Example Tapping Scripts
Evidence Based EFT
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LEGEND

- KC - KARATE CHOP OR SIDE OF THE HAND
- SE - SIDE OF EYE
- UE - UNDER EYE
- UN - UNDER NOSE
- CH - CHIN
- CB - COLLARBONE
- UA - UNDER ARM
- TH - TOP OF HEAD

DISCLAIMER
These scripts are designed as examples only. It is always recommended to use the client’s exact words and experiences in set-up statements, then generic scripts.
Example Tapping Scripts

The Pros of Using Scripts

~ adapted from Gary Craig

The allure to these scripts involves a convenience factor wherein a ready made approach is provided that requires no customization or detective work. Just tap on the EFT points while repeating words that someone else provides. Easy. It’s a one-size-fits-all or “EFT in a Box” approach. Plenty of script users have reported positive results using this method.

The Perils of Using Scripts

Using generic scripts or posting them online for public use, without actually knowing the person using them (client), may mean the person using them does not experience a positive outcome with EFT. Tapping scripts tend to provide only partial results. They rarely get to the roots of the issues and thus the true causes of the problem remain active underground. It is only a matter of time before these weeds show up again and cause clients to conclude that “EFT didn’t work.” This may not truly reflect that EFT doesn’t work for them; merely that the scripts were not specific enough for their situation. Some clients will also need a qualified health professional as they use tapping.

So, if you are promoting Tapping scripts, please inform your clients of the limits and potential side effects of using an approach like this. Try and be as specific as possible with clients, and make the tapping relevant to their situation.

The scripts in this section of the manual are designed to give you ideas of COMMON set-up statements or ways to use tapping, rather than be the exact scripts you use.

The Top 5 Mistakes I see People Make Regarding Tapping

~ adapted from Nick Ortner

Mistake #1: Not Using It!

Ok, ok, I know this seems a little obvious… But it’s a serious issue and one I’m sure you’ve faced. How often have you looked back on an event, or a day, or a physical problem you had for a while and thought, “Why didn’t I tap on that?”

We simply haven’t had it as part of our lives so we’ve developed habits that don’t include it. If you were taught how to tap as a child, and were instructed that it was just as important (or more!) as brushing your teeth, you’d have a different experience now.
Here’s a little tapping script to clear some of that resistance/habits. Try it now and see how it affects your week:

**Karate Chop: Even though I haven’t been using tapping as much as I could, I deeply and completely accept myself.**

**Karate Chop: Even though I could have made my life easier by using tapping on (fill in the blank of a recent time when you might have used it), I choose to relax and forgive myself now.**

**Karate Chop: Even though I’m not used to turning to tapping to solve my problems, I choose to start using it, I choose to become more resourceful, and to remember to use this powerful tool!**

Eyebrow: I haven’t been tapping.
Side of the Eye: Why not?
Under the Eye: Am I sabotaging myself?
Under Nose: Maybe…
Under Mouth: Or maybe I just forgot…
Collarbone: Maybe I’m just not used to doing this…
Under Arm: But I can start using it now…
Top of the Head: I’m tapping now!

Eyebrow: And that’s great…
Side of the Eye: I choose to remember…
Under the Eye: To Tap!
Under Nose: I choose to develop this positive habit…
Under Mouth: That can help me so much…
Collarbone: It will make my life easier…
Under Arm: And that’s a choice I want to make…
Top of the Head: I choose to tap when I most need it…

Take a deep breath…
And let it go… Repeat a few times, or focus in on anything that came up while doing those short rounds.

**Mistake #2: Not Being Specific Enough**

I always encourage people to start with global statements, because it’s usually the easiest language to start with, and it can get things going in the right direction. What do I mean by a global statement? Something general like:

Even though I’m not happy right now… I deeply and completely accept myself.

That statement is global because it’s broad, and doesn’t focus on specifics.

From there though, after a round or two of the global statement, it’s important to hone in on the specific.
So in this case, you might go from “Even though I’m not happy right now…” as the first statement, to “Even though I’m not happy right now because my boss was such a jerk today…”

Now you’ve focused on a specific event, which will get you better results. The more specific you can get, the better, which leads us to Mistake #3.

**Mistake #3: Not addressing all “aspects” of the problem**

Gary Craig, the founder of EFT, was a genius at identifying the importance of “aspects” to getting great results. What’s meant by aspects? An aspect is a specific “part” of the issue.

So in the case above, “Not being happy” – we go from the general, to the specific “I’m not happy because my boss was such a jerk”, to even more specific, “aspects”. So here are some potential “aspects” in this example:

“I’m not happy because my boss yelled at me”
“I don’t like the way he looked at me” (this is an aspect of the experience, the visual cue)
“I felt his words hit me in the pit of my stomach” (here’s a body sensation to address)
“I’m worried he’s going to fire me” (future fear to address)
“It reminds me of the way my father used to talk to me” (childhood trauma to address)
“I never have good relationships with my bosses” (limiting belief/past experiences to address)

Now, sometimes issues can be handled with global tapping, but the great thing about working through aspects, is that you’ll likely uncover so much stuff that’s going on in your life, and clearing this particular experience with your boss can have massive repercussions on a bunch of other things!

For example, you start with the experience with your boss, but then you tap on how your father used to talk to you, and you heal that relationship problem and have a better (and less reactive) experience with your boss.

If you take the time to do it right, it can have profound effects that last a lifetime.

**Mistake #4: Not tapping for long enough!**

This is a mistake I see A LOT of people make. They’ll say, “Yeah, I tried tapping on that, didn’t work” and when I ask them how long they tapped on the issue, they say a couple of minutes, or a round or two! That’s rarely enough.

I see this in particular with physical pain. “Oh, my neck hurt so I tapped on it but it didn’t go away…”
“How long did you tap?”
“2-3 minutes”
The 1 minute miracles DO happen, but more often than not, it takes some more sustained tapping.

I’m not saying that you have to spend hours doing it, but you really want to give it at least 15 minutes of sustained tapping to work through an issue properly.

My trick, when I go to tap on something, is to set a timer or some sort of alarm, and I promise myself I won’t stop until the 15 minutes are up. This prevents me from giving up quickly, being distracted, and so forth.

**Mistake #5 – Not writing down what you’re working on…**

If you’re working by yourself, I find it really helpful to have a pen and paper (or the computer) handy, to make a note on what you want to work on, to write down your progress on the 1-10 scale, and to note other things that come up.

The last item might be the most important: Writing down other things that come up.

So here’s what this might look like. You write down:

“I’m frustrated with all the bills I got in the mail today. It’s a 7 on the 0-10 scale”

You start tapping, the frustration goes down, but all of a sudden, some anger comes up. You write that down.

“I’m angry at myself for not working harder this month” It’s an 8.

You tap on that, that eases, and turns to sadness

“I’m sad that this keeps happening” It’s a 5.

You tap on that.

You check back in on the frustration you wrote about above. That’s a 1, you barely feel it.

The anger moved to a 4. There’s still something there, you tap on that further. While doing that tapping, you think of two events from your childhood.

“That time that my father said I’d never amount to anything”

“My mother crying because we didn’t have enough money”

You write down both events, because you know that you want to address each separately.

And so forth…

It is truly, peeling an onion, and while it might seem complicated at first, once you get the hang of it, it’s easy, and becomes even easier when you write stuff down and stay on track.

