



EFT Tapping Introduction - Mini Series

Hi, my name is Kate Hartley and I'm back with a tapping mini-series, this time with a basic introduction to tapping as well as a practice run focussing on overwhelm.

I'm a divorce coach, a holistic life coach, advanced psychotherapist, hypnotherapist, massage therapist, Thai yoga practitioner, Reiki healer and I volunteer in hospice giving complementary therapy to end of life patients and their families.

I've spent over 14 years studying advanced psychotherapy, hypnosis, high performance, neuro-science and I know what it takes to get people to make positive change turning meagre existence into extraordinary lives.

I've been studying the benefits of EFT tapping, also known as (Emotional Freedom Technique) for several years and it's blown me away with how quickly and easily you can overcome problems that have dogged you for years.

My personal tapping story

Personally, I was sceptical about EFT tapping when I first qualified as a psychotherapist, I just thought, I couldn't understand how something could work quite so quickly and be quite so long term, and actually it's a little bit like hypnosis. It just seems to unravel problems that we've hung on to for years and actually sometimes that causes problems in itself, because sometimes we don't want to let go of that entire emotional bucket of negativity that we've been carrying around with us, as ironic as that sounds. I believe in it so wholeheartedly now that if we were to teach self-care with EFT tapping in schools, we would probably put ourselves out of business as therapists.

The first time I actually used EFT tapping I had developed joint pain around my body. I think it was in response to an emotionally traumatic experience I went through. The day after the event I woke up with terrible pain in my hips. Over the course of the day the pain spread up into my neck and into one of my ankles. A week or two later, when the pain hadn't subsided despite stretching



and light exercising I decided to try EFT tapping. I completed three rounds of tapping, focussing on the pain and the memory that I believe was attached to me developing the pain.

I was so engrossed in my EFT tapping rounds that I suddenly realised I was going to be late to collect my children from school. It was while I was driving that I realised that the pain in my neck was no longer there! What's more, when I stepped out of the car my hips were moving freely without any of the previous pain I'd been suffering. I was amazed and relieved that in such a short space of time I had almost magically cured my aching joints.

So, what happens when we tap?

EFT Tapping is a practice which combines the treatment of the physical and emotional aspects of an individual. By tapping on specific acupressure points around the body while at the same time thinking about a specific issue that needs resolving, it can help release negative emotional energies which are stuck in the subconscious.

EFT is similar to acupuncture, but uses the tapping of fingertips instead of the insertion of needles. Every time you tap on a meridian point, while going through the tapping process and focusing on the challenge you're dealing with, you are sending a calming signal to your brain that is rewiring it.

The combination of tapping on the various acupressure points while at the same time saying phrases you associate with the negative memory helps to clear the emotional barrier. Furthermore, it restores the mind-body balance necessary for optimal health. EFT works by clearing blockages within the energy system of the body optimising mental and physical health.

EFT tapping treats a huge range of disorders such as: anxiety, pain, unresolved grief, phobias, fears, self-sabotaging beliefs, body image, addictions and so many more.



What does tapping do?

Essentially, tapping removes the emotional sting attached to a memory. It's as though it cuts through the negative mental pathways of a memory. It doesn't remove the memory, it just removes the negative energy associated with it.

That's why it's important to focus first on the negative emotions of the memory, which I have to admit, seemed counterintuitive to me when I first learned about tapping. Why go back into the bad memory? But it's not to necessarily recall every single bad thing that happened, but to try and find out what the core emotion is behind the memory.

