

## Tapping Points

For positions, please refer to the graphic overleaf ←

- KC Karate Chop for the set-up phrase, edge of the hand under the little finger
- 1 Top of the head, where the crown is
- 2 Inside the eyebrow, on the bone
- 3 Outside the eyebrow, on the bone
- 4 Under the eye, on the bone
- 5 Under the nose
- 6 Chin; in the dip
- 7 Collarbone; just in the dip
- 8 Under the arm, level with the nipples / bra strap
- 9 Wrist; *Inside* the wrist, across the whole wrist (lots of meridians here)
- 10 Thumb; Either side of the thumb, in line with the base of the nail
- 11 Forefinger; either side of the finger in line with the base of the nail
- 12 Middle Finger; either side of the finger in line with the base of the nail
- 13 Ring Finger; either side of the finger in line with the base of the nail
- 14 Little finger; either side of the finger in line with the base of the nail
- 9G 9-Gamut; on the back of the hand, in the dip between the ring and little fingers.

So, how to do the 9-Gamut

- While continuously tapping on the gamut point (shown below)
- Eyes closed
- Eyes open looking directly forward
- Then, keeping the head still and only moving eyes, look:
  - Down to the left, then down to the right
- Again, keeping the head still, roll the eyes
  - Clockwise then anti-clockwise (it doesn't matter)
- Sing a tune for a few seconds (happy birthday / row the boat)
- Count to ten
- Sing a tune for a few seconds
- Stop tapping gamut point, take a deep breath in, then release it through the mouth

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# EFT - How to Tap Anxiety-Away for Kids



This leaflet is a guide to help parents work with their children using EFT (Emotional Freedom Technique). If your child is under 5 I would recommend that you work with a practitioner and you tap about your child's problem surrogately; this means that you tap for your child, rather than your child tapping themselves.

EFT is a highly effective technique at releasing anxiety (or any emotion/temporary state of being). The combination of the rhythm of the tapping and **where** we tap (see graphic on p3) calms the fight/flight/freeze part of the brain and releases the emotion and the energy attached to that emotion. This enables us to move on feeling calm and relaxed.

For instance, your child feels anxious about a car journey later today. Obviously children have simpler language than adults and may describe it as "nervous in my tummy", or "feeling sick in my tummy". To begin, we first need tap on the Karate Chop point (your child can copy you as you do it) while we create a 'Set-up Phrase'. We do this so that we can tune into the emotion or problem, giving it our full attention.

The set up phrase has 3 specific components: opening statement, the description and the closing. We 'open' the set-up phrase with "Even though" to enable us to accept what we perceive as shortcomings/ failures, it helps us be kind and loving towards ourselves and acknowledges that this is what we are feeling RIGHT now.

We then insert what is bothering us and where we feel that in the body; the description. This information is important as it gives us words to use, but also helps us keep track of the feeling as it changes.

Be as clear as possible on what is bothering your child. How strong out of ten is that feeling; 1 being hardly any feeling at all and 10 being as bad as it can get, we call it a SUDs level, Subjective Units of Distress. *Note it down.* This will help you keep track of your progress.

- To get more information, ask them: Where do you feel it (inside the body/ outside, inside an area/organ etc)?
- What size is it?
- What's its colour?
- What's it made of, what's its texture ?
- What is it doing? (swirling, bouncing, watching, flaming, burning etc)

Use this information to help you create the set-up phrase. If they don't know, don't worry just get the information that they can give you without pressuring them for →

anything else; they cannot do this wrong or fail at it.

We then finish with the closing aspect of the statement such as “I am a great kid and mummy loves me” or “mummy and daddy love me very much”. Chose something that feels true for them and makes them feel good.

The set up phrase looks something like this: “Even though (opener) I feel really nervous in my tummy when I think about going on the car journey (description), mummy and daddy love me very much (closure)”

Be as specific as possible, so that it feels as true as possible for them.

If they are experiencing more than one emotion, chose the one that feels the strongest first, then address the others once the first one is at about level 2-0. Any higher than 2 and you’ll both need to keep tapping.

So, once we have the set-up phrase, we tap on the karate chop point and repeat it three times. This gives us a chance to really tune into the issue and be sure that the phrase is as accurate as possible. If it needs tweaking, do so; this is about your child and how they feel, being as accurate as possible for great results.

Once we have done the set-up phrase we can then begin to tap through the other points from top of the head downwards, using “reminder phrases”. The reminder phrase could be something like:

“this twirling nervous feeling in my tummy” “all this sickly feeling” “swirling sickly feeling” etc, mix between statements as you both tap on each point.

