Say this 3 times while tapping on the karate chop.

“Even though I am feeling this way, I deeply and completely love and accept myself”.



## 2. Bashing

Start by describing what you “think” (no feelings business yet) as if you were confiding in a friend. Start tapping on the EFT points from the first word you utter.

So it could go like this...

*“You know, these people could be laying off a few in the next round. It’s nothing, I’m not even worried, I mean I don’t care. I’m just telling you, in case you heard something.*

*Maybe I’ve given it a little thought, actually, I have been thinking how I’m going to continue to pay the mortgage if they decide to... you know.*

*I’ve been trying to see what Bob (manager) might be planning behind closed doors, but he’s keeping a poker face. That man isn’t going to give out as much as a word about the layoffs.*



*Everyone knows they are coming. I might be in the danger zone.*

*You never know, in this economy, no one's safe. I'm kind of worried about myself. I mean looking for a job, going through interviews, in this economy. Phew!"*

This is the step where you feel like you have so much to say that you can't stop talking. You may start off hesitantly, but as you keep tapping alongside, your real feelings will come out. So you start out by describing what you think of a situation, and pretty quickly your emotions will catch up. That's what's happening above.

Notice that you have not made any special effort towards finding the right words to say or name your emotions.

Go through the bashing process in detail until you have covered all your 'thoughts' about the situation. What might happen if you get laid



off, how bad the economy is, how somebody you knew got laid off and lost his house etc.

Use as much negativity as you feel inside. Just don't pretend to feel positive if you are not ready yet. Otherwise you will be trying to stuff in positive statements without getting all the negative gunk out first.

It helps to be as specific with your wording as possible. For example, saying "*this fear of driving...*" may not be as effective as saying "*I feel like I freeze up in fear as a huge truck passes by my car*" or "*What if I mistakenly press the gas / accelerator instead of the brake while driving?*"

After some time you will notice that the mental chatter has silenced. You feel a sense of calm, a temporary emptiness, even. Tapping has helped you bring up and clear out the worry.



### 3. Choices

After neutralizing negative thoughts, it makes sense to install positive reaffirmations. These are also known as *reframes*. This is another big area that newcomers to tapping struggle with.

First, it helps to know when it is the right time to go to step 3.

### When to Switch to Positive Wording?

You switch to positive statements or affirmations once you start to feel okay, or at least neutral about a situation.

Forcing a positive statement before you are ready isn't going to work, because you are not done with neutralizing all the negativity.



If you try to tap in say, “*It is going to be alright*”, your mind will object, “*Oh, yeah?*”. So there goes your positive affirmation.

A positive suggestion is not going to stick until your mind becomes receptive to it.

Your mind doesn’t become receptive to positive suggestion until it has gained closure on the negativity and self-doubt. That’s what we did in the previous step - we acknowledged our negative emotions and allowed them to clear out using simultaneous tapping.

You need to get into a somewhat receptive state of mind for affirmations to take root. But how do you figure out if you are in that state?

To check if you are ready to use a positive statement yet, ask yourself:

If I heard these positive words from a good friend while I was in my current state, would I consider them seriously?





If yes, you're ready. If no, keep tapping on the negative and bring it down further.

## **Types of Reframes**

There 2 ways of reaching good reframes (or positive twists).

1. Often reframes arise spontaneously. Your job is done, nothing to do. An example will make it clear.

Say you were worried about being given the pink slip by your manager Bob. You tapped on your worry.

As you continue to tap on your layoff worry, you may get reminded of how Bob hinted just last week about a higher position opening up, and even with his vague stance, you could see he was hinting at you getting promoted.



Blinded by your layoff worry, you interpreted it as though it was a hint about you being moved *out* and not *upwards*. Now you get it. And you breathe a sigh of relief. So that was it? Yes, that was it. That was a reframe.

A reframe is nothing but your thoughts about a situation changing – a shift of perspective. And your thoughts of worry have changed to those of hope. Now you can stop tapping.

2. You form your own reframe. You come up with your own statement about how you would like to view the situation from now on. This statement can be a choice statement or a simple affirmation.

Basically you are trying to tap into a feeling of hope and wellness. What sentence can you come up with that describes that feeling for you? That is your reframe for the situation.

Your reframe for the situation can be a choice statement as well. Such as “*I choose to be ...*”.



Choice statements put the power back in your own hands.

One thing to remember with choice statements is to not make them not not sentences. Here is a not-not choice statement – I choose not to lose my cool anymore. It is better to focus on how you want to be, not how you don't want to be. So a better choice statement in this case would be – I choose to be calm and confident.