*See The Tapping Journal as a way to keep track of your progress.*

Other Endings for the Set-up Statement

You can change the ending of the set-up statement, as long as it accomplishes the same goal of accepting oneself in spite of the problem:

Examples:

- That’s okay
- I’m okay with that
- I love myself anyway
- I can accept that
- I forgive myself
- I’m entitled to feel that way
- I’m still a really great person

When Clients are not OK with Accepting Themselves

Sometimes clients just can't say, "I deeply and completely accept myself." They may stammer over the words or even break into tears at the prospect of saying it. This points, of course, to an important table top to address. Accordingly, you may wish to switch directions and look for the Specific Events and core issues behind “I can’t accept myself.” Chances are, the issues you find will be connected to the one the client presented.

If the client can’t articulate any specific contributors to “I can’t accept myself,” start with a few general rounds and see what comes up.

You could also try going back to the original issue with something like:

- I can accept parts of myself, but not that part
- I’m open to the possibility of accepting myself
- I might be able to accept myself
- I’m really trying to accept myself
- I hope that someday I will accept myself
- 

You might also try “Even though I don’t accept myself, I accept myself anyway.”

Other Possible Endings for The Set-up Statement Using Positive Phrases

Even though I ………

- I can lose weight
- I can stop smoking
- I can heal
- I can handle my children
- I can let go of guilt
- I can gain self-confidence
- I can let go of fear
- I can take risks
- I can change

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• I can be a winner
• I can be positive
• I can be strong
• I can be a problem solver
• I can pass calculus
• I can handle my own problems
• I can laugh and have fun
• I can be honest with my feelings
• I can be assertive
• I can let go of being compulsive
• I can control my temper
• I can succeed

Even though I ……..

• I will like myself better each day
• I will gain emotional strength each day
• I will lose weight each day
• I will smoke less each day
• I will control my temper today
• I will give others responsibility for their lives today
• I will grow emotionally stronger each day
• I will smile more at my customers today
• I will offer my comments in class today
• I will praise my children today
• I will feel good things about me today
• I will sleep easily tonight
• I will feel less guilt each day
• I will face my fears courageously today
• I will take on only what I can handle today
• I will take care of me today
• I will challenge myself to change today
• I will manage my time better today
• I will handle my finances wisely today
• I will take a risk to grow today

Positive Set-up Statements Endings, or Reframing

I am okay as I am
I validate myself
I stand for truth at all times
I am worthy of love
I am okay with myself
I am worthy of love
I am open to new freedom and joy
I am true to myself
I take care of myself
I end relationships that cannot be healthy
I change only myself
I am living my life fully
A Dozen Ways to Deal with Global Issues

“Even ……….., I deeply and completely accept myself, even if it isn’t safe for me to get over this problem.”
Reminder Phrase: “It’s not safe for me to get over this problem.”

“I deeply and completely accept myself, even though I don’t believe EFT will work for me for this problem.”
Reminder Phrase: “EFT working on this problem.”

“I deeply and completely accept myself, even if I want to keep this problem.”
Reminder Phrase: “Wanting to keep this problem.”

“I deeply and completely accept myself, even if I will continue to have this problem.”
Reminder Phrase: “Will continue having this problem.”

“I deeply and completely accept myself, even if I don’t deserve to get over this problem.”
Reminder Phrase: “Deserve to get over this problem.”

“I deeply and completely accept myself, even if it isn’t safe for others for me to get over this problem.”
Reminder Phrase: “Safe for others to get over this problem.”

“I deeply and completely accept myself, even if it isn’t possible for me to get over this problem.”
Reminder Phrase: “Possible to get over this problem.”

“I deeply and completely accept myself, even if I will not allow myself to get over this problem.”
Reminder Phrase: “Allow myself to get over this problem.”

“I deeply and completely accept myself, even if I will not do what is necessary to get over this problem.”
Reminder Phrase: “Do what is necessary to get over this problem.”

“I deeply and completely accept myself, even if getting over this problem will not be good for me.”
Reminder Phrase: “Good for me getting over this problem.”

“I deeply and completely accept myself, even if getting over this problem will not be good for others.”
Reminder Phrase: “Good for others getting over this problem.”

“I deeply and completely accept myself, even if I have a unique block to getting over my problem.”
Reminder Phrase: “Unique block to getting over this problem.”
Example of Using an Extended Set-up Statement

Client description: “Then he turned to the whole group and said ‘You know, he used to be terrified of girls … do you remember when little Stacey came over and you peed in your pants? Glad he’s over that!’ He let go of my head and walked away, while the whole group was laughing hysterically. I was so completely embarrassed I felt like peeing my pants again.”

Your Extended Reminder Phrase might look like this:

KC “Even though my uncle said that and everyone laughed at me, including those cute girls, I deeply and completely accept myself. He told them I’m afraid of girls, he told them I peed my pants, I was so completely embarrassed! I was already nervous, I have always been shy, I was so completely embarrassed and I felt like peeing my pants again. Even though I was only ten, it was really uncomfortable, and I wish it never happened, I deeply and completely accept myself anyway.”

Reminder phrases
- EB I was ten years old
- SE they were all laughing at me
- UE I was really embarrassed
- UN completely embarrassed
- CH the cute girls were laughing
- CB that was really uncomfortable
- UA he embarrassed me
- TH he embarrassed me

And here's a possible Setup Reminder Combination:

- KC Even though my uncle said that and everyone laughed at me, including those cute girls, I deeply and completely accept myself. He told them I’m afraid of girls
- EB I was so completely embarrassed!
- SE I was already nervous,
- UE I have always been shy,
- UN and I felt like peeing my pants again.
- CH Even though I was only ten,
- CB it was really uncomfortable,
- UA and I wish it never happened,
- KC I deeply and completely accept myself anyway
- TH he told them I peed my pants,
Example Set-up statements for Grief

Even though I can still see the life leaving him/her...
Even though I cannot make it stop- I am powerless to help him/her...
Even though it is not my place to make this 'not happen'...
Even though I see his eyes...
Even though I want to remember life in those eyes
Even though I remember hearing... (Whatever sounds haunt you)
Even though I may have been so panicked...
Even though it happened... it's over ... he is at peace now...
Even though I am so glad I was there and he was not alone... he knows I love him. I was there
Even though some part of me can see the good in this. I may still be angry and fearful...
Even though it is okay to feel even the negative feelings... (tap for each one that you can think of)
Even though I don't know what to do next... One day at a time. I will figure it out as I go.
Even though I never imagined I would have this challenge... I have managed challenges before. That is how I learn and grow
Even though I feel (...) I deeply and completely love and accept myself even with this feeling of (...) ... This feeling is allowed ... I love this feeling it is real for me ...
I am going to be okay.