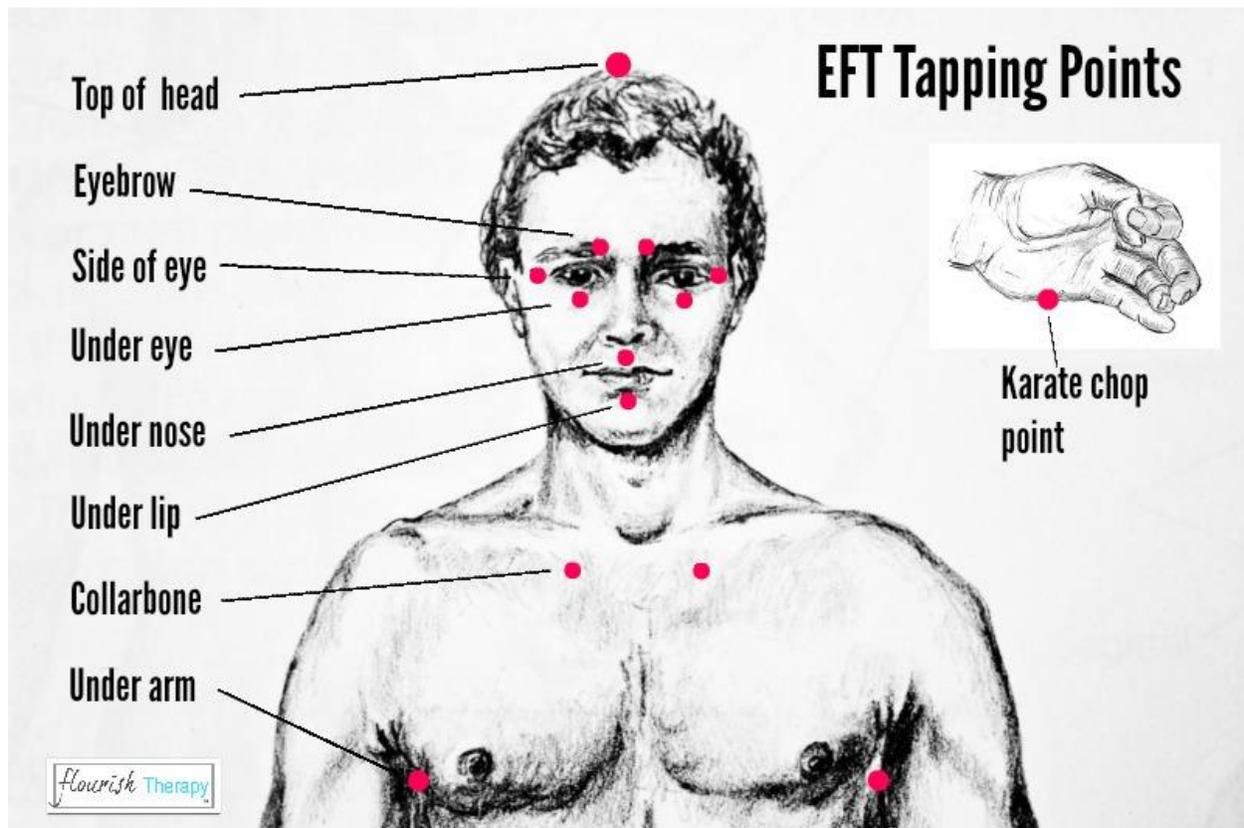
For instance, if you had a verbally abusive parent as a child, or even a physically abusive parent as a child, you might be harbouring great shame or anger deep inside. When you go back to the memory, it is the negative emotions surrounding the memory that you need to focus on. And if you have a series of memories, you will tap on each of those as they come up in future rounds.

But oftentimes, when we find a core memory, it will eradicate the pain of the future memories, so you won't need then to tap on future things you may have identified because they will already have been eradicated by the initial round of tapping.

So, I'm going to take you through a simple EFT tapping experience now to get you accustomed to the tapping sequence. In future posts, I will create more detailed and specific tapping sequences. If you have a specific issue you would like me to create a tapping sequence for, just leave me a comment in the box below and I'll get right to it.

If you're listening to the audio version, you might want to refer to the image of the EFT tapping points which you can find at www.flourishtherapy.co.uk/mini-series-tapping-introduction but to go over them quickly, you start on the karate chopping point of the hand – either hands works, and as we move down the body, you can tap on either side or both sides.

The EFT Tapping Points



Use four fingers on the larger areas and two or three fingers on the smaller areas. So, after the karate chop point, you'll tap just inside of the eyebrow, then outside of the eye socket, then underneath the eye on the bone, next is directly below your nose in that little groove, then beneath your chin in the natural fold of your face, then in the soft area to the side of where the collar bone meets the chest bone, then under the arm around the bra strap area for women, and in line with the nipple for men, and finally on top of the head, in line with where the two halves of the brain meet.

You're going to tap continuously on each of the points. Don't get hung about how many times, just keep tapping and tap firmly but not hard.



The steps to EFT tapping freedom

1. Identify the problem
2. Write down the negative and positive versions of your problem.
3. How does it feel in your body and where do you feel it? The more specific you can be the better. Give it a number between 0-10. 0 means it has no effect on you, 10 means it has a strongly negative impact on you.
4. Feel the negative emotion and ask yourself, what is this really about? Be really specific about the emotion. It might help you to imagine if it has a colour, work out where you feel it in your body, does it move? The more you can focus in on the negative emotion, the greater your chances of getting rid of it for good.

Set-up phrase

We'll start by saying a set up phrase which we then shorten throughout the rest of the tapping sequence. I'm going to use phrases that refer to overwhelm, but you can substitute what I'm saying with your own phrases. Again, don't worry about getting the words entirely right. Just go with it and most importantly focus your attention on the negative emotion you are tapping on.