You can choose very specific reframes (I choose to be calm and centered talking to Bob from now on) or a general feel-good phrase (All is well in my world).

Here are a few examples of reframes:

*“I am now calm and confident.”*

*“I am now calm, confident and full of hope.”*

*“It only gets better from here.”*

*“I choose to do the best I can under the circumstances, and hope for the best.”*



*“I choose to release any remaining worry and get on with my work, diligently, and be my best self.”*

Don't get too caught up with finding the right words or forming an all-inclusive statement.

Sometimes we fear that if we don't incorporate the choicest and juiciest of positive words, our affirmations will be meh, limp. Or that we will miss out on at least some good vibrations if we are not forming an all-inclusive reframe. Not so.

Verbose reframes are only going to bog you down unless you connect with them at some level.

A reframe should feel true to you. Then tapping it in enhances the vibration of the reframe.



## Do We *Have* to Be Negative?

EFT relies on our ability to tune into our negative emotions of sadness, anger, frustration etc. For example, tapping while using a reminder phrase such as “so disappointed with myself” doesn’t sound very cheerful, does it?

If you are from the Law of Attraction line of thinking, or simply a positive thinker, you may wonder why we are focusing so much on ranting out negative thoughts. Fair enough.

The thing is, EFT is a cleansing technique. You bring up negative emotions to the surface, then clear them out from the root.

For the record, it is safe to focus on the negative while tapping.

With Tapping, you bring up negative emotions to the surface and then clear them out. After



that you may plant some positive, empowering choices in their place.

It is like going to a doctor or a healer. If you are only going to tell them what is already healthy, they can't help you. You need to tell them what's wrong.

When we are not tapping, it serves us to hold the highest and happiest thoughts possible. But during tapping, focus as much as you can on what makes you feel bad and stuck until you feel ready to move on to some positive tapping.



## Signs That Show Tapping is Working

We all need to know when something is working, and the more the physical evidence of it, the better.

Luckily, there are some physical signs that indicate that your tapping efforts are bearing fruit, and energy is shifting.

Mind you, not all these signs are necessary for tapping to be effective, and not all signs will show up in one single tapping session. It may be that you will experience some of these signs quite often and others infrequently, or never.

Also, you may very well experience other physical sensations that are specific to your energetic constitution. Learning to identify



these sensations will help you become more confident about your application of tapping.

One of the signs that I notice in my own tapping is that once I have tapped enough, I get the urge to get up and walk around the room a little bit, maybe have a sip of water. And then I veer back to where I was sitting and get tapping again. It seems to me that this re-adjusts my energy in some way and I feel more balanced after a little sauntering.

Similarly, you may identify patterns that are specific to you.

Here are 12 of the common signs showing that tapping is repairing energy disruptions in your body.

1. Gasp (an inhale out of sudden realization)
2. Sighing (an inhale of relief or boredom)
3. Yawning (energy is shifting)





4. Tears or watery eyes (can happen from yawning)
5. Coughing
6. Lump in the throat clearing
7. Knot in the chest clearing
8. A buzzing feeling through the body (as if more oxygen is flowing all over)
9. Shoulders dropping, body relaxing
10. Sleepiness
11. Tiredness / weariness
12. Sudden pain relief



## How to Know If an Issue is Cleared

There are 8 major indicators of whether an issue has been completely cleared or not.

1. Often it can be just a knowing, accompanied by a feeling of relief. It may feel like a load has been lifted off your shoulders. Clearly, this is a subjective indicator.

2. Before you start tapping, give the issue a number on a scale of 0 to 10 based on how bad you are feeling from it (10 being unbearable, 0 being totally fine).

This number is known as the SUDS level (Subjective Unit of Distress Scale). SUDS is a way of communicating how much distress you are currently feeling.

After each Tapping round, check where that number stands. If you still feel some



discomfort around the issue, that is, your number isn't zero yet, it implies the issue is not cleared yet. You can target the issue from different angles by tapping on different aspects now.

3. This one involves recalling the details of an event or a bothersome issue as if you were describing it to a friend. If an issue is resolved, you may notice that you are not able to concentrate on describing the event without getting distracted.

Your attention keeps “slipping” from the thoughts of that event to things in your environment.

It is as if you have disconnected yourself from that event by discharging all the pain and negativity through Tapping. You feel “bored” talking about that issue.



4. If you start to think that the problem was not a big deal in the first place, you've definitely cleared it!

That is because transformation with Tapping takes place at such a deep level that our thoughts about that issue change, often completely, ending up with a positive twist.

