



Welcome to 35+ Things to Say When You Tap!

My name is Jenny Clift. I'm a professional violinist and an EFT Tapping Coach, based in Madrid, Spain.

I am passionate about working with musicians, stage performers and artists from all over the world, to help them achieve success, wealth, joy, and inner peace.

My secret weapon is EFT which stands for Emotional Freedom Techniques, also known as Tapping.

It's an Energy Healing Technique which uses acupressure points – like in Acupuncture – but, instead of sticking needles into yourself, you tap – on your face and body - to stimulate the points.

While doing so, you talk about the issue you are experiencing – and this focus, along with the tapping, helps to clear the energy, and to heal the associated emotions, limiting beliefs and memories, allowing you to move forward with ease and joy.

A question I often get is 'How do I know what to say when I'm tapping?'

That's where this resource comes in.

I really hope you find it useful. I have created it especially for your personal use, so please only print one copy. Please do not make photocopies of your copy and distribute them yourself.

(I know you won't – tell your friends to email or message me and I'll send them their own copy!)

If you have any comments or questions please don't hesitate to contact me at jenny@jennyclift.com .

For more articles, resources and information please visit my website:
<https://abetterlifetapping.com/>

My YouTube channel – with lots of tapping videos - is:
<http://www.youtube.com/c/JennyCliftCoachingEFTtappingintoabetterlife>

And join me on Facebook. That's where the action is happening:
<https://www.facebook.com/abetterlifetapping/>

Wishing you every success on your creative, professional and personal journey,

Jenny



What to say when you're tapping.

When you are learning to use EFT, or 'Tapping', you might find yourself wondering what words to use. Just remember, EFT is a very forgiving process and the words are just there to keep your mind and body focused on the issue at hand.

#1: Here are some ideas for set-up phrases.

This is the first part of the process, while tapping on the side of the hand. (Just fill in the blanks!):

Emotions.

Even though I am so angry with _____, I choose to love and accept myself.

Even though I am so upset about _____, I love and forgive myself.

Even though I am so disappointed that _____, I love and accept and take care of myself.

Even though I'm so sad about _____, I love and accept myself, and even the other people who are involved.

Even though I have this anxiety _____, I love and accept myself.

Even though I'm worried about _____, I choose to love and forgive myself and feel at peace.

Etc.

Events:

Even though I'm so scared about _____, I love and honor myself.

Even though I wish I had/hadn't done _____, I love and forgive myself.

Even though I really messed up, I choose to love and forgive myself.

Even though everything is going wrong, I love and accept myself.

Even though I'm not prepared for _____, I love and forgive myself.

Even though I should/shouldn't have _____, I love and forgive myself.

Even though I regret _____, I love and accept myself completely.

Even though I can't forgive myself for _____, I love and forgive myself anyway.

Etc.

Money

Even though it isn't enough, I love and accept myself.

Even though I can't make money doing what I love, I love and honour myself.

Even though I have all this debt, I love and forgive myself completely.

Even though I don't have any savings, I love and accept myself.

Even though I'm terrible at managing money, I love and forgive myself.

Even though I spend more than I earn, I love and accept myself completely.

Even though I owe (name/ X amount), I love and forgive myself.

Even though I have all these money regrets, I love and honour myself.

Even though I can't stop worrying, I love and forgive myself.

Etc.

Relationships:

Even though _____ was so rude to me, I choose to love and accept myself, and maybe even _____ sometime.

Even though I'm so upset with _____, I love and accept myself.

Even though I yelled at my children, I love and forgive myself.

Even though I had an argument with _____, I love and honor myself, and them too (maybe, sometime!).

Even though _____ and I are getting along so badly, I love and accept myself.

Etc.

Physical:

Even though I have this headache, I love and accept myself.

Even though I ate too much last night, I love and forgive myself.

Even though I didn't exercise today, I love and accept myself.

Even though I hate my _____, I love and honor and forgive myself.

Etc.

Cravings:

Even though I want a drink (cigarette, chocolate etc), I love and accept myself.

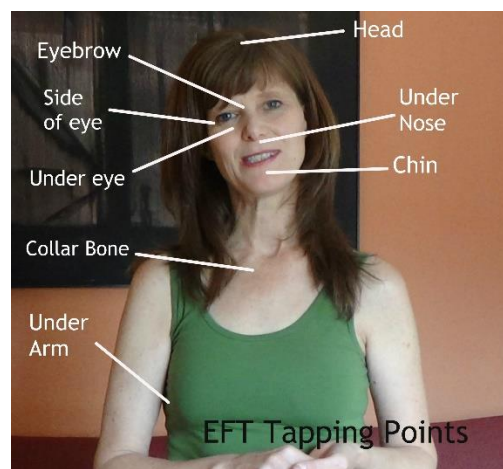
Even though I can't stop thinking about _____, I love and forgive myself.

Even though I gave into temptation yet again, I choose to love and forgive and accept myself.

Etc.

#2: Now continue round the tapping points repeating the 'reminder phrase', the word or short phrase which describes your current problem or issue.

e.g. I spend more than I earn. (Repeat round the points.)



As you speak you can also identify the emotions you are feeling and tap on those.

I'm so mad at myself. This anger. I'm furious.

And feel them in your body and energetic system.

This knot in my throat. These butterflies in my stomach. This tension in my shoulders.

#3: Stop frequently and tune in. Rate on a scale of 1 to 10 how strong your feelings (emotional and physical) and your beliefs (how true does it feel) are. This way you can keep track of any shifts that are happening.

Please don't hesitate to contact me with any thoughts, comments or questions.

While you're tapping, if you find that nothing much is happening, or alternatively, that you're getting overwhelmed and a lot is coming up, REACH OUT!

You can get hold of me by email jenny@jennyclift.com or via Facebook Messenger, <https://www.facebook.com/abetterlifetapping/>

I'd love to hear from you and help if I can.

Wishing you Ease & Joy, Magic & Miracles,

Jenny