

THE TAPPING GUIDE

WHAT IS TAPPING

“Emotional freedom technique (EFT) is an alternative treatment for physical pain and emotional distress. It's also referred to as **tapping** or psychological acupressure. People who use this technique believe **tapping** the body can create a balance in your energy system and treat pain”.¹



HOW IT WORKS

EFT is thought to restore body and mind balance by stimulating acupressure meridian energy points. It's believed that by restoring the energy balance symptoms arising from negative experiences or emotional turmoil can be reduced and even arrested. This concept comes from the doctrines of traditional Chinese medicine, which referred to the body's energy as “ch'i.”

Tapping is simple and painless. It can be learned by anyone. You regain the power to heal yourself which is the only way that complete and whole body healing can occur.

By taking control of your own health and treatment you are already taking the first step. EFT/tapping is free you can do it anywhere anytime and whenever you need it. EFT blends recent findings of neuroscience, pain management, mindfulness and the ancient therapies of acupressure and meditation.

Neuroscientists now believe the brain is highly adaptable and can change at any age. You are never too anything to be able to learn. New neural connections can always be formed.

Unfortunately, this can work against us. When we experience negativity or trauma or something that takes us out of our comfort zone, we can create neural pathways that support re-triggering that negative emotion. EFT Tapping can ‘tap’ into your nervous system to rescript those connections.

HOW TO DO EFT TAPPING

People often use EFT tapping when they are feeling anxious or stressed or when they have a specific issue that they would like to resolve. However, it may also be beneficial for a person before an event that they expect to cause stress or anxiety.

Advocates report that they have effectively used tapping to turn depression, anxiety fatigue, worry, nervousness, fear, pain, trauma and illness around achieving more peace, joy, confidence, patience, creativity, fulfillment and trust in their lives.

RESEARCH ON EFFECTIVENESS

Researchers studied the effectiveness of EFT tapping versus standard care for veterans and active military people with PTSD. Participants receiving EFT coaching sessions had significantly reduced their psychological stress and more than half of the EFT test group no longer fitted the criteria for PTSD.

Another study concluded the following strengths of EFT. “The depth and breadth of treatment effects; the relatively brief timeframes required...; the low risk of adverse events; the minimal training and time required...; the simultaneous reduction of physical and psychologic symptoms; the utility and cost-effectiveness of clinical EFT in a large group format; and the adaptability to online and telemedicine”...

A 2019 study found EFT is an evidence-based practice, effective for anxiety, depression, phobias and PTSD² Further research is needed to confirm EFT techniques for physical conditions although in practice reports indicate a strong link related to reduced cortisol levels.

¹ <https://www.healthline.com/health/eft-tapping>

² [J Evid Based Integr Med](#). 2019; 24: 2515690X18823691. Clinical EFT (Emotional Freedom Techniques) Improves Multiple Physiological Markers of Health. [Donna Bach](#), ND,1 [Gary Groesbeck](#), BCIA,1 [Peta Stapleton](#), PhD,2 [Rebecca Sims](#), MCP,2 [Katharina Blickheuser](#), PhD,1 and [Dawson Church](#), PhD1

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THE 5 STEPS of EFT

This sequence can be used for each fear or issue and it can be repeated as often as needed. Until the feelings and symptoms reduce in intensity.

Please Note: You may need professional help for physical pain or emotional issues. If you experience strong unremitting pain or distress You Are Strongly Advised to Seek Professional Help. **This is not intended to replace professional assessment and treatment but can be used as an adjunct therapy.**

1. Identify the Issue

First identify the key issue or fear as your focus for tapping. Focusing on only one problem at a time is purported to enhance your outcome.

2. Assess the Initial Intensity

Rate the intensity of your feelings on a scale of 0 -10 with 10 being the worst you could feel. This helps you determine your progress in reducing negativity to improve your resilience and health.

3. Phrasing the Issue

Before tapping, create a phrase that captures **your key issue**. It cannot be someone else's problem. It should focus on **acknowledging the issue** and **accepting yourself despite** the problem.

A common phrase is: "Even though I have this [fear or problem], I deeply and completely accept myself." Alter this phrase to fit your problem, for example, don't say, "Even though my child is sick, I deeply and completely accept myself." To feel relief from the distress it is more direct and personal to say "Even though **I'm worried** my child is sick, **I deeply and completely accept myself.**"

4. The Tapping Sequence

Using a rhythmic and medium weight, tap on the nine meridian points.

Begin tapping the karate chop point as you repeat your issue phrase 3 times.

Then, tap through the points while conducting your conversation acknowledging your problem as you reach for the statements of strength resilience peace and commitment.

- karate chop : small intestine meridian
- top of head: governing vessel
- eyebrow: bladder meridian
- side of the eye: gallbladder meridian
- under the eye: stomach meridian
- under the nose: governing vessel
- chin: central vessel
- beginning of the collarbone: kidney meridian
- under the arm: spleen meridian
- finish the sequence at the top of the head point



Recite a reminder phrase to maintain focus on your problem area. If your phrase is, "Even though I'm worried that my child is sick, I deeply and completely accept myself," your reminder phrase can be,

5. Test the Final intensity

When finished, BREATHE – take several deep sighing breaths as you scan for the relaxation in your body. rate your intensity level of your problem on a scale from 0 to 10. Compare and repeat till you reach 0.