5. Laughter also indicates emotional clearing. You may notice yourself breaking into spontaneous bouts of laughter. It indicates that the clouds of negative emotions are lifting, and you're feeling lighter.

6. You may notice a change in your own behaviour from then onwards.

This change will be most prominently noticeable the first few times you exhibit the new behavior. After that, the new behaviour will come naturally, and you will hardly notice it. Things may start to move differently in your life as well.



7. When you try to think of the issue, your thoughts may be automatically followed by the positive reframes that rose during tapping.

If you were afraid you were going to turn out like your mom, you may get reminded of the reframe that you are nothing like your mom, and that you turned out quite okay.

8. The imagery that you see in your mind when you think of an issue may change to a more positive or compassionate one.

If before tapping you thought of a childhood incident and all you could see in your mind's eye was the image of you falling off a bicycle, it may now change to the memory of how your father gently picked you up and you were fine.

This memory of your father would be the image of what really happened, not an



illusion. It is just that the mind has learned to focus on a positive aspect of the incident.

Now when you look back at that childhood incident, you feel safe and cared for instead of shocked and hurt.



## The Infamous Root Cause

As you start to explore more of Tapping, you will come across this phrase - root cause.

It is said that eliminating the root cause of a problem using Tapping removes all traces of the problem from your life, mind and body. It sounds like something we need to take seriously.

In plain English, a root cause is a “cause” (harmful factor) that is “root” (deep, basic, fundamental, underlying or the like).

Accessing the root cause of a problem and tapping on the events related to that can bring profound results with EFT tapping.

A root cause, when it comes to EFT tapping, is a negative belief acquired at some point in time, that is still running your life. If you can go back to the time when you acquired that



belief, and change the belief, you could change the course of your life.

There are two ways to look at a root cause.

## **Limiting Beliefs**

A root cause can be a self-defeating thought or a limiting belief. Say, you have been trying to lose some weight, with unsatisfactory results. Or that you lose some weight, but gain it back within no time.

As you sit down to lock in on the root cause of the weight issue, you may notice that you are actually afraid to lose weight. Because if you did, men would want to flirt with you all the time.

Or that people's expectations of you would rise in some way. The root cause in this case is the belief that your life will become difficult if you lose weight.





Tapping on this “secondary benefit” will release the fear that keeps extra the weight in place.

## **A Past Event**

A root cause can be a past event. It is possible that at some point in the past, when you were at your ideal weight, something bad happened.

Say your boyfriend parted ways with you. That may not have been related to your weight at all. But that is the way your mind sees it.

So when you neutralize your emotions around that breakup (event), your belief “ideal weight = rejection” will wither away in the process. It is likely that you will reach your ideal weight then.

It is possible to tap on a problem without probing into a root cause. Though that can be



like trying to collapse a tree by breaking off one leaf at a time.

A root cause is like the roots of a tree on which all problems originating from the root cause grow as leaves.

Say for example, a colleague at work passed a remark about your incompetence. And you really took it to heart. You could tap on this issue and diffuse all emotional charge around it and that would be all.

If you find that emotional charge keeps coming back up, there might be something deeper to it. That is when it would help to dig deeper and see if there could be something else contributing to this emotional injury.



# How to Identify the Root Cause

An effective way to identify the root cause of a problem quickly is to ask targeted questions.

Whatever the answer, neutralizing the emotional charge in it will change your outlook toward the problem at hand. Often, the problem will go away without any further tapping.

## 6 questions to ask to locate a root cause

1. What does this problem remind you of?

Sample answer: My pollen allergy reminds me of my father sneezing non-stop whenever we were outside in the garden. (hint: might you be identifying with your father so much that



you have taken it for granted that you will develop his allergies as well?)

2. When was the first time you felt this way?

Sample answer: I felt exposed like this when my preschool teacher caught me stealing chalks from the class.

3. If this problem goes away, what will change for the worse?

Sample answer: If my driving fears go away, I will have to ferry my children to umpteen activities and that will take up most of my day.

4. Why do you think you have this problem?

Sample answer: It is in my genes! What else? My mother had acne, my grandmother had acne, and so do I.

5. If there was a person who was contributing to this problem, who would it be?



Sample answer: It would have to be my sister. She is always jealous of my success. She will not like it if I earn more than she does.

6. What might be a good reason to hold on to this problem?

Sample answer: This problem has come to define who I am. I feel comfortable knowing that while I have this problem, people will be sympathetic and kind.

