



How to Tap on Your Own (Instructions & Tapping Points)



EFT Tapping is a technique for relieving stress and changing the mind-body-emotion negative response to difficult situations. It's a tool you have, literally at your fingertips, whenever you need!

By tapping on certain acupressure points (see the chart below) while talking about your negative emotions, feelings & memories and your thoughts and limiting beliefs, you are sending a message to your body, brain and nervous system, that you are safe (the stress hormone cortisol decreases).

The amygdala, the part of the brain that governs emotions, emotional behaviour and motivation, and which triggers the 'fight, flight or freeze' response, is calmed, allowing you to, literally, think and respond more clearly and resourcefully.

EFT Tapping is simple and easy to use. However, when you apply it alone, you might be unsure what to say, the order of events etc.

Follow these **basic instructions** to get the most out of your solo tapping:

1. Pick what you want to tap on. This could be:

- something that has just happened, which has triggered uncomfortable emotions in you (anger, sadness, frustration, fear, anxiety, embarrassment, etc.)
- a memory which has popped into your head
- another person
- a recurring thought pattern
- a physical feeling
- anything else bothering you



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2. You can give it a title, like 'Jane shouted at me' or 'Fear' or 'Why did he leave?'

3. Rate any or all of the following on a scale of 1-10 (1, no emotion, 10, extreme emotion):

- The title
- Emotions
- Physical feelings (where you feel the emotions in your body)
- Your thoughts and beliefs about this issue, yourself etc
- What you saw, heard, smelt, felt

4. Tap on the side of the hand using the following formula (known as the set-up phrase):

Even though _____, I love and accept myself completely.

It can be using any of the above aspects. For example:

Even though I have this movie 'Jane shouted at me' I love and accept myself anyway.

or...Even though I feel so angry, etc

or...Even though I have this tension in my chest, etc.

or...Even though I'm not good enough,...

or Even though she yelled in my face,....

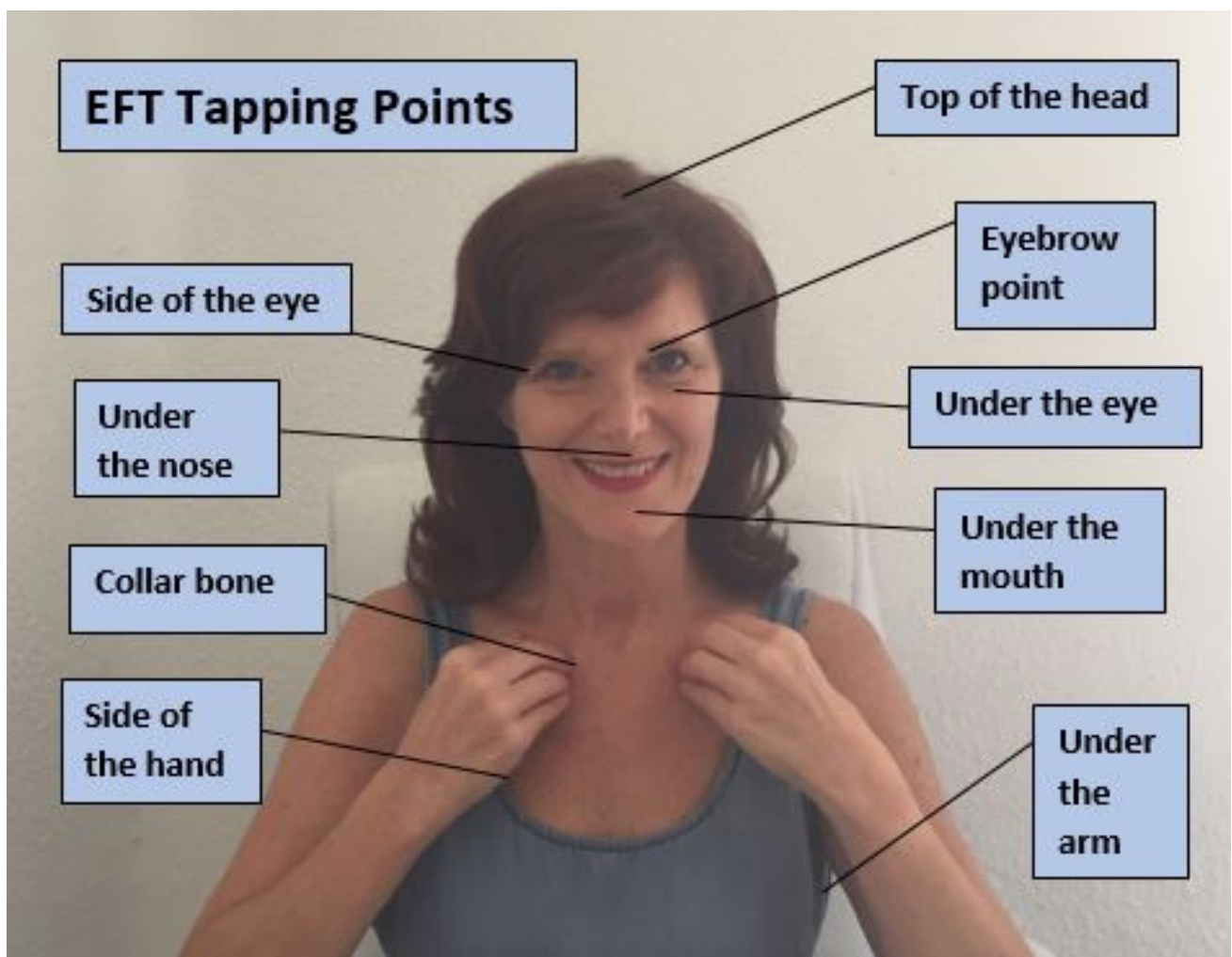
Repeat the set-up phrase three times.



How to Tap on Your Own (Tapping Points)

5. Then tap round the points shown below, repeating a couple of words which help you to focus in on the issue (the Reminder Phrase).

E.g. This anger; This tension in my chest etc





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6. After a few rounds, rate your level again 1-10.

7. Continue tapping on the remaining feelings, or on a different aspect or the words and ideas and emotions that came into your head as you tapped.

If you are very emotional you don't even need to say anything at all, just tap round the points.

Try to get down to a 2 or below.

8. Finally, reach out for help if necessary.

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