Example Set-up statements for People Pleasing

Even though I am [Scared], I deeply and completely accept myself.
Even though I am [In the way], I deeply and completely accept myself.
Even though I am [A bother], I deeply and completely accept myself.
Even though I [Need to do it right] I deeply and completely accept myself.
Even though I [Have to appear blameless to survive], I deeply and completely accept myself.
Even though I [Have to appear perfect to survive], I deeply and completely accept myself.
Even though I am [Letting it go], I deeply and completely accept myself.
Even though I feel that [I am not okay as I am], I deeply and completely accept myself
Even though I think [I am not as good as another], I deeply and completely accept myself.
Even though I think [I don't fit in], I deeply and completely accept myself.
Even though I believe that [I don't belong], I deeply and completely accept myself.
Even though I am afraid that [if they really knew me they would not like me], I deeply and completely accept myself.
Even though I tell myself ["Don't speak it will ruin the program!"]], I deeply and completely accept myself.
Even though I tell myself ["Don't be forgetful or people won't like me!"]], I deeply and completely accept myself.
Even though [There is no room for people who don't have it all together], I deeply and completely accept myself.
Even though I feel [name feeling], I am releasing this feeling, as I deeply and completely accept myself.
Even though I feel [name feeling], I am choosing to let it go, as I deeply and completely accept myself.
Even though I am [Scared if I am myself], I deeply and completely accept myself.
Even though I fear [I won't be accepted], I deeply and completely accept myself.
Even though I fear that [I will be put down], I deeply and completely accept myself.
Even though I feel that [I need love so badly that I do what others want me to for love], I deeply and completely accept myself.
Even though I feel [Angry], I deeply and completely accept myself.
Even though I feel that am [Never good enough], I deeply and completely accept myself.
Even though I feel [Let down], I deeply and completely accept myself.
Even though I feel [Disappointed], I deeply and completely accept myself.
Even though I [Expect others to tell me I am okay], I deeply and completely accept myself.
Even though I [Don't trust myself], I deeply and completely accept myself.
Even though I often think that [If someone else is unhappy it must be my fault], I deeply and completely accept myself.
Even though [Letting go of my distorted thinking scares me], I deeply and completely accept myself.
Even though [I expect others to validate me], I deeply and completely accept myself.
Even though I think that [To get my needs met I must change others], I deeply and completely accept myself.
Even though I think that I always [Jump through hoops for love], I deeply and completely accept myself.
Even though I am [Afraid of being wrong], I deeply and completely accept myself.
Even though I am [Letting these distortions go], I deeply and completely accept myself.
Example Set-up statements for Sleep (Inability)

The first few rounds of tapping will focus on the general problem of inability to sleep.

“Even though I can’t get to sleep I deeply and completely accept myself.”
“Even though I can’t switch off my thoughts, I deeply and completely accept myself.”
“Even though I feel anxious and stressed, I deeply and completely accept myself
“Even though I have too many worries I deeply and completely accept myself.”

EB: I can’t sleep
SE: I can’t switch off my thoughts
UE: I’m too stressed
UN: I feel uncomfortable
CH: I’m too anxious
CB: I have too many worries
UA: I’m too stressed
TH: I can’t sleep

EB: I am allowing myself to let go of persistent thoughts and negative thinking
SE: I am allowing myself to relax
UE: I am letting my muscles relax
UN: I am calming down and relaxing now
CH: I am releasing all tension
CB: I am releasing all negativity and sadness
UA: I let all these tense, negative feelings fly away
TH: I am letting my muscles relax

EB: My muscles are relaxing
SE: All the muscles in my body are relaxing
UE: I am allowing myself to drift into a restful sleep
UN: I am allowing myself to fall into a deep and satisfying sleep
CH: As I relax I feel myself getting more and more sleepy
CB: I feel peaceful
UA: I am allowed to feel peaceful and good
TH: I feel sleepy

EB: I am feeling very sleepy
SE: I am feeling very peaceful and very sleepy
UE: I am feeling very relaxed and sleepy
UN: I am ready to fall asleep now

CH: As I relax I feel myself getting more and more sleepy
CB: I feel peaceful
UA: I am allowed to feel peaceful and good
TH: I feel sleepy
Example Set-up statements for Food Cravings

Name the food, including any brand names if applicable. Such as, “Black Forest Tim Tams,” or “Smith’s Salt and Vinegar Crinkle Cut Chips” or “Kentucky Fried Chicken Zinger Burger” or “McDonald’s Big Mac” or “Mum’s home made Pavlova” etc. **Have it in front of you as much as possible while you tap.**

The more specific, the more effective the tapping.

On a scale of 0 -10 rate how strong the craving/desire is. 10 being “absolutely must have it now” and 0 being “no desire whatsoever for the food”

“Even though I have this strong craving, I deeply & completely accept myself.”
“Even though I cannot control my craving for (name the food), I deeply & completely accept myself.”
“Even though I really want to eat this food, I deeply & completely accept myself.”
“Even if I never get over my craving for (name the food), I deeply accept myself.”

Tap all the points through and say, “This strong craving.”

Below are topics, which all relate to food and are worth tapping on!

1. Feeling Deprived

Set Up Statements:

- Even though I feel deeply deprived…and I’m insatiable, I deeply and completely accept myself anyway
- Even though I feel deeply deprived, I completely love and accept myself
- Even though I can’t eat like others, I deeply and sincerely accept myself
- Even though when I try to restrict my intake I feel deprived, I deeply and completely accept myself

Reminder Phrases for each point:

- Feel deeply deprived
- There’s never enough
- I feel insatiable
- Deeply denied
- Can’t eat like others
- This deprivation
- This awful feeling
- Always deprived
# 2. Loneliness and Emptiness

Set Up Statements:

- Even though I feel this deep loneliness I completely love and accept myself
- Even though I feel lonely and completely empty inside I love and accept myself
- Even though I use food as my reliable friend because I feel so lonely, I completely love and accept myself anyway
- Even though food keeps me company and stops me being aware that I am alone and afraid, I completely love and accept myself

Reminder Phrases:

- I feel alone
- Lonely and empty
- Empty inside
- Completely alone
- Food has been my friend
- Food keeps me company
- Food stops my fear
- I’m afraid to be alone
- Food stops me being lonely
- Food is reliable
- It doesn’t let me
- This loneliness
- Loneliness

# 3. Anxiety and Stress

Set Up Statements:

- Even though I can’t stop feeling anxious/ can’t control my anxiety I completely love and accept myself
- Even though I am afraid and I won’t know what to say and will make a fool of myself, I choose to accept myself anyway
- Even though I’m afraid that I will lose control at……I completely love and accept myself anyway
- Even though I know I tend to eat to relieve my feelings of anxiety or stress, I deeply and completely accept myself

Reminder Phrases:

- Feeling anxious
- Can’t stop being anxious
- Can’t control my anxiety
- I’m afraid
- I might make a fool of myself
4. Exercising and Motivation Issues

Setup Statements:

- Even though I loathe exercising, I deeply love and accept myself
- Even though I feel fatigued and too tired to exercise, I choose to know that my energy levels will improve as I get fitter and I choose to be fit and healthy anyway
- Even though exercise feels like punishment, I choose to know that it will help me and I completely love and accept myself anyway
- Even though I have no motivation to exercise, I completely love and accept myself
- Even though I'd rather eat than jog, I completely love and accept myself
- Even though exercise frightens me because I expect to get hurt or sore, I choose to know that it will help me and I completely love and accept myself anyway
- Even though I don’t want to get too sweaty/ hate getting sweaty, I completely love and accept myself
- Even though I’m afraid I’ll look too muscly and big, I choose to know that it’s in my imagination and I completely love and accept myself anyway
- Even though I feel people think I look silly exercising, I choose to know that it’s in my imagination and I completely love and accept myself anyway

Reminder Phrases:

- Loathe exercise
- Hate exercise
- Feel too tired
- Feel fatigued
- Choose to be fitter
- Choose to know I’ll improve
- It’s too hard
- Feels like punishment
- No motivation
- No energy
- I feel too tired
- Rather eat
- Hate jogging
• Don’t want to
• Exercise frightens me
• It’s scary
• It might hurt
• Hate getting sweaty
• It feels yucky
• Too sweaty
• Exercise makes you big
• Too muscly
• Too big
• I’ll look silly
• I’ll look gross
• Everyone will look at me
• I’ll be embarrassed

5. Food as Comfort as a Child

Setup Statements:

• Even though my mother let me eat more biscuits/ lollies/chocolate/junk food whenever I cried, I choose to love and accept myself
• Even though my grandmother always overfed me to keep me quiet when I visited her, I choose to completely love and accept myself anyway
• Even though my mother gave me ice-cream to distract me from feeling sad and disappointed when my friends wouldn’t let me play, I deeply and completely accept myself
• Even though my dad started to buy me chips to make me feel better when I was disappointed about losing the football match, I deeply and completely accept myself
• Even though I was fed to make me feel better when I was sick with…………., I deeply and completely accept myself

Reminder Phrases:

• ……… (whatever food) when I cried
• Chocolate (whatever food) made me feel better
• Grandma and food
• Overfed to keep quiet
• Eat and be quiet
• Ice-cream (whatever food) to avoid disappointment
• Eat to avoid the feeling
• Ice-cream (whatever food) for comfort
• Chips (whatever food) to handle disappointment
• Chips (whatever food) for comfort
• Chips (whatever food) and my dad
• Food to feel better
• Fed to combat sickness
6. First time you overate or ate because of emotion

Setup Statements:

- Even though I remember being comforted by food after I/we .............. I completely love and accept myself
- Even though I turned to food after ................. I choose to love and accept myself anyway

Reminder Phrases:

- After we............
- Food is comfort
- Food made me feel better
- Food to manage......
- Food to manage sadness

7. Using Food to Change Your Mood

Setup Statements:

- Even though I used food as entertainment and to stop myself feeling bored, I completely love and accept myself anyway
- Even though I used food as security, I choose to accept myself anyway
- Even though I over-ate to distract myself from ..............I completely love and accept myself anyway
- Even though I overate to avoid .............., I completely love and accept myself anyway

Reminder Phrases:

- Food for entertainment
- Food to stop boredom
- Food for security
- Food makes me safe
- Food for distraction
- Didn’t want to feel anything
- Food blocked the pain
- Overate to avoid
- This avoidance
8. Benefits to Staying Overweight

Setup Statements:

- Even though staying heavy/overweight/fat reduces the pressure on me so that people won’t expect more, I deeply and completely accept myself.
- Even though staying overweight makes me feel invisible and safer, I choose to love and accept myself anyway.

Reminder Phrases:

- Staying heavy
- Less pressure
- It’s easier
- Feel safer

9. Negatives or Costs to Reaching Your Natural Body Shape

Setup Statements:

- Even though I need the distraction of overeating and hating myself, I choose to let this go and be slim anyway and completely love and accept myself.
- Even though I’m afraid of disappointing myself/my partner etc if I regain the weight/fat, I choose to accept myself anyway.
- Even though I’ll have no excuses anymore to not go………………., I completely love and accept myself anyway.

Reminder Phrases:

- Need the distraction
- Need to hate myself
- Afraid I’ll regain it
- Afraid I’ll find it again
- Afraid I’ll yoyo
- Afraid I’ll be back where I started
- I’ll be disappointed
- ….. will be disappointed in me
- No more excuses
- I can’t hide behind excuses anymore
10. Someone will resent/not like me if I reach my goal

Setup Statements:
- Even though my friend/mother/sister/brother will resent my success, I choose to enjoy it and love and accept myself anyway

Reminder Phrases:
- They’ll resent me
- They’ll be jealous
- I won’t handle it
- This awful feeling
- I will fail again
- I can’t stand other people’s rejection
- What will they think?
- How will I cope?

11. Other Negative Consequences to Achieving Your Goal

Setup Statements:
- Even though I can’t afford new clothes, I choose to be slim anyway and completely love and accept myself
- Even though I don’t want to feel the pressure of keeping my new shape, I choose to be slim anyway and completely love and accept myself
- Even though I won’t be able to hide behind the extra fat anymore, I choose to completely love and accept myself anyway
- Even though I resent having to maintain and be responsible for my control, I completely love and accept myself anyway

Reminder Phrases:
- Can’t afford new clothes
- Cost money
- The pressure
- It’s too stressful
- I’ll feel trapped
- Can’t hide away anymore
- I’ll be noticed
- No excuses
- Scary
- Resentment
- Responsibility
- No excuses
A Positive Round for Food and Body Issues

Setup Statement:

- Even though I have all these issues about food, my eating habits and my body in the present, I choose to be slim, in control, happy and healthy

Reminder Phrases:

- My current issues about food, my eating and my body
- My issues in the present
- I choose to let them go
- I don’t need them anymore
- I choose to be in control
- I choose to be happy and healthy
- I choose to be slim
- I choose to be slim, in control, happy and healthy now

Example Setup Statements for Drinking More Water

Set-up statements:

- Even though I dislike the taste of water, I deeply and completely accept myself.
- Even though I don’t like drinks that have no smell I … … … myself.
- Even though I’d prefer to drink (say the name of what you’d prefer to drink) than drink water I … … … myself
- Even though I’m worried that drinking more water will mean going to the toilet too often I … … … myself.
- Even though drinking water is a nuisance to me I … … … myself.
- Even though drinking water doesn’t excite me I … … … myself.

“I Choose” and Positive Statements for drinking water

- Even though I don’t enjoy drinking water, I deeply and completely accept myself and I choose to give my body all the precious water it needs.
- Even though my thirst response is weak, I … … … and I choose to be aware of my body’s need for frequent drinks of water.
- Even though I don’t feel thirsty until I have a headache, I … … … myself and I choose to drink water often / 10 times a day / even when I’m not thirsty.
- Even though I don’t like the idea of drinking tap water, I … … … myself and I choose to find a way to give my body the best quality water I can.
- Even though I don’t like the look of water I … … … myself and I choose to see it as the clear, clean precious substance that my body thrives on.
- Even though I’m frustrated about not drinking enough water I … … … myself and I choose to frequently drink sufficient amounts for my body’s needs.
Positive Reminder Phrases

• I enjoy giving my body the water it needs
• I have a healthy desire for water
• Water helps me reach my goals
• I’m designed to drink water
• My body works so well when it’s hydrated
• Water keeps my energy level up
• Water’s taste is naturally clean and subtle
• Water is my main drink
Example Set-up Statements for Pain

This procedure has been used successfully to improve Range of Motion (ROM) following an injury. Whenever there is an injury to the body EFT can be used to clear the following three aspects of the injury:

1) The actual trauma to the body
2) The emotional trauma
3) The memory of protection

Anytime your body is injured may create a memory of protection on the cellular level to keep that area safe. That injury can go on to heal but the memory of protection remains in place and acts as if the body is still injured. With EFT it’s very easy to speak directly with the cells and remove this memory of protection thus allowing the body to return to a state of balance

**Step 1: Clear Trauma to The Body**

Choose an area of the body that has been injured that you would like to work on with EFT. For this example, we will use a shoulder injury. Simply replace the word shoulder with your own injury.

**EFT Set Up**

“Oh even though I’m holding this trauma in every cell of my shoulder, I deeply and completely accept myself.”