Sometimes finding the root cause becomes a chain reaction where you need to keep asking questions in order to find the core issue.

Collapsing this core issue with EFT tapping could neutralize many other problematic issues in your life apart from the one at hand.



## Learning to Detect the Root Cause

Look at this hypothetical chain of questions for example:

I have anger issues -> why -> I'm easily excitable -> why -> I inherited this disposition from my dad -> why -> I want to be like him -> why -> He will love me more if I turn out to be just like him -> why -> he felt disappointed in me whenever I did something that was different from what he would do -> why -> he wanted me to be like him -> why -> he will love me more if I turn out to be like him...

So you see we are kind of going in circles after some time. The main issue seems to be that you want to be like your dad. Start out tapping on that.

Your set up statement could be something like this:



*“Even though I am afraid my dad will be disappointed in me if I am not like him, I deeply and completely love and accept myself for who I truly am. I am not my dad, and it is okay. I am still worthy of love and acceptance.”*

One way to reach the root cause of any issue is to ask yourself when was the first time you felt a certain way. That is important because it was at that time that you drew conclusions about how the world works.

Say for example, as a teenager, you were invited to a party. You were nervous, and in your nervousness, you committed a faux pa. It was deemed unfashionable and you were immediately cut off from the “cool” crowd.

You concluded right then that you will never fit in with the cool crowd. That continued to reflect throughout your college years.



To this day, you feel cut off from your workplace colleagues, but you can't for the life of you figure out why. The why is in the root cause. And the root cause was that teen party.

Tap on all your feelings around that teen party – all the rejection, shame, self-loathing and sadness, and you may notice that your current workplace colleagues start asking you to join them for coffee more and more.

As you begin to tap on any given issue, watch out for any flashbacks rising up. These flashbacks may be from way past, and may seem totally unrelated to the present issue. These flashbacks can be from the incident that made you feel this way for the first time.





## **The Little Known Surrogate Tapping**

Sometimes you want to help someone you know, or someone who is close to you, but they are not in a position to tap on themselves. This may be the case with children, or if someone is too sick to do the tapping movements.

This is where surrogate tapping comes in. Surrogate tapping is a way of offering the benefits of tapping to someone in need by tapping on yourself, for them.

Surrogate tapping is best done by a person who understands more or less what the receiver of tapping might be going through. With surrogate tapping, you can tap on your own EFT points imagining yourself to be in their shoes.



You could also have them tell you whatever is bothering them as you tap on your own EFT points, or theirs. If they do the talking, it may work faster, because you will be able to note the shift in their perception with each tapping round.

Simply put, surrogate tapping is tapping you do for someone else, trying to imagine their feelings and thoughts and clearing them as you go.

It is generally not recommended to do surrogate tapping for someone who is disinclined to tapping on their issues. It is like forcing a gift on someone who does not want it. It is a breach of personal boundaries - trying to tap for someone using their thoughts when they don't want you to.

If you do not have someone's permission to tap on their behalf, the next best thing is to tap on the emotions you feel about them being in that situation. This will shift your outlook



and bring you wisdom on how to best help them, or how to get out of their way.

Now for the question that normally arises within 5 minutes of first hearing about surrogate tapping.

Will it change the other person's mind about me? For example, can surrogate tapping bring me my ex back? Or can surrogate tapping change my teacher's mind to give me an A grade? The answer is maybe. Allow me to explain the reason behind it.

The way Tapping works is by dissolving the negative emotions and limiting beliefs a person has. It doesn't matter if the tapping is done by you, or received via a surrogate.

When you do surrogate tapping for someone, it uncovers their underlying limiting beliefs and clears them, bringing them fresh insights into the matter. So they may start looking at the situation differently. This change of



outlook may work positively toward your association with them.

It does not "make them" do whatever you want. It is their free-will and their new thought process that will drive their actions. Tapping is not a means of controlling anyone.

Let's take an example. Suppose your son is struggling with his studies but fails to put in the effort needed to get better grades. This is bothering you.

You can do 2 things:

Tap on yourself thinking about what bothers you about your son's lack lustre efforts in his studies. The wording you use could go something like this:

*"Even though it makes me feel frustrated and angry that that my son isn't making an adequate effort to get better grades, I deeply and completely love, accept and forgive myself. I'm a good parent, and I am open to creative insight*



*that will enable me to help him in the best way possible".*

Mind you, this is not surrogate tapping. What you are doing is addressing your emotions around the situation and clearing them first. This will help you discover new ideas on how you best help him do better.

