

EFT TAPPING PROTOCOL HANDOUT

Summarized by Patricia Fields, PsyD 2016

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KEY POINTS

- Be sure to stay in your body. The tapping does not work as well if you are “out of your body” or preoccupied with other things. If you do feel out of your body, start the Protocol with the Sore Spot points by saying, “Even though I am out of my body, I deeply and profoundly accept myself.” Do this 6 times.
- One of the keys to successful tapping has to do with your ability to focus your attention on what you wish to release or dissolve or, alternatively, what you wish to support or encourage the whole time that you are tapping. While tapping, focus your attention on the issue you wish to address as well as the body sensation that correlates to the issue, that is, wherever the issue is lodged in your body or wherever you want it to anchor (if it’s a positive feeling, thought, belief, sensation or symptom).
- Tap on one feeling, thought, belief, sensation or symptom at a time.
- Keep tapping again and again until your distress is gone or down to a 0 on the intensity scale.
- You can say the phrases out loud or quietly; I prefer to say them out loud when I can.
- Tap on the issue and all aspects. Aspects of an issue are factors related to the original feelings, thoughts, beliefs, sensations or symptoms. For example, if you have a phobia to bridges, you may need to tap on the image of the bridge, the drive to the bridge, the drive over the bridge, the drive after you cross the bridge, the views from the bridge and or any key memories which stimulate your fear. Perhaps there were memorable conversations while on the bridge that also need to be tapped.

Every issue has feelings, thoughts, beliefs, sensations or symptoms which give a context to the issue and all of these need to be tapped separately.

EFT PROTOCOL: FOR ISSUES THAT YOU WISH TO CLEAR AND HEAL

PREPARATION

- Identify the problem or issue you want to address.
- Identify and name the feelings, thoughts or beliefs, sensations or symptom you wish to dissolve that are aspects of the problem. You will be tapping on each of those aspects separately.
- Decide the order in which you want to tap on the aspects and start with the top of your list. You can start anywhere, but many people like to start with the aspect that affects them the most or has the most intensity.
- Rate the intensity of whatever you want to clear on a scale of 1-10 with 10 being very severe. Again, the suggestion here is to start with the aspect that has the most intensity.
- Compose your full tapping statement. Its form goes like this: “Even though I ____ (name the feeling, thought, belief, sensation or symptom), I deeply and profoundly love and accept myself.” Again, take one category at a time to tap on.
- While tapping, do the best you can to love and accept yourself, but don’t worry if you have doubts!
- Compose the short version of your statement, called your Reminder Phrase. Because you will be tapping on a number of points, while focusing on the issue and its corollary body sensation, it is easier to just shorten the long phrase to something condensed. For the bridge phobia example: “Even though I feel frightened crossing the Golden Gate Bridge, I deeply and profoundly accept myself.” The short version would be “frightened” or it could be “Golden Gate Bridge”.

TECHNIQUE for RELEASING OR DISSOLVING with the GOLDEN GATE BRIDGE EXAMPLE

1. Start with the Sore Spot Points and while massaging them say aloud, “Even though I may be singly, doubly, triply or quadruply reversed, I deeply and profoundly accept myself.” Do this 3 times aloud. (This statement will cover most of your reversals whether they are deeper and chronic or more localized to an issue.).
2. I prefer people to say the statements aloud, but if you cannot for some reason, you can say it silently. The Sore Spot Psychological Reversal Points are located this way. Find the “V” in the middle of your collarbone and move your finger down vertically 3 inches. Then go 3 inches to the right and within about a 2 inch radius, you will find Sore Spots. Then do the same procedure for locating the Sore Spot on the other side of your body (Find the “V” in the middle of your collarbone and move your finger down vertically 3 inches. Then go 3 inches to the left and within about a 2 inch radius, you will find Sore Spots). You end up with bilateral points that you will massage.
3. Then at the same Sore Spot point, say your full statement aloud. For example, “Even though I may be frightened about crossing the Golden Gate Bridge, I deeply and profoundly accept myself.” Say this 3 times aloud.
4. Next go to the other points, tapping 6-7 times while focusing on your Reminder phrase. For this example it is “frightened”
5. Here are the sequence of points:
 - a. Top of the head
 - b. At the very beginning of the eyebrows. Both sides or one side.
 - c. At the side of the eyes, on the bony ridge, the level of the pupil. Both sides or one side.
 - d. Under one or both eyes, in the soft portion under the eyes.
 - e. Under the nose, directly in the middle.
 - f. In the cleft of the chin.
 - g. Right underneath the bottom ridge of the collarbone in a small little dip. Two points on either side of the collarbone.
 - h. Place your finger in the center of the armpit and move down 3-4 inches. You can do one or both arms.

- i. End with tapping the Karate chop point. (This is the middle of the edge of the hand, going from the knuckle of the pinkie finger on down until you hit the fleshy part of the hand).
6. Keep tapping the points, until your distress goes down to “0”

TECHNIQUE FOR INSTALLING OR REINFORCING POSITIVE FEELINGS, THOUGHTS, BELIEFS OR SENSATIONS

1. The tapping points are exactly the same.
2. Be sure to start with the phrasing that dissolves the PR, “Even though I may be singly, doubly, triply, quadruply reversed, I deeply and profoundly accept myself.” Say this 3 times.
3. Your statement will focus on the positive, saying something like this, “I choose to feel (emotions) _____, think_____, believe____, sense (as in bodily feelings) _____ even though I may have some disbelief that I can_____ (feel, think, believe, sense, heal).
4. Say that aloud 3 times while massaging the Sore Spots. Here is an example, “I choose to feel confident about the speech I will make at work tomorrow, even though I may have some disbelief in my ability to feel confident.”
5. The Reminder phrase is “Confident”
6. Do all of the rest of your EFT points focusing on the Reminder Phrase and a new sensation correlating with it.
7. Keep going until you can say the statement and really feel what you want to feel.
8. If you get stuck, go back and dissolve any other feelings, thoughts, beliefs or sensations.

