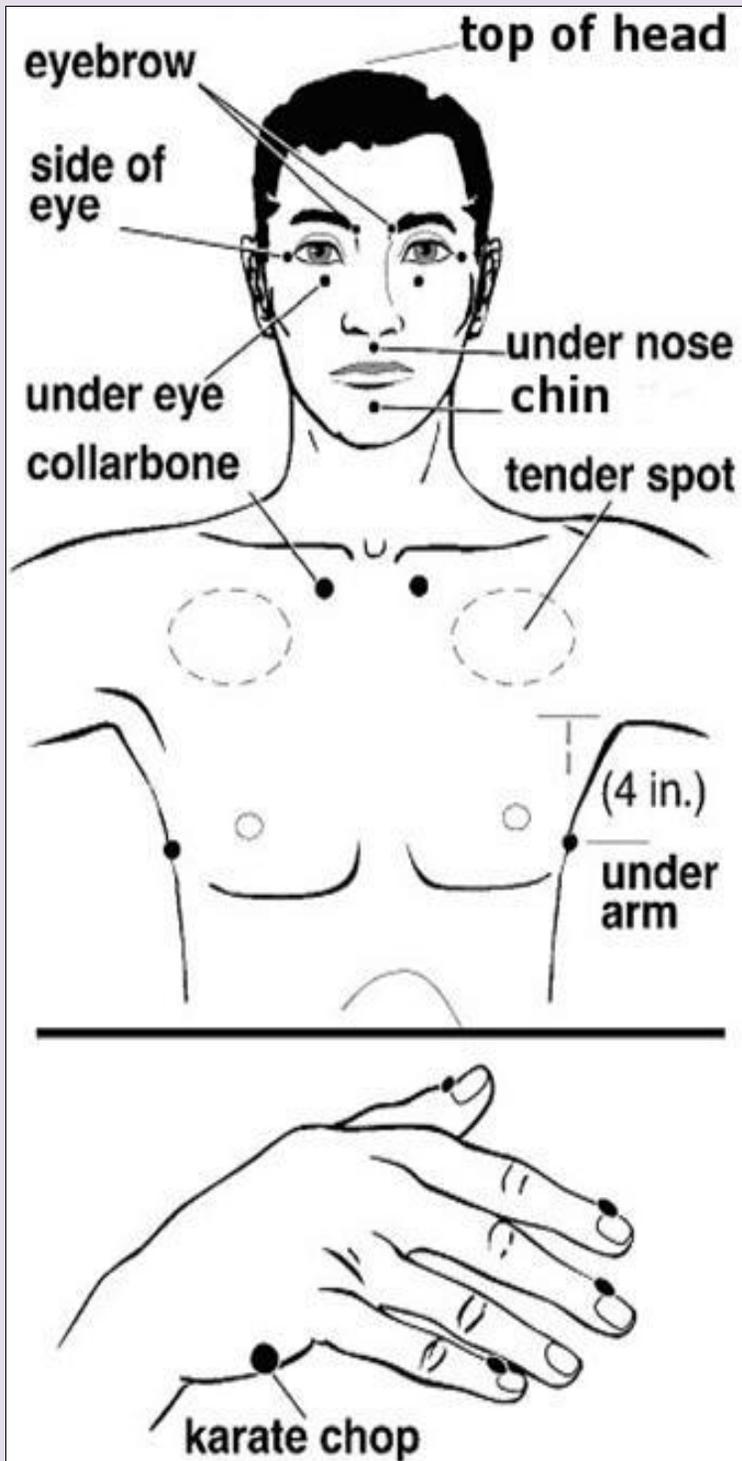


Trans4mational Therapy

EFT (emotional freedom techniques) Tapping Chart



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EFT Tapping chart

Start with the setup phrase whilst tapping on the Karate chop point (item 1 below) then for points 2 to 9 repeat the reminder phrase. See below for more details:

1. Side of hand Karate chop point.
2. Top of head (crown)
3. Eyebrow (bridge of nose)
4. Outer eye (edge of eye socket)
5. Under eye (edge of eye socket)
6. Under nose (midpoint of lip)
7. Chin (between chin and lower lip)
8. Collar bone (fleshy part between collar bone and centre breastplate)
9. Under arm (approx. 4" 10cm from arm pit, rub until you find a tender spot) and tap there

EFT works best when you are actually experiencing the emotion or feeling that you want to work with. Some people can bring this on just by focusing on or thinking about it; others can't! The best words to use are the ones that best describe how you feel and use whatever words you want. This is your issue and the words you would use are the best ones. If someone else doesn't like them; that's their problem and of course they can tap on that!

Note: You can use either hand or both, except the Karate chop point.

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EFT (emotional freedom techniques) Tapping Chart

Before you start tapping, give the emotion a number between 0 and 10. Zero equal no emotion 10 equals maximum emotion. Sometimes it's OK to be a 14 on a scale of 10; say it as you feel it. Don't labour on the number it is merely a reference point from which you will compare the intensity of the emotion after you have done the first round of tapping.

For the short form, start with the **set up statement**, on the Karate chop point: Even though I am feeling really anxious I deeply & completely accept myself; repeat the above or whatever is more appropriate 3 times whilst tapping on the Karate chop point. (**reminder:** state the emotion/feeling or thought you have e.g. this feeling of anxiety, guilt, this fear of heights, low self-esteem, self-hatred, anger etc. sometimes we can add, and I forgive myself for everything I have done to hold on to this anxiety, pain, guilt, fear, anger etc.). We can even forgive anyone else involved in holding onto this anxiety, pain, guilt etc!

Then, say the reminder phrase and tap approx. 7 times on each point, starting at the top of the head (crown) and moving down to the point below each one and say something like " holding onto this pain, or guilt or anger etc. after the last point (under arm) take deep breath and repeat process from crown point. Do the process twice then reassess your feeling/emotion on scale of 0 -10 repeat as necessary to reduce it to a 0

After you have done the first round, as described above, re assess the number you started with and what you feel now. For example you may have gone from a 10 to a 4. In this case do a second round of tapping, starting at the top of the head (crown) and say this remaining: anxiety, pain, guilt, anger etc. Repeat this until you get to zero. However, if after several rounds it is still hanging around a 2, 3 or 4 leave it for a while. Sometimes there may be a reason to hold onto a small amount and sometimes when you go back to it later it has gone!

One last thing to consider. Sometimes, the number goes up, not down, e.g. it may go from an 8 to a 10! This usually indicates that the emotion, thought or feeling has shifted to something else or another aspect, perhaps a more severe or difficult emotional experience etc. In this case work on whatever feels the most appropriate, i.e. the original emotion or the new one.

If you experience extreme emotions it is a judgement call, you either stick with the tapping or stop. This tapping sheet is not a substitute for the work done by experienced Therapists. It is meant as a self-help tool and as such you must agree to take responsibility for your own physical and emotional wellbeing.

If you wish to make an appointment for face to face, skype or telephone Therapy, please visit my website for contact details or to book a free Consultation.

Warm wishes

Thom Bush

For more details on my services please visit my website at
www.trans4mationaltherapy.com www.t4t.sg