The second thing you could do is surrogate tapping. You could tap on your tapping points, putting yourself in your son's shoes. Say you tap on:

*"Even though my mom/dad keeps pushing me to study better, but I don't do much, and it makes me feel ashamed and powerless, I accept myself. I'm an awesome kid and my mom/dad loves me."*

*"Even though I know I am trying but I just can't get around to studying because it is so boring, I accept myself just as I am...."*



Use the words that your son uses to describe why he cannot study. The ideal action in this example would be to have both the parent and the son tap on themselves addressing their issues. If a child is too young to help themselves with Tapping, a parent or a guardian could use surrogate tapping on their behalf.

If this topic interests you, I invite you to check out more information about it - including the process, prerequisites, videos, and caveats on my [blog](http://tap-easy.com/surrogate-eft-tapping-explained):  
<http://tap-easy.com/surrogate-eft-tapping-explained>



## What Emotions Are We Tapping Into?

The ability of EFT to affect dramatic shifts rests on how deeply you can tune into the emotions that are causing you grief. This chapter will show you how to zero in on the underlying emotions.

As you sit down to tap on a problem, notice your thoughts about it. Does this issue make you feel good or bad? If bad, then which part of the problem is most hurtful? This question often uncovers how you feel about a problem.

To uncover underlying emotions, simply ask yourself, *“How does this problem make me feel?”*

The idea is not so much to name a feeling as it is to “feel” the feeling, whatever it is, as you tap. It is useful if you can put a finger on



exactly what emotion you are feeling. But it is not necessary.

You felt *rejected* when you were passed over for a promotion. You also felt *disappointed*.

Naming a feeling helps you focus on that feeling while you tap. That way you know exactly when that feeling has been neutralized and you are ready to tackle other aspects of that issue.

## **Naming an Emotion**

If you cannot come up with the name of an emotion, try saying out exactly as you see the problem.

The examples below show various ways in which we can describe our problems without pinpointing the underlying emotions.

I feel trapped in this situation (emotion: powerlessness)





It feels like a heavy load on my chest  
(emotion: overwhelm)

So many things could go wrong (emotion:  
worry)

Your nagging chokes me (emotion: anger,  
frustration)

There is no way I can do this (emotion:  
despair)

I feel like I'm shooting in the dark (emotion:  
uncertainty)

And then you start tapping using this  
description. This is enough to get you tuned  
into the problem. And tuning in is all we want  
when we are tapping.

So for the first example, you could use, "*Even  
though I feel trapped in this situation, I deeply  
and completely love and accept myself.*" And  
then carry on with the reminder phrase "*I feel  
trapped..*"

You could also use, "*Even though I feel  
powerless, I deeply and completely love and*



*accept myself.*” And then carry on with the reminder phrase “*this powerlessness..*”. It will work either way.

If you are a visual person, using vivid imagery to describe your problem will help – “*It feels like I’m stuck inside a deep, dark tunnel and can’t see a way out.*”

## **When There is No Apparent Emotion**

Even though it sounds like there can possibly be no emotional factor behind certain ailments and mechanical problems such as leaky plumbing, some detective work can reveal surprising details.

Let us consider a car breakdown as an example of a purely unemotional problem. A snowstorm was predicted for the evening, but you still had to report for work.



While driving back, your car came to a grinding halt in the snow in the middle of nowhere. It is getting darker by the minute. What is the emotional driver behind something so mechanical?

As you start to tap, you get reminded of how much internal friction you experience as you leave for work in the mornings. You hate this job, but you need to show up just to pay the bills.

This morning, you were expecting an especially difficult day at work. It turned out to be difficult alright. You couldn't wait to get back home after work. And yet here you are, stuck in the snow. Do you see the emotional component yet?

The car breaking down is just one instance of this friction showing up in your life. Where else in your life is your workplace stress leaking in?



Tap on the workplace stress and you may find that you automatically drive more carefully on snowy winter evenings. Sounds far-fetched? Maybe, but only until you try using Tapping for something like this.

Tapping works on the principle that if there is any energetic blockage, clearing it will help things move forward in all areas related to it. Broken cars included.



## **Childhood Beliefs Behind Lifelong Sabotage**

You see a lot of emphasis on finding the root cause or core issue when it comes to EFT tapping.

A root cause is nothing but a belief acquired as a result of certain life experiences. Root causes more often than not can be traced back to our childhood times.

As children, we are constantly absorbing the emotional emissions of others. This is also the time when our belief system is forming. We are more impressionable. We are prone to believing something just because a grown-up said so.