**At each point say:**

EB: I’m holding this trauma in all the muscles of my shoulder
SE: I’m holding this trauma in all the ligaments of my shoulder
UE: I’m holding this trauma in all the tendons of my shoulder
UN: I’m holding this trauma in all the joints of my shoulder
CH: I’m holding this trauma in all the bones of my shoulder
CB: I’m holding this trauma in every cell of my spine
UA: I’m holding this trauma in all the tissues of my shoulder
TH: I’m this trauma in all the nerves of my shoulder

**Step 2: Clear the Emotional Trauma**

Tap on, anger, frustration and fear that may be stored in the cells at and around the injury site. Focus on how you feel about the pain. Find an emotion or quality in the pain or part of the body in pain. E.g. this resentment in my shoulder, this grief in my neck, this shame in my back etc.

**EFT Set Up**

“Oh even though I’m holding this anger/fear/frustration in every cell of my shoulder, I deeply and completely accept myself.”
At each point say:

EB: I’m holding this anger/fear/frustration in all the muscles of my shoulder
SE: I’m holding this anger/fear/frustration in all the ligaments of my shoulder
UE: I’m holding this anger/fear/frustration in all the tendons of my shoulder
UN: I’m holding this anger/fear/frustration in all the joints of my shoulder
CH: I’m holding this anger/fear/frustration in all the bones of my shoulder
CB: I’m holding this anger/fear/frustration in all the tissues of my shoulder
UA: I’m holding this anger/fear in all the nerves of my shoulder
TH: I’m holding this anger/fear/frustration in all the fascia of my shoulder

Step 3: Clear the Memory of Protection

EFT Set Up

“Even though I’m holding this memory of protection in every cell of my shoulder, I deeply and completely accept myself.”

At each point say:

EB: I’m holding this memory of protection in all the muscles of my shoulder
SE: I’m holding this memory of protection in all the ligaments of my shoulder
UE: I’m holding this memory of protection in all the tendons of my shoulder
UN: I’m holding this memory of protection in all the joints of my shoulder
CH: I’m holding this memory of protection in all the bones of my shoulder
CB: I’m holding this memory of protection in all the nerves of my shoulder
UA: I’m holding this memory of protection in all the fascia of my shoulder
TH: My body thinks it still has to protect my shoulder

Method for Releasing Physical Pain and Discomfort

This method was developed by Dr. Carol Look.

EFT Set Up

- Even though I have this pain in my shoulder, WHAT IF I could release it right now?
- Even though I’ve had this pain for (months), WHAT IF my body knows how to get rid of it and I can feel comfortable instead?
- Even though I feel this chronic pain in my shoulder, WHAT IF I could wake up tomorrow feeling energetic and strong again?

At each point say:

EB: WHAT IF I could feel comfortable and pain free today?
SE: WHAT IF I could remember the emotional cause and move on anyway?
UE: WHAT IF I don’t need the pain anymore?
UN: WHAT IF I don’t have to suffer with this pain from now on?
CH: WHAT IF I could feel energetic now?
CB: WHAT IF my body has already begun to release the pain and discomfort?
UA: WHAT IF I could feel joyful and pain free from now on?
TH: WHAT IF I have finally cleared this pain problem once and for all?

Using the “WHAT IF” statements as the affirmation phrases of the first set-up statements is bound to trigger tail-enders (those ‘yes-buts’ that tend to show up after saying something positive). That’s what we want, so we can get to the bottom of limiting beliefs about human bodies. When these “tail-enders” surface, use them in subsequent rounds of EFT.

Perhaps you “heard” a tailENDER such as “there’s no way to get rid of this pain, I’ve tried everything!” Proceed with your next EFT round as follows:

**EFT Set Up**
- Even though I’ve had this shoulder problem for too long to get better now, I deeply and completely love and accept my whole body.
- Even though I’ve tried everything, and nothing works on me, I deeply and completely love and accept myself anyway.
- Even though my shoulder is “chronic” and isn’t supposed to go away, I love and appreciate my whole body anyway.

At each point say:

EB: WHAT IF my pain could be relieved quickly?
SE: WHAT IF I just haven’t been trying the right techniques for it?
UE: WHAT IF I don’t need the pain anymore and can enjoy my body?
UN: WHAT IF I don’t have to suffer with this pain the way I thought I had to?
CH: WHAT IF I could feel energetic from now on?
CB: WHAT IF my body has already begun to release the pain and discomfort?
UA: WHAT IF I could feel strength and stamina in my whole body again?
TH: WHAT IF I have finally cleared this pain problem once and for all?

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**The Movie Technique and Pain**

If your pain has come from a specific event (e.g. accident), you may need to work through the original memory and tap on all the negative aspects of the memory. Play it like a movie in your mind, where you are sitting and watching the movie on a screen in front of yourself and stop the movie every time you become aware of a negative aspect.

**Overview of the Movie Technique**

1. Imagine the memory on a movie screen and you are watching it from the seats (start the movie memory at a neutral point before anything happened)
2. Play the movie memory slowly, and stop the movie every time a negative feeling, belief or anything else comes up
3. Tap for that one little bit, rewind movie memory, play it again to see if that has cleared – stop at the next increase in intensity – tap on those aspects
4. Keep doing this until each rewind results in a neutral movie by the end.
Example

A car accident memory might include:

- The sound of the car hitting something
- Someone yelling
- Being injured
- Feelings such as anger or sadness since the accident
- Thoughts about the accident – ‘why me’, ‘I have such bad luck’, ‘Things come in 3s’
- Pain since the accident

If your pain doesn’t appear to be connected to a specific event (e.g. it just started one day) – rate the pain out of 10 and start tapping. If it ‘moves’ around your body, ‘chase’ it and keep tapping. E.g. it starts in your lower back but after a few rounds of tapping, it seems to be in your shoulder – just start again and keep tapping on the new site.

A great question to ask – if this pain has an emotion connected to it, what would that be? And tap on the feeling.

You can also describe pain as a colour or intensity and tap with those words

Examples

- Even though I have this red-hot burning pain in my joints, and it feels heavy and thick, I accept myself anyway
- Even though I have this tight block of cement in my right shoulder, I am open to changing this today
- Even though I can feel this dull, throbbing, blue ball in my head and it is moving side to side, I deeply and completely love and accept myself
Tapping on the Diagnosis

Sometimes the actual moment you were told about your pain and what it was, is a distressing memory. Here are some tapping statement that might help with that.

Think about your moment you learnt what your pain was and note any feelings you have about that. Rate them out of 10. Here are some setup statements (tap on side of the hand while you say them).

- Even though I have this diagnosis, I deeply and completely love and accept myself.
- Even though they told me this about my pain, And it’s true, It’s the diagnosis, It’s what the doctor said And I believe it, I deeply and completely love and accept myself.
- Even though I was given this diagnosis, And I believe it, and maybe it’s holding me back, And maybe it’s limiting my perspective, And maybe it’s keeping me stuck, I deeply and completely love and accept myself.

Now tap through the points.

