

Beginner Tips for EFT Tapping

Here are some important tips to keep in mind to increase your success with the Tapping technique.

Tap on either side of the body, or both at the same time.

The majority of the Tapping points exist on parallel meridians that run along both sides of the body. You can tap on either side of the body to stimulate a certain point, and you don't have to do both sides at once (although you can if you choose to). You can also alternate sides as you go – whatever feels best.

Use a firm, but gentle pressure.

A good rule of thumb is to tap as if you were drumming on the top of your desk or testing a melon for ripeness. It should always be comfortable.

You can use all four fingers or just a few.

Do what works best for you to stimulate each point. For example, you may want to use just your index and middle fingers for the more sensitive points on the face and head. For the side of the hand, you might use all four fingers from the opposite hand, and you might even try the whole hand for the collarbone and underarm points.

Allow your intuition to lead you.

As you Tap and speak about what is bothering you, follow your gut. You don't need to use any fancy language; simply speak your truth. And let your intuition also guide you for how long and how many rounds of Tapping feel right for you.

It doesn't have to be perfect.

When you are starting out, the sequence might feel hard to remember. That's okay; there's no one way to Tap! It still works, even if it isn't perfect. Just do your best, stick with it, and don't get too caught up in the details.

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How to Tap Basic Tapping Sequence

Step 1. Identify the problem you want to focus on
This can be general anxiety, a specific situation that you are stressed about, a physical ailment, or a fear or phobia, for example. It doesn't matter what it is, as long as it is causing you distress or discomfort and getting in the way of you feeling your best. Ask yourself, "What is on my mind? What am I stressed or bothered about? What is my most pressing issue right now?"

Step 2. Consider how you feel before starting
When you think about the feeling, problem, or situation, how do you feel about it right now? How intense is it for you? Rate the intensity of your distress on a scale from 0 to 10, with 0 being the lowest intensity and 10 being the highest.

Step 3. Compose a setup statement
Tapping begins with something called a "setup statement." This statement acknowledges the problem you want to deal with. It should focus on accepting where you are and how you feel right now.

A setup statement often follows a framework that sounds something like this:

"Even though I [fill in the blank with your specific problem or feeling], I accept how I feel."

There are a lot of different ways to compose a setup statement.

Here are a few examples:

"Even though I feel this anxiety, I accept how I feel."

"Even though I am nervous about this presentation, I love and accept myself."

"Even though I have this back pain, I honor my feelings and give myself permission to relax."

This setup statement helps you neutralize any judgment you may have about the problem and sets you up for the rest of the process

Step 4. Repeat the setup statement three times while Tapping on the side of the hand

Take a deep breath in, and then out. Now it's time to start Tapping! Gently tap your fingertips on the Side of the Hand (the Karate Chop Point) using your opposite hand. Continue Tapping on the Karate Chop point as you repeat your setup statement (either out loud or in your mind) three times over. How do you feel now? How many minutes ago before you began Tapping?

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Step 5. Follow the Tapping sequence through the remaining Tapping points

Next, you will move through the remaining eight Tapping points starting at the Eyebrow and ending at the Top of the Head.

Eyebrow → Side of the Eye → Under the Eye → Under the Nose → Under the Mouth → Collarbone → Under the Arm → Top of the Head

A good rule of thumb is to tap about 5-7 times on each Tapping point before moving on to the next point, but you can do whatever feels right for you.

As you tap through each of the points, simply say how you feel – being honest with yourself and acknowledging where you are emotionally. You can do this in your mind, or out loud.

Tips:

- It can be helpful to think about this as giving voice to the recording in your head, which you are likely already playing round and round.
- You can imagine calling up a friend to vent about the problem and telling them about how you are feeling.
- For the example about giving a presentation, you might say things like, “I’m so nervous about this presentation... I’m worried about being in front of so many people... I feel so much pressure to perform... What if I do poorly?... I don’t want to embarrass myself... This pressure and anxiety are overwhelming...”
- You can also try the Tapping method of coming up with a simple reminder phrase that you repeat as you tap through the points. It can be something basic like, “my anxiety” or “my nerves about the presentation.”

This part of the process allows your brain to understand that even though you are feeling this stress, anxiety, or other difficult emotion, you are still safe.

One initial aversion to this process is that you may feel like you’re “anchoring in” the negative. But I like to refer to it more as speaking the truth about how you’re feeling, since you’re already likely repeating these thoughts in your head all day long already. 😊

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Step 6. Assess how you feel now

Once you tap through each of those eight points as described above, you have completed a round of Tapping. Nice work! Now, it's time to assess how you feel.

Think about the problem again. How intense is your experience now? Give the intensity a rating on the same 0 to 10 scale as before. Have you noticed any shift compared to a few minutes ago before you began Tapping?

If the intensity is still higher than you'd like, that's okay. You can continue to Tap until you feel better.

Step 7. Do additional rounds of Tapping as needed

If the intensity of your feelings is still higher than you'd like, keep Tapping. Go back to Step 3 and proceed through the steps of the Tapping sequence again. Continue working your way through the Tapping points in sequence, doing additional rounds of Tapping as needed until you feel better.

As you go through the rounds, you can adjust your setup statement slightly to account for any change or progress you might feel.

Step 8. Move towards the positive with a final round of Tapping

Now that you've focused on releasing the issue and your emotions around it, you can work on instilling some positive feelings in its place.

For this final step of the Tapping technique, you will move through the Tapping sequence as you did earlier (starting at the Eyebrow and ending at the Top of the Head). This time, however, as you Tap through the points you will think or speak phrases that help you feel empowered and positive as you move forward.

Examples could include:

"I am feeling calm and confident."

"I am becoming more relaxed and joyful."

"Feeling relaxed and at ease..."

"I have faith in my ability to change."

"I am prepared and ready for ___."

"This is my time."

"All is well."

"I am safe."

Step 9. Celebrate!

You've just completed your first Tapping session. You now know how to Tap! Way to go!

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