

TAPPING (Emotional Freedom Technique) FOR STRESS MANAGEMENT, WELLNESS & PAIN

Bob Schmidt, M.S., LPC

www.BobSchmidtLPC.com
Counselor.bob@hotmail.com

Here's how a basic Tapping sequence works:

- **Identify the problem or issue** you want to focus on. It can be general anxiety, or it can be a specific situation or issue which causes you to feel sad, anxious, etc.
- Consider the problem or situation. How do you **feel** about it right now? **Rate the intensity** of what you are feeling, with zero being the lowest level and ten being the highest.
- Compose your **Set up Statement**. Your set up statement should acknowledge the problem you want to deal with, and then follow it with an unconditional affirmation of yourself as a person.

Examples of Set up Statements:

"Even though I feel stressed, **I deeply and completely accept myself.**"

Or, an alternative 2nd half (the balancing statement) **"I am doing the best that I can at this time"**

"Even though I worry about _____, **I deeply and completely accept myself.**"

Alternative balancing statement: **"That's just the way it is right now."**

"Even though I panic when I think about _____, I deeply and completely accept myself."

"Even though I'm upset about _____, I deeply and completely accept myself."

"Even though I struggle with _____, I deeply and completely love & accept myself."

"Even though I'm feeling scared, I deeply and completely accept myself."

The tapping sequence:

1. **Pick a set up statement** that feels true for you. Use your own words.
2. Say it 3 times as you tap on your Karate Chop area
3. Then begin tapping on areas 2 through 9 and repeat what the issue is that is bothering you. Ex: *"I'm worried about my daughter."* *"I feel bad about what I said to John,"* *"I feel panic when I think about the situation I'm in."*
4. At the end of the sequence stop and take a deep breath. Did your intensity number go down? If not keep tapping on it until it does. It is suggested that you tap it down to a 2 or lower.

You may experience some clarity and find something more specific to tap on. If so, first tap the initial issue down to a 2 or lower and then create a new set up statement and do a few rounds of tapping.

Remember, it does not have to be perfect to work. The important thing is that you keep doing the tapping. The more you do it, the more effective it will become.

TAPPING FOR PAIN

To release negative emotions and thoughts

Try it now with this initial sequence. Here's how a basic Tapping sequence works:

- **Identify the area of pain** you want to focus on. What words, thoughts come to mind about the pain?
- **What emotions does the pain bring to mind?** How do you **feel** about it right now? Is it anger, frustration, exhaustion? **Rate the intensity** of what you are feeling, with zero being the lowest level and ten being the highest.
- **Compose your set up statement.** Your set up statement should acknowledge the problem you want to deal with, and then follow it with an unconditional affirmation of yourself as a person.

Examples of Set up Statements

"Even though I feel this pain and it prevents me from doing things, I deeply and completely accept myself."

Or an alternative 2nd half (called the balancing statement), "I am doing the best that I can at this time"

"Even though I feel this pain (describe the pain) , I deeply and completely accept myself." Alternative balancing statement: "That's just the way it is right now."

"Even though when I feel this pain in my body it makes me (angry, sad, depressed, frustrated) , I deeply and completely love & accept myself. "

"Even though I struggle with this pain and it frustrates me because I can't do many things I want to, I deeply and completely accept myself."

Now follow the tapping sequence outlined in the previous page:

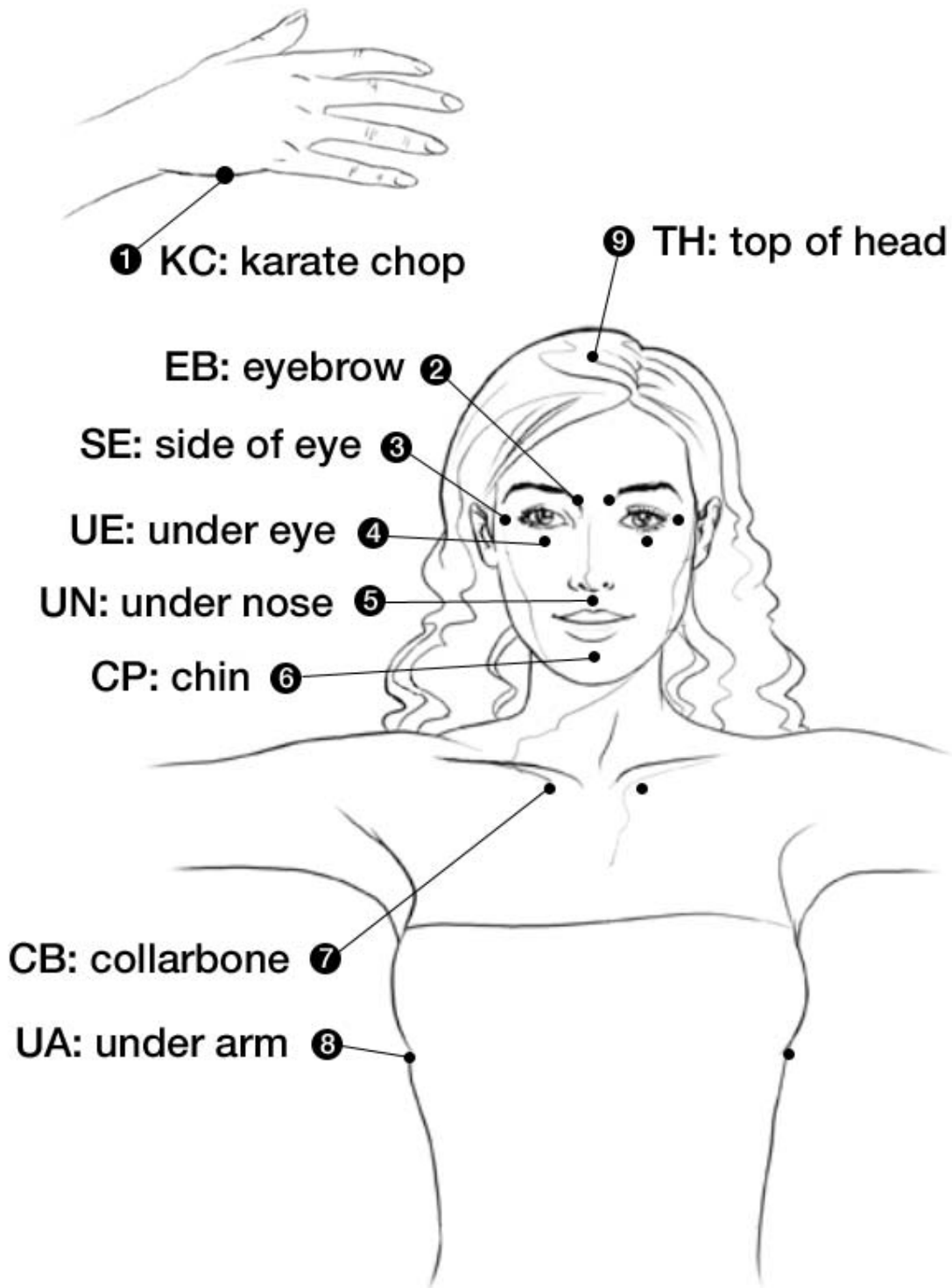
Tapping with young children

- You can Tap with children as young as 2 or 3 years old.
- You need to use words appropriate for their age. "*I feel yucky.*"
- It may be easier to rate the intensity by using their arms to show how big it is.
- You can have the child Tap on a stuffed animal if they are more comfortable.
- You need to make the balancing statement age appropriate. "*I'm a good boy and my momma loves me.*" "*I'm doing the best that I can.*"
- There is an excellent book just for children. ***The Wizard's Wish*** by Brad Yates.

An EFT trained therapist can use tapping to treat:

- Anxiety
- Trauma & Post Traumatic Stress Disorder
- Grief
- Panic Attacks
- Phobias

THE TAPPING POINTS



Resources:

The Tapping Solution by Nick Ortner

www.TheTappingSolution.com

www.TappingSolutionFoundation.com