When your elementary school teacher told you that you would amount to nothing, it sounded like an ultimate truth. You're probably still running your life based on that belief.



As children, we are open to forming positive as well as negative beliefs from our experiences. This belief system is our world view.

If we diffuse the first memory of when we took on a belief, all the events that only reinforced the belief will also diffuse as a result. This will become clearer with an example.

Say you are a woman who keeps running into men who try to arm twist you into their way of thinking. As a result, you find yourself utterly powerless in your relationships with men.

If you try to recall the first time you experienced this powerlessness, you may get reminded of a class bully who routinely troubled you in preschool.

It may have been then that you reached a conclusion that no matter how hard you try,



people will find a way to subjugate you, and you will be able to do nothing.

As a grown up, you could have easily shrugged off this bullying, but as a kid, you did not have the necessary understanding or resources to stand up to a bully. The threat seemed real, and being bullied seemed like a way of life.

When you tap on the memory of the preschool bully, you are collapsing the later incidents that mirrored this belief. So tapping on the root cause not only saves a ton of time, but also modifies the way things go from now on.

Forming negative beliefs is not limited to childhood. There are times when we are vulnerable and prone to forming limiting beliefs even as grown-ups. Especially when we are faced with adversity, we are more impressionable.

At such times, we are quick to reach conclusions because we feel better knowing



that we have learned something from adversity.

We tell ourselves that if we do this or that from now onwards, we will keep ourselves from getting into trouble again. Many of these conclusions become root causes for future problems.





## **Emotions at Each Tapping Point**

Although EFT is based on the concept of a 100% overhaul where you always tap on all the points for any given problem, there are varying theories about what emotions correspond to each tapping point.

### **Start of the Eyebrow**

This tapping point corresponds to the Bladder meridian. Energetic imbalances in this meridian show up as anxiety, timidity, overwhelm, low confidence, mental lethargy, fear, inhibitions, jealousy, brain fog, suspicion, and lack of focus.

These are basically emotions relating to thoughts that keep you stuck and confused, and because of that, you can't think your way out of a paper bag sometimes.



When balanced, these emotions turn into hope, confidence, willpower, ambition, determination and clarity. With the energy imbalance corrected, you can forge ahead with your plans.

## **Side of the Eye**

This tapping point corresponds to the Gall Bladder meridian. When it is healthy, you feel courageous, and make good decisions.

Energetic imbalances in this meridian can lead to sadness, indecisiveness, lack of motivation, lack of courage, lack of control, blinding anger, resentment, feeling repressed or stifled, prejudice, and bitterness.

These are basically emotions that prevent you from reaching good decisions either because you cannot think rationally past your emotions, or because you are feeling repressed.



## Under the Eye

This tapping point corresponds to the Stomach meridian. When there are imbalances in this meridian, you experience fear, worry, anxiety, weepiness, depression, insecurity, fear of change, dread, self-absorption, obsession and repetitive thinking.

These are all emotions that feel like a scary void in the pit of the stomach. It is as if you are hungry for something, but can't figure out what that may be.

These imbalances make you feel deprived and malnourished, emotionally. When this meridian is balanced, it promotes thoughts of contentment, clear thinking, and trust in self and others.

When energies in this meridian are flowing smoothly, you feel calm and centred, and well



nourished. You feel calm knowing that you will survive alright.

## **Under the Nose**

The tapping point under the nose corresponds to the Governing meridian.

When there are imbalances in this meridian, one can harbour thoughts of grandiose, superiority, cynicism, or their opposite - poor self-esteem, lack of confidence and thoughts about not being able to defend oneself.

It feels like you have wobbly knees. You may either be thinking that people around you are fools, or that you are the biggest fool around. It is also associated with feelings of guilt and shame.

When it is balanced, you have a balanced worldview, and confidence in your ability to stand on your two feet. It also promotes compassion since you are now able to see



others' side of the story as well as your own. You have a healthy sense of entitlement and your place in the world.

## **Chin**

This tapping point corresponds to the Central meridian. An imbalance or vulnerability in this meridian can create thoughts of shame, feelings of not fitting in, feelings of being cut-off, awkwardness, social anxiety, nervousness, shame, self-sabotage, and unworthiness.

Somehow you do not feel safe being yourself in front of others. These beliefs may have formed as a result of being shamed or bullied as a child.

When this meridian is balanced, you are not as vulnerable to what others think of you. You feel centred, calm and safe. You accept yourself just as you are.



