

EFT Basic Tapping Sequence: Simple to Learn & Easy to Use

- * Identify your Issue/Aspect of Issue (set your goal/intention)
- * Rate your issue's intensity 1-10 level (SUDs)
- * Set-up tip: wording 'I now Choose' eliminates internal resistance
- * Tap releasing all Aspects of your Issue, one Aspect at a time
- * Tap about x2 or x3 tapping rounds (sequences) then pause
- * Take a deep breath in... and exhale fully
- * Check for remaining SUDs (Subjective Units of Distress) intensity
- * Tap again if necessary, until you reach zero intensity



Janice Smylie 403 710 4443

Tapping Goal: Zero Intensity! Focusing on specific details helps you to clear issues to zero intensity.

3 Keys for Effective Tapping Resolution of Issues

Preparation Tip: Tune in to your Issue (or 'Aspect'). Make a note of Issue to clear & initial SUDs level.

One – Set-up: Using “I’m now CHOOSING to...” eliminates inner resistance

Speak through the issue and the affirmation three times, tapping KC Point

Even though I have this *'problem'*, I now choose to deeply & completely love & respect myself or
Even though I have this sharp & annoying pain in my lower back, I'm now ***choosing to love & accept myself and my body anyway.*** (Use an affirmation statement true/important and 'neutralizing' for you.)

Two – Tapping: SPEAKING HONESTLY = GREATER SUCCESSES!

Tap the EFT tapping chart points, acknowledging your story, expectations, and others' viewpoints.

Tapping stages:

1. **The Truth** – recount the situation details, feelings, and opinions (yours and other's).
2. **Change** – use words for release, letting go, or putting a new choice/possibility into place.
3. **Goal** - Stating clearly your intended goal/outcome gives directions to your sub-conscious.

Three – continue reducing intensities to zero using SUDs Information

Tap through three or four Meridian Tapping Sequences, then re-rate your SUDs intensity level.

- **If SUDs reduces by 2 points or more**, stay focused on reaching zero by asking the question “What fuels the remaining intensity in this situation?” then Tap on that information.
 - a. use your own thoughts, words, and beliefs connected the feeling of intensity, to clear it.
 - b. if you don't know why intensity remains, say: “Even though part of me doesn't know what fuels this remaining intensity, I'm choosing to completely release this problem now, anyway.”
- **If SUDs reduces by 2 points or less** after two or three rounds of Tapping
 - a. tap 9 Gamut Sequence to rebalance Left & Right brain hemispheres
 - b. keep the issue specific (one aspect of an issue) when using the basic Tapping Sequence again
 - c. ask more questions while Tapping (Is there a benefit/reward hidden in this problem?)

Limiting Beliefs Tip: Overcome fears/limiting beliefs by stating them outright when you begin Tapping. I.e. “Even though the Doctor says the only thing I can do about this pain is take pain killers... // Even though part of me fears I won't ever be pain free again... what I really want is to become completely pain free, anyway. // Even though I can't do what _____ wants me to do... I'm asking the Universe to bring a creative and loving resolution to this situation. // Even though I feel there is nothing I can do to resolve this problem or situation right now... I'm asking my creative brain to really search for new possibilities... to offer me inspiration, or options for solutions I might not have seen yet.”