



EFT TAPPING MADE SIMPLE

EASY-PEASY TAPPING TEMPLATE

USING THE

‘I WANT/BUT’ METHOD

1.



Complete this sentence: 'I want _____, BUT _____.'

Check how the 'BUT' part (your resistance) feels.

Rate the strength of your feelings on a scale of 1-10. Notice any emotions, physical sensations & thoughts.

Tapping on the side of the hand:

Even though (your 'BUT' statement), I love and accept myself completely
3x

Tap round the other points:

Use a shortened version of the 'BUT' statement.

Continue for several rounds, checking you 1-10 score and noticing what comes up. Stop when you get to about a 2.

Here's an example:

I want 10K a month, but I don't believe it'll ever happen.

Even though I don't believe I'll ever make 10K a month, I love and accept myself completely.

I'll never make 10K a month

I'll never make that much money

I feel hopeless

I can feel that tension in my gut

Etc etc