EB: This diagnosis,
SE: This diagnosis,
UE: It’s true,
UN: They told me,
CH: The doctor told me this,
CB: I saw the X-rays,
UA: I know what’s wrong with my body,
TH: I know it’s true,

EB: I believe I’ll always be in pain,
SE: Because they told me that,
UE: I expect pain,
UN: Because I know about this diagnosis,
CH: I know it’s true,
CB: This diagnosis,
UA: And everything that came with it,
TH: So much anger,

EB: So much fear,
SE: I can see myself,
UE: Hearing this diagnosis,
UN: And I can feel the shock to my body,
CH: I can feel the fear,
CB: I can feel the panic,
UA: I can feel the tension,
TH: Of this diagnosis,
SE: What if I could release this charge,
UE: What if I could release all this anxiety,
UN: Around this diagnosis,
CH: I see these memories,
CB: I feel them in my body,
UA: And I start to let them go,
TH: What if I could release this pain,

EB: What if they weren’t right,
SE: What if my body could heal,
UE: It’s happened before,
UN: To a lot of other people,
CH: It happened to Patricia,
CB: Why can’t it happen to me?
UA: What if my body could heal,
TH: What if I could be free of this pain,

EB: It’s exciting to think about,
SE: Just the possibility is exciting,
UE: I release this diagnosis,
UN: From every cell in my body,
CH: It’s safe to let go of this diagnosis,
CB: It’s safe to let go of all these things,
UA: It’s safe to feel excited again,
TH: About what’s possible,

EB: It’s safe to relax,
SE: It’s safe to feel strong,
UE: It’s safe to feel excited again,
UN: Releasing this pain,
CH: Releasing this pain,
CB: Releasing this diagnosis,
UA: Right now,
TH: Right now.
Tapping and Money Blocks

- Even though it hurts to not have enough money for all that I want and need, I deeply and completely love, accept and appreciate myself.
- Even though my life feels so restricted because of not having enough money, I deeply and completely love, accept and appreciate myself.
- Even though I’m afraid it is very difficult to pull in money, I am open to learning how to release this fear around money and invite more of it into my life.

1. Life feels so restricted.
2. I just never have enough money.
3. I’m always worried too.
4. It worries to think I may not have enough for the future.
5. This worry is always there in the back of my mind.
6. Reminding me to curb my spending at every step.
7. The economy isn’t helping either.
8. There are some things I dearly want.

Round 2
1. There are some things I dearly need.
2. All out of my reach because of not having enough money.
3. I feel like I’m choking. I need more breathing room.
4. I feel like a failure for not bringing in enough money.
5. I feel ashamed that I am not good enough to bring in enough money.
6. I feel angry for not having enough money.
7. I feel so dejected that nothing I do brings in enough money.
8. I feel like it is futile to expect that I can have enough money.

Round 3
1. Life has become this struggle to make enough money just to survive.
2. I am undercutting my existence by living in such a restricted way.
3. Just because of not having enough money.
4. I could use more breathing room when it comes to money.
5. I feel weighed down by the financial demands of my life.
6. It feels like I was given this priceless human life
7. only to be bound at every step by my lack of money.
8. I try really hard to make sure my loved ones have everything they need.

At the end -
1. Money needs me as much as I need it.
2. I am the source, the conduit and the receiver of money.
3. Money flows through me easily and effortlessly.
4. I help my money grow.
5. My money helps me grow.
6. It’s a win win!
7. I’m finally making friends with money.
8. And feeling calm and confident
Tap into Abundance Now
Heidi B. Garis, M.S.W., NCTMB

KC: Even though I can never seem to get ahead I accept myself for who I am and how I feel anyway.
KC: Even though there’s never enough money for me I accept all of me anyway.
KC: Even though I’m always struggling financially I respect myself empty wallet and all!

EB: Just can’t get ahead.
SE: There’s just never enough money.
UE: I’ll never get ahead because something always comes up.
N: I’m doomed to struggle.
Ch: That’s my story— the theme of my life.
CB: I work so hard but can never make enough.
UA: I can never catch a break.
H: Money is not my friend.

EB: When money sees me it turns and runs the other way!
SE: There’s never enough no matter how hard I try.
N: Even when I think I’m making progress something always comes up.
Ch: There’s never enough money but plenty of bills.
CB: I just can’t get ahead.
UA: That’s the theme of my life and I’m stickin’ with it!
H: I’ll never get ahead.

Use this script, edit as needed for your own situation, and when you feel your emotional intensity and/or truth intensity has dropped to below a 5 on the 1-10 point scale try flipping the switch with a positive tapping round: (Sometimes intensity is difficult to rate around the issue of money so if that’s the case for you tap a few rounds on the negative and then move to the positive round).

Positive Round:
EB: I choose to be open to a new story about money.
SE: I think I’m ready to let the old story go.
UE: Maybe I’m not doomed to struggle.
N: Maybe I can work smarter and not harder.
Ch: Maybe I can be open to more money in my life.
CB: I think I’m ready to let my old beliefs around money go.
UA: Maybe it was the truth for my family, but it doesn’t have to be true for me.
H: I am open to having more money in my life.

EB: I’m open to a new theme about money.
SE: Getting ahead and having money is a positive thing.
UE: I can be safe and financially secure at the same time.
N: Maybe money can be my friend.
Ch: I’m open to having money run to me now!
CB: I think I like my new theme around money!
UA: I embrace my ability to get ahead and stay there.
H: I’m open to there being more than enough money for me now.
Tapping and Stress, Anxiety & Overwhelm

KC: Even though I’m feeling so stressed I to choose to be calm even though it seems impossible right now
KC: Even though I’m feeling a lot of anxiety in my body I choose to accept that I feel this way
KC: Even though I’m feeling totally stressed and overwhelmed I choose to somehow be more calm

EB: All this anxiety
SE: All this stress
UE: All this overwhelm
UN: I’m really feeling stressed
Ch: I’m really feeling tense
CB: I feel it in my muscles
UA: I feel it in my head and chest
H: I even feel it in my stomach

EB: I’m so overwhelmed
SE: I’m feeling so stressed out
UE: I’m feeling so anxious
UN: What if I could let some of this go?
Ch: I wonder what would that be like?
CB: I wonder what would that feel like?
UA: I wonder if it would feel safe to let it go?
H: Nah, maybe I’ll just keep my stress

EB: But I do love feeling calm
SE: Maybe if I just traded a little of the anxiety for some calmness
UE: Maybe if I just allowed some peace to creep into my body
UN: Peace in my head
Ch: Peace in my chest
CB: Peace in my stomach
UA: All this stress in my mind and my body
H: All this anxiety in my head and body

EB: All this overcome engulfing me
SE: I think I’ll just let some of it go
UE: I think I’ll choose more calmness now
UN: I know I enjoy feeling peace
Ch: But I might miss my stress
CB: I might not even recognize myself without my stress
UA: But feeling calm and relaxed could be the new me
H: I choose to feel calm, relaxed and peaceful right now
Karate Chop Point:

- Even though I am so overwhelmed and have so much to do I love and accept myself anyway.
- Even though I have so much on my plate and don’t know how it’s all gonna get done I accept myself overwhelm and all!
- Even though I don’t even know where to start I accept myself right here in the midst of all my “To Do’s.”

Reminder Statements
EB: I have so much to do.
SE: I’m totally overwhelmed.
UE: I don’t even know where to start!
N: I just feel like my head’s going to explode!
Ch: How can I get everything done?
CB: I don’t have enough time.
UA: There just too much on my plate.
H: And I just can’t say “no.”

EB: All this overwhelm in my _______.
SE: I feel all this overwhelm in my _______.
UE: Why do I do this to myself?!
N: I’m running around like crazy!
Ch: And there’s just not enough time.
CB: I wish I could say “no” more often.
UA: I wish I could say “no” and mean it!
H: I wonder why I always take on more than I can handle.

