

# HOW TO TAAP (an easy guide to EFT or Emotional Freedom Technique)



## Tapping points on the body:

- 1 - Beginning of eyebrow - **EB**
- 2 - Side of the eye on bone - **SE**
- 3 - Under centre of eye on bone - **UE**
- 4 - Under nose - **UN**
- 5 - Dip in chin - **CH**
- 6 - Edge of collarbone - **CB**
- 7 - Under arm level with nipple - **UA**
- 8 - Crown of the head - **CN**



## Tapping points on the hand (shown here for the left hand):

- 1 - Side of hand under little finger - **SH**
- 2 - Base of thumb nail on right - **TH**
- 3 - Base of index nail on right - **IN**
- 4 - Base of middle nail on right - **MF**
- 5 - Base of ring nail on left - **RF**
- 6 - Base of little nail on right - **BF**
- 7 - Under the little and ring knuckles - **GP**

## HOW TO TAAP..

### Step One: **T = Tune in, Target & Tell the truth**

Tune in by taking your whole awareness to what's bothering you right now. Choose one issue, or one part of this issue if it's big, to be the target for your tapping. Give this targeted issue a name that is really specific to this particular issue. Then take all the time you need to sense your answers to these questions. What is this issue like? What do you picture in your mind's eye when you tune it to it? What do you notice in your body when you tune in to it and where do you feel this? Tell the truth about what it is *really* like, *not* what you wish it was like. Ask yourself, how intense is this issue for you right now from 0 - 10?

*This step tunes in the energetic disturbance that underlies the problem so we need to tell the truth even if it feels 'negative'.*

### Step Two: **A = Acknowledge & Accept**

When we acknowledge our issue is there and accept that it is real *without* seeking to change it we paradoxically clear the way for change and healing to occur. Tap on the side of the hand point and repeat 3 times, 'Even though I have this (name of the issue), I am OK and I accept how I feel just for now'. Any statement that helps you move towards accepting yourself and the issue just as it is works (see reverse of sheet for some alternatives). Acceptance doesn't mean you like it or you want to keep it!

*This step is called the 'Set Up Statement' and neutralises any subconscious resistance to overcoming the problem.*

### Step Three: **A = Attention, Awareness & Allowing**

Now it's time to 'allow' the issue to be there just for now while we tap and keep our attention and awareness on it. This part of the process often brings great relief, change and insight into ourselves and our issues. Tap lightly with the tips of two fingers on each tapping point 7 or 8 times, while naming the issue and describing the answers to the questions from the first step out loud. You can just tap the body points, or the body *and* the hand points. You might want to tap one or two rounds.

*Keeping your attention and awareness on the issue while tapping the points clears the energetic disturbance and is called the 'Tapping Round'. The words are known as the 'Reminder Phrase'.*

### Step Four: **P = Process, Persist & stay Present**

Now you can process the results, tune back in to your targeted issue as you did in step one. What is it like now? What do you picture now? What do you notice in your body now? How intense is it for you now? What name would you give to the issue as it is now? And persist, keep repeating all four steps for the same targeted issue until it no longer bothers you. There is no need to *try* to change anything or 'make it better'.

*Stay present with your experience just as it is and keep tapping, it will 'get better' naturally!*

## HOW TO TAAP (an easy guide to EFT or Emotional Freedom Technique)

### Example TAAP-ing round for a pain in the body:

#### Step One: **T = Tune in, Target & Tell the truth**

I have just twisted my ankle and I begin by taking my whole awareness to what's bothering me right now. I notice that I am stressed because I am late for an appointment, I'm hot and bothered and my ankle really hurts. I choose to take my ankle as the target for my tapping. I give it a name that is really specific to this issue in this moment, 'Stupid Steps Ankle Pain'. Then I close my eyes and take all the time I need to sense the answers to these questions. I ask myself, What is it like? 'A hot stabbing ache in my right ankle'. What am I picturing? 'The steps that I was rushing down when I twisted it.' What do I notice in my body? 'My face is screwed up in pain, my breathing is tight and cross and my ankle is throbbing.' How much does it bother me? - 10

#### Step Two: **A = Acknowledge & Accept**

Now I have a targeted issue, a name for the issue that is really specific to this particular issue in this particular moment and some really good information about how I am experiencing this issue. So now I can start to tap. I'm going to acknowledge that the problem is there and accept the truth about how it is and how I am just for now. I tap on the side of the hand point (**SH**) with all the fingertips of my other hand and say the 'Set Up Statement' 3 times out loud. I'm going to use the exact words from my answers to the questions in Step One in any order I feel like.

**SH** 'Even though I have this Stupid Steps Ankle Pain, I am OK and I accept how I feel just for now.'

**SH** 'Even though it's like a hot stabbing ache in my right ankle and I can see the steps I was rushing down, I am OK and I accept how I feel just for now.'

**SH** 'Even though my face is screwed up, my breathing is tight and cross and my ankle is throbbing, I am OK and I accept how I feel just for now.'

#### Step Three: **A = Attention, Awareness & Allowing**

Now I'm going to allow the issue to just be there while I keep my attention and awareness on it by repeating 'Reminder Phrases' as I tap on all of the body and hand points (**from EB to GP**) for a full 'Tapping Round'. A 'Reminder Phrase' is simply the 'Set Up Statement' without the 'Even though' and 'I accept myself' parts. I'm going to use the exact words from my answers to the questions in Step One in any order I feel like while making sure that I am keeping all my attention on the original targeted issue.

**EB** - 'Stupid Steps Ankle Pain' **SE** - 'Hot stabbing ache in my right ankle' **UE** - 'I can see the steps I was rushing down' **UN** - 'Stupid Steps Ankle Pain' **CH** - 'My face is screwed up and my breathing is tight' **CB** - 'My ankle is throbbing' **UA** - 'My ankle is throbbing and my breathing is tight.' **CN** - 'It's like a hot stabbing ache in my right ankle.' (I continue in the same way for all the hand points)

#### Step Four: **P = Process, Persist & stay Present**

Now I need to process the results, so I tune back in to my targeted issue and whatever else is bothering me right now just as I did in Step One. What is the issue like now? 'A warm spreading pain in my right ankle'. What am I picturing now? 'The person who helped me up from the ground'. What do I notice in my body now? 'My face has relaxed, my breathing is still quite tight, my ankle is buzzing'. How much is it bothering me now? '6'. What name would I give to the issue as it is now? 'Stupid Me Ankle Pain'. What else is bothering me? 'I'm still late for my appointment.' Then I will need to persist. There are several aspects to this issue (the ankle pain, feelings of stupidity, anxiety about being late etc) that will need to be targeted one by one in subsequent tapping rounds. It is really important that I stay present to what's happening as I tap and continue to use my own words that describe the truth of my experience. I will keep repeating all four steps for each targeted issue until the issues have transformed, I feel good and none of it bothers me any longer. I will also visit the Doctor for a check up if any pain, tightness or swelling remains!

### Alternative statements of acknowledgment and acceptance:

Adapt these to suit you or make up your own!

'Even though I have this (name your problem), I am still me and I am OK (or I am alright).'

'Even though I have this (name your problem), I (choose to) accept who I am and how I feel just for now.'

'Even though I have this (name your problem), I accept myself even with this problem just for now.'

'Even though I have this (name your problem), I am here noticing it with curious attention.'

'Even though I have this (name your problem), I acknowledge that it is here and I'm tapping for it now.'

'Even though I have this (name your problem), I (choose to) love and accept every part of me anyway.'