Why say reminder phrases? This keeps us tuned into the problem; humans are really good at getting distracted from uncomfortable emotions, so the reminder phrase is a good way to keep us on track. Say it out loud. Tap on the point whilst saying the reminder phrase and let it sink in for a moment, then move to the next point.

There is no right or wrong order; we just do ‘top down’ to make it easier. If you miss a point out, don’t worry, you can get it on the next round. Tap gently; energy is subtle, we don’t have to hurt ourselves to do this. You can tap on either side of the body, or as some do, both sides at the same time; it’s entirely up to you.

Do this tapping round for 2/3 rounds. Check in with your child; ask them to rate the feeling/ emotion, what does it look like now etc. Is it below 2? Has it shrunk? Or disappeared? Is it a different colour?

If it’s above 3, do some more tapping. You may find that the emotions shift part way through, that’s ok. Your child may give you more information, tap on that too. Their bodies are trying to communicate, so listen and acknowledge it. Also note that children tend to shift emotions much more quickly than adults, so you may find that the feeling passes quickly or another comes up, that’s ok, work with what’s going on.

You might find it useful to break down the problem and work on it in stages. For instance, say they are anxious about going in the car, they worry about something happening whilst in the car (sickness, needing the loo or even something like having a car crash) and maybe there are feelings about what they are going to be doing once the journey is done. Break it down & write it down– feelings, colours, place in/around the body, how much out of ten (SUDs). Is there anything else? Write it all down and work from the beginning.

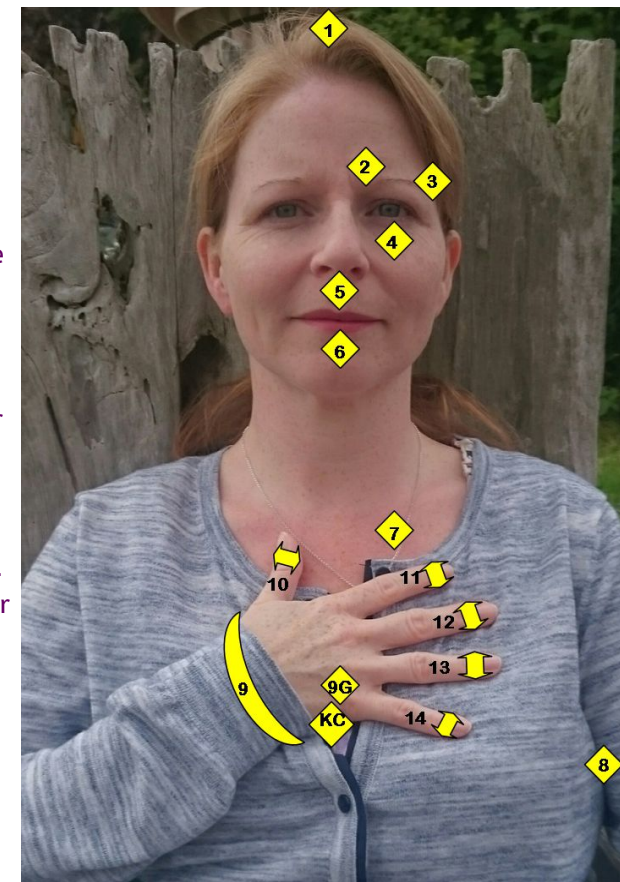
Once you’ve got the levels down and they feel better, you can start to add in “choose to” statements. This means that we are inviting our mind to be open to the possibility that the situation and how we feel about it is different and that we feel more able. For instance: “Mummy says it’s ok for me to tell her when I start to need the toilet” or “I choose to feel safe to speak up” What is their end goal feeling or action? Work towards enabling that feeling/action. Also work towards losing the “maybe” and be able to say “i choose”

Finally; sometimes, I like to use the 9-Gamut to discharge the energy from the body/ lock in the new relaxed energy, so use this whenever you feel you want to. The singing and counting uses both sides of the conscious brain, so creating shifts in many areas of the brain.

If you feel you want help tackling something specific or that you’re just not sure; look for a practitioner in your area, or get in contact with me, I work over the internet via Skype/Zoom as well as One-to-One (contact info overleaf). Children’s appointments are £50 for an approximately 60 minute session. If you wish to work with me surrogately for your child, your child does not need to be with you, appointments will last 90 mins and cost £80.

Wishing you the best of luck !  
Claire

### The Tapping Points



for clarification on points, please see overleaf