## The Collar Bone

This tapping point corresponds to the Kidney meridian. A vulnerability in this meridian shows up as sadness, anxiety, lethargy, antisocial behaviour, forgetfulness, and childish behaviour.

You do not want to face situations head on. You'd rather isolate yourself than be out there, fighting your battles. You feel like running away when faced with fearful or difficult situations.

When this meridian is balanced, you feel kind towards self and others, well-rooted, and safe.

Energetic balance in this meridian promotes ambition, focus, endurance, willpower and groundedness, common sense, sorting things out cleverly, mettle, and strength of character.



## Under the Arm

The tapping point under the arm corresponds to the Spleen meridian. When this meridian is imbalanced, it can make you be overly concerned about others to the point of ignoring your own needs. You may feel fearful of hurting others' emotions, or incurring their wrath.

You may be placing yourself on the back burner and living through others, and seeking permission from others to do what you want to do. Imbalances in this meridian can manifest as lack of energy, living in the past, self-pity, and low self-esteem.

When balanced, the Spleen meridian creates a good balance between you and the outside world, causing you to be frank, loyal and creative. You are able to reason your way through things, and negotiate better instead of always giving in to others' desires.



## **Top of the Head**

The EFT tapping point at the top of the head corresponds to a bunch of meridians that meet at the crown. This is also the seat of your Crown chakra that relates to wisdom, clarity, creativity, and finding your place in the Universal scheme of things.

Tapping on the top of the head energizes the whole body and is believed to make the mind more receptive to whatever you focus on.

Tapping here opens you up to channelling creative ideas and deep insights from the Universal consciousness. It helps to end a Tapping session by tapping on top of the head while saying a positive phrase.





## The Secret of an Effective Tapping Script

As we've seen, Tapping works best when we can tune into our true feelings about a situation while we tap.

The secret of a great Tapping session or script is the courage and honesty with which we can face our feelings, verbalize them, and continue to tap until the negativity is cleared.

Allow me to explain with the following example. Notice how the script digs deep and brings out emotions while fully acknowledging the negativity you feel around the situation.

The goal of this sample Tapping script is to help you release feelings of guilt over



something that you should have done but didn't.

We all make mistakes. From time to time, we all miss out on doing things we should have done.

Carrying around the guilt and regret over what we should have done only weighs us down. It is also detrimental to developing a healthy self-esteem.

The way to use this script is to bring to mind a situation where you should have done something. For example, you should have:

1. Taken a certain action when it was time (say filing taxes timely)
2. Spoken up when it was needed (say stepping up and accepting your mistake)
3. Done something, but at that time you didn't know you needed to do it



The third point above is important because we often blame ourselves of inaction when we didn't even know we needed to do something! Yes, ignorance is no excuse, but how long should we punish ourselves for our ignorance?

The kind of incidents you can tap on using this script don't have to be major life-changing ones, although they can be. Even seemingly small incidents can leave behind a heavy load of regret. So pick any inaction that you're still blaming yourself for, and tap along.

## **Tapping Script**

(Tap on the Karate chop while repeating the following phrase 3 times)

Even though I know I should have done it, and I didn't, I deeply and completely love and accept myself.

### **Tapping round 1**

*eyebrow* I should have done it.



*Side of the eye* I should have.  
*Under the eye* But I didn't.  
*Under the nose* I should have done it.  
*Chin* I let things slide.  
*Collar bone* I had the chance.  
*Under the arm* This guilt.  
*Top of the head* This shame.

### **Tapping round 2**

*Eyebrow* This regret.  
*Side of the eye* This anger.  
*Under the eye* This futility.  
*Under the nose* It is weighing me down.  
*Chin* I feel horrible.  
*Collar bone* I should have known better.  
*Under the arm* I feel stupid.  
*Top of the head* Look at this mess now.

### **Tapping round 3**

*Eyebrow* I'm surprised I didn't do it.  
*Side of the eye* I should have done it.  
*Under the eye* I had the chance.  
*Under the nose* But I blew it.  
*Chin* That inaction.



*Collar bone* That laziness.  
*Under the arm* That ignorance.  
*Top of the head* That forgetfulness.

#### **Tapping round 4**

*Eyebrow* That withholding.  
*Side of the eye* It cost me much.  
*Under the eye* I knew this was coming.  
*Under the nose* I should have done it.  
*Chin* That carelessness.  
*Collar bone* This disappointment.  
*Under the arm* This pain.  
*Top of the head* This shame.