EB: I wonder why I always pile my responsibilities so high?
SE: All this overwhelm.
UE: All the stress it creates.
N: I did this to myself so I deserve to feel this way I guess.
Ch: No I don’t!
CB: Yes I do!
UA: I wonder what it would be like to lead a relaxed, slower paced life?
H: It would be so nice.

EB: Or would it?
SE: Maybe a part of me needs to be overwhelmed….
UE: Maybe taking on so much is serving me in some way…..
N: I wonder if that’s true?
Ch: I wonder what I would do with free time and an open schedule?
CB: I wonder how that would feel?
UA: Maybe it would be too quiet.
H: Maybe I wouldn’t feel productive.

EB: Maybe it wouldn’t feel right.
SE: I’ve been so overwhelmed for so long maybe I’m used to it.
UE: And it’s my story.
N: Maybe part of me likes my story.
Ch: Maybe my overwhelm is keeping me from something.
CB: Or maybe not.
UA: Maybe it’s distracting me from something.
H: Or maybe it’s just a bad habit.

EB: All this overwhelm.
SE: I feel it in my ___________.
UE: I’m so tired of being overwhelmed.
N: Maybe I could let a little of it go.
Ch: Maybe being less stressed and on the run would be a good thing.
CB: Or maybe if I’m not moving at light speed I’d feel guilty.
UA: But maybe I could feel good and free if I let some of it go.
H: I think maybe I’m ready to let some of it go.

EB: I’m getting ready to let some of it go.
SE: All this overwhelm in my ___________.
UE: I feel it in my ___________.
N: All this overwhelm I’m so used to.
Ch: I think I’ll just let it go now.
CB: Releasing this overwhelm from my mind.
UA: Releasing this overwhelm from my body.
H: Releasing my overwhelm and feeling peaceful.

**EFT for Dealing with Fear of Failure**

KC: Even though I have these deep routed fears of failure, I completely love and accept myself.
KC: Even though it is so frustrating to have this fear – I really don’t want it! – I accept all of my feelings without judgment.
KC: Even though I feel so disappointed in myself – this fear of failure is keeping me stuck! – I choose to forgive myself and the part of me that believes that I might not be able to succeed.

**Reminder Phrases:**

- I admit it: I am scared and stuck right now
- I have this sinking feeling in my chest and stomach – what if I will fail?
- I am overwhelmed with fear, even though a part of me clearly wants to move forward
- It is overwhelming and frustrating to be stuck like this
- I don’t even know where to begin
- I feel stuck and so scared to fail
- But a part of me can also see that I do have a chance
- A part of me clearly wants me to move forward, I just don’t know how yet.
- I see that a part of me is scared, and another part feels confident, but the two are not communicating and are really not helping right now.
Take a deep breath. Feeling stuck and scared to fail is normal. Every successful person will tell you that in order to move forward, you will face your fears over and over again. Just breathe again and accept that you are making every effort to get past this feeling.

OK? Ready? Then let’s tap another round:

- If I could have it my way, I wouldn’t be so scared
- If I could have full control over my feelings, I would definitely give it a try
- I can see how there is a part of me that clearly has courage and feels confident that I have a chance
- I can feel how this part of me is pushing and pulling me to feel more courageous
- There is a part in me that knows that I have what it takes to succeed
- I like this part, it is a good, courageous friend
- I wish that the rest of me could give up the fighting and resisting
- And would feel calm and confident instead that I can succeed in a way that works for me.
- I choose now to feel the confidence within me, and move forward in a way that works for me.

Take a breath again.

- I am beginning to see that I don’t have to change completely over night
- am beginning to see that I can make changes one step at a time
- I am grateful for the cautious part of me that wants to protect me from pain
- And I am grateful that I have what it takes to take the next step
- And even if I can’t see myself at my goal just yet
- It’s OK to move forward at a pace that works for me
- By tapping, I have already overcome the first hurdle
- I am not as stuck as I was when I started tapping
- I am farther ahead now, and it is beginning to be fun!
- I am grateful that I can get unstuck and move forward, – at a pace that truly works for me!

Take another breath. How do you feel?
Do you notice a shift in how you feel?
Maybe you feel safer to just take the next step?
Maybe you feel that you have more time to make the changes you wanted to make.
Maybe you feel that you can breathe deeper.
Maybe you are beginning to see that you don’t have to know all the steps to reach your goal,
but that you are growing into who you want to be, one step at a time.
KC: Even though I have this pain in my ________ I love myself anyway.
KC: Even though I have pain in my _______ and it makes me feel ________, I accept who I am and how I feel.
KC: Even though I feel so much pain right now, I love and accept my body and myself.

EB: All this pain.
SE: I feel it in my ________.
UE: It’s really hurting now.
N: I can’t stand all this pain.
Ch: I’m really tired of being in pain.
CB: It’s just so frustrating.
UA: My pain makes me feel ________.
H: I’m so tired of this pain and wish it would just go away.

EB: But here it is again and it’s not going anywhere.
SE: All this pain that is stuck in my body.
UE: All this pain that’s stuck in my system.
N: I’ve been living like this for so long.
Ch: And I just have to accept it.
CB: Nothing has really worked.
UA: Nothing has really helped.
H: I just don’t know what to do.

EB: And I don’t know where to turn.
SE: I just know I want my pain to leave.
UE: But it doesn’t look like it’s going anywhere.
N: And that makes me feel ________.
Ch: All this pain in my ________.
CB: I wish it would go away.
UA: But I don’t think it will—It hasn’t gone away yet!
H: I just have to live with it.

EB: All this pain in my body.
SE: All this pain stuck in my ________.
UE: It’s really hurting now.
N: And it really affects my life.
Ch: I can’t do what I used to.
CB: And that makes me feel ________.
UA: This pain has really affected my life.
H: And that makes me mad.

EB: All this pain in my body.
SE: All this pain in my life.
UE: My pain almost defines my life.
N: My pain almost defines me.
Ch: And I don’t like that.
CB: I wonder what it would be like to have less pain.
UA: I wonder how it would be to be pain-free.
H: Nah-- That could never happen to me.

EB: I can’t believe that’s possible.
SE: But what if it were?
UE: I wouldn’t know what to do without my pain.
N: I wouldn’t know how to act without it!
Ch: Yes I do—I would ___________!
CB: And that would be great!
UA: Maybe I could release some of my pain.
H: Maybe I could let some of it go.

EB: I could live with that.
SE: I’m choosing to release my pain.
UE: I’m allowing my pain to fade.
N: I’m choosing for my body to heal.
Ch: I’m choosing to let my pain go.
CB: Releasing all this pain.
UA: Releasing all my pain.
H: Releasing all the pain in my ______ and feeling grateful to my body.
**Frequently Asked Questions**

- **What if I get stuck?**
  Do a setup statement with it: “Even though I’m feeling stuck, I deeply and completely accept myself”
  Reminder phrase: “Feeling stuck”
  Keep tapping until either another thought/feeling arises or the intensity of the feeling lowers
  Or, setup how you feel about being stuck - Is it Anger? Frustration? And tap with it.
  “Even though I’m feeling frustrated about being stuck, I deeply and completely accept myself.”

- **What if I don’t know the aspect?**
  “Even though I don’t know why I do…., I deeply and completely accept myself.”
  “Even though I’m not sure why I do……, I deeply and completely accept myself.”
  “Even though I don’t know why I do…., I will listen to myself and trust myself to discover the reason.”