The set-up phrase starts with "Even though ... " and I'm going to fill in the blank with the problem of feeling overwhelmed. Next, we'll say, "I love and accept myself". If those words don't sit right with you, change them to something that resonates more. You might prefer, "I choose to help myself and let the pain go." Or, "I accept myself with this problem." The whole idea is to accept yourself for entirely who you are, warts and all. There is no one judging you, or listening to you now, so be honest with yourself and allow the tapping to work its magic. It's really important that we accept ourselves with our problems, because when we give up resistance, we remove the negative energy.



So, let's start by taking a deep breath in through the nose, hold it a few seconds, then release slowly through the mouth, just get a sense of being grounded and helping you to relax.

Tapping sequence – negative statements

All right, so start tapping on the side of the hand. Again, I'm using general language. You can use the same language I use, or if you want, you can change it for your specific issue. I'm going to leave a small gap after each statement for you to use your own words if you prefer.

Tapping the side of the hand:

SH: Even though I have this feeling of overwhelm, I love and accept myself now.

Two more times, still tapping on the side of the hand:

SH: Even though I am feeling overwhelmed, and I just can't focus, there is too much to do, I love and accept myself.

SH: Even though I don't think I can cope, I fully accept myself now.

That's the setup statement. We're focusing on the issue and introducing the problem as well as being honest with ourselves.

Now we start tapping through the points. The first point is the eyebrow point.

EB: There is too much going on.

Moving on to the side of the eye. It's not the temple. It's right next to the eye on the bone.

SE: This overwhelm.

Now under the eye on the bone:

UE: I can't cope.

Under the nose:

UN: I don't know where to start.



Under the mouth. It's above the chin, below the lip, right in that little crease:
CH: I just can't focus on anything.

The collarbone. It's in the fleshy part just underneath the collarbone and near to where it meets the chest bone:
CB: This feeling of overwhelm.

Now we move underneath the arm, three inches underneath the armpit, right on the bra line for women, in line with the nipple for men.
UA: I can't focus.

The last point is right at the top of the head. You can tap with four fingers.
Tapping the top of the head:
TH: I don't know what to do.

Let's do one more round now that you have some of the basics of it. We go back to the eyebrow:

EB: This overwhelm,
SE: This fear,
UE: This frustration,
UN: This anxiety,
CH: This not knowing where to start,
CB: This challenge,
UA: This lack of time,
TH: This overwhelm.

Checking in

Take a deep breath in through the nose and out of the mouth and let it go.

Congratulations! You just did two rounds of tapping. So, you need to remember that after each round, you need to check in with the original negative emotion and see how it's feeling now. You ideally want the number you rated it as originally to have gone down.



Sometimes that number goes up and don't worry if that's the case. It simply means you've hit on something big, so give yourself the time and space to tap on it and you will find that the negativity will soon move on.

If you continue to feel stuck above a 5, you may need to re-word the memory or focus more on the negative experience that is causing you unease to make it more effective. Once you have brought the intensity down to between 0 and 5 you can reinforce the tapping with a positive statement.

Tapping sequence – positive statements

So, for our positive statements, again I'm going to be referring to overwhelm.

All right, so start tapping on the side of the hand. You can use the same language I use, or if you want, you can change it for your specific issue.

Tapping the side of the hand:

SH: Even though I have this feeling of overwhelm, I love and accept myself now.

Two more times, still tapping on the side of the hand:

SH: Even though I have so much to do, I know I'll get through it.

SH: Even though I'm not sure where to start, I'm just going to start with something.

Now we start tapping through the points. The first point is the eyebrow point. Just repeat:

EB: I'm going to manage to do this.

Moving on to the side of the eye:

SE: I know I can find the focus I need.

Now under the eye:

UE: I'm going to allow myself to believe.



Under the nose:

UN: That I can do it.

Under the mouth:

CH: I'm going to start working on one thing at a time.

The collarbone:

I'm going to take action.

Now we move underneath the arm:

UA: I can release this overwhelm from my mind.

Tapping the top of the head:

TH: I am letting all the frustration go.

Let's do one more positive round. We go back to the eyebrow:

EB: This feeling of empowerment.

SE: This feeling of focus.

UE: This feeling of clarity.

UN: I know what I need to do.

CH: I know where to start.

CB: I can do what I need to do.

UA: I am time, not a victim of time.

TH: I allow myself to believe I can achieve what I need to do.

Checking in

Take a deep breath in through your nose, hold it for a few seconds and out through your mouth. How are you feeling now? It may take a little while to notice the differences, but you will feel the change occurring as you continue to easily cope with the problems you no longer have.

So, I'm going to let the music play on for another 5 minutes or so. If you want to do some more tapping, stay relaxed and go with what feels right for you. Don't worry about using the right words and if you miss a tapping point, just



keep going. Enjoy this time now, your time. You may just want to sit quietly and focus on your mind and body. Remember this is your time.

Until next time, this is Kate Hartley from <http://www.flourishtherapy.co.uk>