#### **Tapping round 5**

*Eyebrow* This shame.  
*Side of the eye* This guilt.  
*Under the eye* This anger.  
*Under the nose* This futility.  
*Chin* This regret.  
*Collar bone* I let myself down.  
*Under the arm* I should have done it.  
*Top of the head* I did not take it seriously.



### **Tapping round 6**

*Eyebrow* I should have done it.

*Side of the eye* I should have stepped up.

*Under the eye* I should have used more sense.

*Under the nose* I didn't know any better.

*Chin* My inaction made everything complicated.

*Collar bone* I'm ashamed.

*Under the arm* I pride myself on doing the right things.

*Top of the head* But here I failed myself.

### **Tapping round 7**

*Eyebrow* How will I ever get over it?

*Side of the eye* I will never get over it.

*Under the eye* I should have taken the chance.

*Under the nose* But I'm only human.

*Chin* Humans make mistakes.

*Collar bone* I don't know of a single person

*Under the arm* who hasn't made a mistake in their life.

*Top of the head* People make mistakes.

### **Tapping round 8**



*Eyebrow* People repeat mistakes.

*Side of the eye* What if I could keep the learning

*Under the eye* and let the shame go?

*Under the nose* That doesn't mean

*Chin* I will never make mistakes again.

*Collar bone* I will make mistakes.

*Under the arm* And it is okay.

*Top of the head* No really, it is.

### **Tapping round 9**

*Eyebrow* What is not okay

*Side of the eye* is constantly beating myself up.

*Under the eye* Maybe I can forgive myself.

*Under the nose* I forgive myself.

*Chin* Everything is forgiven.

*Collar bone* I'm feeling better.

*Under the arm* I'm feeling lighter.

*Top of the head* I forgive others who may be involved.

### **Tapping round 10**

*Eyebrow* I choose to look ahead,



*Side of the eye* and do what I can to make things better.

*Under the eye* I choose to be more discerning in the future.

*Under the nose* But I also know that good judgment

*Chin* is not a club to hold over my head.

*Collar bone* I choose to loosen up a bit.

*Under the arm* I choose to be free.

*Top of the head* I choose to be calm and confident.

Tap along to this script a few more times until all emotional charge around your inaction has diffused and you feel way better.

As well, watch out for any old memories resurfacing as they may be a valuable clue to any underlying, deeper issues.





## Next Steps

Thank you for giving me this opportunity to share my passion for tapping with you.

Tapping truly is a powerful self-help tool and my mission is to bring it into every home by making it really easy to use for everyone.

## The Tapping Acceleration

If you liked this book, you'll love what I have in store for you in my 6-week, comprehensive, full-video course called The Tapping Acceleration (link: <https://goo.gl/zHqCW2>)

The Tapping Acceleration is the only home study course of its kind that teaches you how to use Tapping to its fullest potential to create the life you've craved forever, all without the hassle of practitioner sessions and expensive



certification courses.

In the Tapping Acceleration, we go deeper and explore mysteries like:

1. Is there a simple formula to figuring out how much to tap on an issue and when to stop?
2. Why did the problem come back even though you tapped?
3. Why is a problem not going away despite tapping?
4. What can you do to make Tapping work every single time?
5. How exactly to use Tapping for money issues, weight loss, relationships, pain, and health related matters?
6. And much more...

The Tapping Acceleration (link: <https://goo.gl/zHqCW2>) is for you if -

...you're unsure of how to answer questions like those mentioned above



or

... you're flat-out disappointed with your Tapping results

or

... if you've been doing simple Tapping on your own, but are now ready to learn the nuances that will help you get way better results, way faster.

Plus, I'm giving away my popular Personal Peace Procedure Journal Worksheet as a free bonus with this course for a limited time.

Learn more about The Tapping Acceleration (link: <https://goo.gl/zHqCW2> )

## **Tap-Along Videos**

The second resource I want to let you in on is our vast and ever-growing library of tap-along videos. (link: <https://goo.gl/EXhgdA>)



Each video is a session-style tap-along video where you and I, face to face, tap on clearing a number of challenges.

Newcomers as well as seasoned Tappers often find that using tap-along videos takes the guesswork out of Tapping. That's because the wording, the tapping points, the reframes, are all done for you.

All you need to do is pick a video that matches your particular challenge, and tap along. Explore: <https://goo.gl/EXhgdA>

If you have any questions or need support, let us know by emailing at [support@tap-easy.com](mailto:support@tap-easy.com). My team and I will be happy to help you.

Remember, if you can't shrug it off, tap it off!