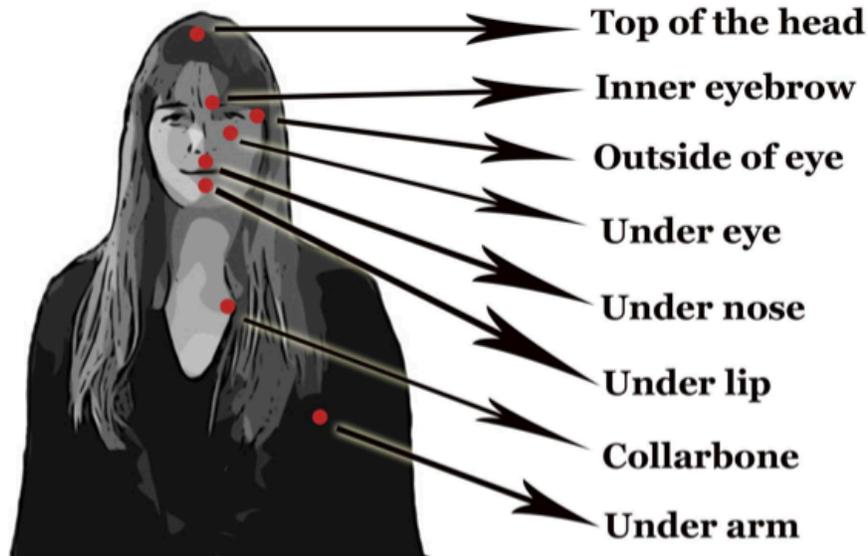


## Short Cut Tapping Sequence for EFT

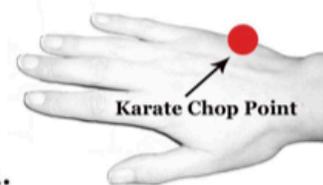


## How to tap using EFT

Choose a specific issue to work with (e.g. a situation or emotion)

Rate the issue on a scale of 0-10 with "0" being no intensity and 10 being as bad as it can be.

Create a set up statement - tap on the karate chop point, located at the side of your hand, as shown, and say "Even though I have this (issue), I deeply and completely love and accept myself." Repeat x 3.



Now we're ready to tap, using the short cut tapping sequence .

As we tap each point we use a reminder phrase (a few words to describe the issue) e.g. "this (issue)" to stay tuned into the problem while we tap.

Starting at the eyebrow point, tap each point quicky but gently, 5 - 7 times, moving downwards through all the points on the chart and finishing with the top of the head point.

Take a deep breath, now rate the issue again. If you have not reached "0" return to the set up statement. If the intensity is much lower, you can re-phrase the set up to " Even though I still have some (issue) ..."  
Contine doing rounds of the tapping sequence until you reach "0".

## EFT QUICK START POINTS:

1. STATE PROBLEM
2. "I LOVE AND ACCEPT MYSELF"
3. TAP WHILE NAMING FEAR/EMOTION/FEELING
4. SQUEEZE WRIST
5. BREATHE IN AND OUT
6. SAY "PEACE"
7. REPEAT UNTIL PAIN LEVEL IS AT A "0"

1. Assess the “pain” (a feeling, an emotion, a memory) on a scale 0-10 with 0 being no pain and 10 being the worst pain imaginable
2. “Tap it out” until it is at a 0
  1. Physical Feeling (ie. Tightness in chest or throat, headache, backache, shoulder, stomach)
  2. Emotion (a negative emotion like sadness, anger, fear, resistance to tapping, etc.)
  3. Remnants (a memory, sound, smell)
3. Tap it out by making the statements at the Karate Chop (KC) on either hand making a negative statement followed by “and I deeply love and accept myself”. Then tap out feelings, emotions, memories on the face and chest points shown above ending with a squeeze of the wrist, deep breath in and say PEACE!
4. Notice any clarity or peace your feel?
5. Is the physical sensation different or has it moved/changed?
6. Do you notice any new emotions that arose?
7. Did the memory change color or are they smiling now?
8. Did the tapping lead you to an earlier memory that needs to be tapped out?
9. Reassess the pain or negative emotion and assess where it is on the pain scale.

10. Remember that you can use “negative” emotions, feelings, memories to heal rather than “kill” you by “tapping them out”. If someone drives you “crazy” use that to tap and get deeper healing.
11. You can also tap “in” a positive and happy memory by tapping the happy feeling and a color into the karate chop points and your chest on the sternum (chest bone).
12. You can tap “in” motivation such as example: “I want to exercise” (while tapping karate chop) and “I exercise and move my body freely” (while tapping sternum).

### Tapping out Pain Migraines, Back Pain etc.

1. Assess the “pain” (Migraine, back, any pain) on a scale 0-10 with 0 being no pain and 10 being the worst pain imaginable.
2. Describe the pain. Is it Tight? Gripping? Throbbing? Burning? Tight? “Tap it out” until it is at a 0.
3. Reassess the pain.
4. What is the number on a scale of 0 to 10?
5. Has the pain changed location? Intensity?

6. If there is still pain left, what color does it feel like? For example if the pain in your head felt “red”, visualize the red color a mist that vibrates, OR a red color that spins.
7. If you chose to have the red color vibrate, then have the vibration localize in that location.
  1. Then have the red vibration grow larger and see it get as big as your body.
  2. Then have the red vibration grow larger until it is as large as the room.
  3. Then have the red vibration grow larger until it is as large as the city you are in
  4. Then have the red vibration grow larger until it is as large as the country you are in
  5. Then have the red vibration grow larger until it is as large as the earth until it is growing into the universe and suddenly explodes and disperses.
8. Reassess the pain. Tap out any residual pain or sensation.
9. If you chose instead of a vibrating mist, to have a spinning color, have the color spin at the pain location (in this example a migraine). Once it is spinning, see if you can have the color spin the opposite way.
10. Then have the spinning color red continue to spin and grow and grow larger than your body, room, city, country, the

earth until it is spinning into the universe and suddenly  
explodes and disperses

11. Reassess the pain.
12. You can also breathe in your “happy color” and memory  
and see it localize in the area where the pain in and breathe  
in all that happy (calm, peaceful etc.) feeling into the area.
13. When we do the above steps we are using Somatic Therapy  
to bring blood flow back and forth in the brain.

Graphic credit given to [www.ferrisjay.com](http://www.ferrisjay.com)

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