- **What if the intensity of feeling increases?**
  This is common and it’s progress
  As your conscious becomes sharper about the feeling you may realise it’s true intensity for the first time.
  Just keep tapping until the intensity comes down.
  What if the issue or feeling changes in the middle of tapping?
  Good! This is progress. You are discovering feelings beneath feelings. You will be mastering the moment with your awareness, unpeeling the layers and getting to the core of the problem. Just be flexible and follow the feelings.

- **What if I don’t ‘deeply and completely accept myself’**
  The setup phrase is about ‘deeply and completely’ accepting your reality. It is to acknowledge the truth of your feelings in that moment.
  It is not a hollow affirmation.
  If you prefer you can say ‘… I completely accept my reality or this reality’.

- **How do I know when to start tapping?**
  When you discover a feeling that you want to change

- **How do I know when to stop tapping?**
  When the rating reaches 0 – 1 or, whenever you want to stop after there's been a change

- **Does it matter which hand?**
  NO

- **Can I switch hands while tapping?**
  YES

- **Can I tap with both hands?**
  YES

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- **How many taps on each spot?**
  7 is most common but sometimes more is better.

- **Is the SETUP statement always essential?**
  Not always, but it does help with getting in tune with what is happening at that time for you.

- **Will EFT take away natural (and healthy) emotional responses to situations?**
  NO

- **How long do treatment results last?**
  Untreated aspects can make it appear like it “comes back.”

- **Does the treatment need to be repeated?**
  Sometimes if there’s a different aspect, but it’s often less intense and if it worked once, it usually works with the “new” aspect.

- **Can you use alternate taps like in EMDR?**
  YES

- **So do I use the same EFT process for every issue?**
  YES, just modify the set up phrases for each issue.

- **Can you tap on the positive?**
  Yes, but always reduce any distress first (to a 0) then do some positive tapping on how you would like things to be.

- **Do you have to say it out loud?**
  NO, but it might have more power and work faster!

- **Why tap with a negative phrase?**
  The negative phrase is truth of your feeling. EFT works with what really is, not what we wish it to be. It is a technique that doesn’t use avoidance – you have to focus on what is really happening to have tapping work the best.
Dr. Peta Stapleton is a clinical/health psychologist and an Associate Professor at Bond University (Australia) who embraces evidence-based practice and is passionate about new and innovative techniques. She has led a world first study investigating the impact of Tapping in the brain through a fMRI study. While known for her food cravings research using Emotional Freedom Techniques or ‘Tapping’, Peta has most recently led the way to having this stress reduction tool be included in schools worldwide. Tapping in the Classroom® is a universal wellbeing program for teachers to use the technique of Tapping with students of all ages in a classroom situation.

She also delivers Evidence Based EFT™ as a skills training for health professionals and has been recognised with the American Harvey Baker Research Award for meticulous research in energy psychology, the Global Weight Management Congress Industry Professional Award of Excellence, and the greatest contribution to the field of Energy Psychology. Evidence Based EFT Training program – www.evidencebasedEFT.com

Peta is a Hay House author of The Science Behind Tapping: A Proven Stress Management Technique for the Mind and Body.

Visit Peta’s website for more information www.petastapleton.com

Peta is Australia’s leading researcher in EFT and she has been studying it extensively for 14+ years. She has research EFT for weight and food issues, depression, smoking, chronic pain and bariatric surgery patients. She has also delivered clinical trials online and taught EFT to high school students for academic success.

See Peta’s research page at Bond University for publications https://research.bond.edu.au/en/persons/peta-stapleton

Apps
• Tapping apps - Apple – Tap Into a Better You
• Android –
• Tap Into a Better You – audio program – http://tapintoabetteryou.com/
• Mind Heart Connect – evidence based practices and events to support the mind body connection, including EFT - http://www.mindheartconnect.com/

Connect on Social Media -
• Facebook: http://www.facebook.com/drpetastapleton
• Twitter: https://twitter.com/PetaStapleton
• LinkedIn: https://au.linkedin.com/in/petastapleton
• Instagram: https://www.instagram.com/petastapleton/
• YouTube: https://www.youtube.com/channel/UCafd2i5Xf1V9ndzyorWR4Og

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EFT Sites for Teachers / Children
EFT Practitioner Resources

www.tappingintheclassroom.com (Tapping in the Classroom is a teacher training for classroom use of tapping on a daily basis)

www.eft4kids.org
www.tappingforkids.wordpress.com
www.tappingqanda.com/2012/03/5-things-you-must-know-before-tapping-with-children-and-teens
www.efttappingtechniques.com
www.eftuk.org/efteducation.html
www.huggitthebear.com

The A to Z of EFT video series – https://www.youtube.com/watch?v=9Y39aIdr_4&list=PLDu9VNLuYbNA9M1zjLnRAthl2P1DK1F

The Science of EFT Film https://www.scienceoftapping.com/

Research Spotlight Series (for EFT Tapping)
https://www.youtube.com/playlist?list=PLPNSwTY0JlN5rFkFenKu- YqZW0N70

Insurance Options

If you are going to use EFT regularly in your practice, we recommend you carry insurance specifically for this. The Evidence-based EFT Training has been accepted as an International Institute for Complementary Therapists (IICT) Approved Training Provider. You may receive a discount on their insurances if you join as a member. https://myiict.com/

Also investigate the Paramedical Insurance with AON, as they specifically list EFT as being covered. They offer 15 months for the price of 12.


Finally, Insurance House offers cover too and lists EFT

**Disclaimer**

*Here is a Disclaimer I use on my website if this is helpful to use - adjust for your own needs.*

Emotional Freedom Techniques (EFT) is still considered experimental in nature although it is gaining in scientific support it is not yet widely accepted as a formally validated scientific technique. All workshops and trainings are intended to promote awareness of the benefits of learning and applying EFT – however, the general public must take full responsibility for their use of it. This material is for your general knowledge only and is not a substitute for traditional medical attention, counselling, therapy or advice from a qualified health care professional. Neither EFT nor the information here is intended to be used to diagnose, treat, cure or prevent any disease or disorder. If you experience any unusual symptoms practicing the technique you should seek the advice of a health professional. Although the results of our research indicated that many people benefiting from the use of EFT with their food cravings, weight loss, anxiety and depression, the responses to the technique are individual. A lack of result or progress may mean you need professional assistance. If you have any concern regarding your health or mental state, it is recommended that you seek out advice or treatment from a qualified, licensed health care professional. Before making any dietary changes or discontinuing, reducing or increasing prescription medications it is recommended that you consult with a doctor, pharmacist or other qualified medical or health professional first.

**Further Training in Running a Business**

There are 2 recommended programs if you are interested:

The EFT MBA success program, run by Alina Frank and Craig Weiner in the USA. This is a 12-month program and is AMAZING. Offers One on One mentorship, serious marketing strategy and real support in order to make your EFT practice a Successful Business. Opens once a year to join so get on the mailing list here for the next one. [https://www.eftmba.com/](https://www.eftmba.com/)

Skilled practitioner Sally Thibault offers a 4-part online program too - How to create a successful EFT business - it covers how to decide on a niche and market your business on a shoe string! - [http://bit.ly/howtcreateasuccessfulEFTbusiness](http://bit.ly/howtcreateasuccessfulEFTbusiness)