

## 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

EFT (Emotional Freedom Technique) 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 then enables you to move on feeling calm and relaxed.

For instance; you have to make an important phone call, but just thinking about it makes you feel anxious and you feel a heaviness crushing your chest and you can't breathe properly. To begin, we first need tap on the Karate Chop point 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 compassionate towards ourselves and acknowledges that this is what we are feeling RIGHT now.

We then insert what is bothering us and where we feel it in the body; this is 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 you. 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 scale. *Note it down.* This will help you keep track of your progress.

To get more information, ask yourself:

- Where I 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– is it swirling, bouncing, flaming, sitting etc.

Use this information to help you create the set-up phrase. If you don't know, *guess*; you cannot go wrong, honest! (example of this is overleaf).

We then finish with the closing aspect of the statement such as "I completely love and accept myself". If you find, when you first start tapping that you are really uncomfortable with "I completely love and accept myself", you could use, "I love



and accept myself anyway” or “I acknowledge how I feel” or “I’m ok”, then move gradually towards “I completely love and accept myself”. This is always the target phrase and if you can say it without outright rejection, then stick with it; it will get easier- I promise.

The set up phrase looks something like this: “Even though (opener) I have a big dark grey boulder of anxiety crushing my chest and I feel like I can’t breathe when I think about making that phone call (description), I completely love and accept myself (closure)”

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

If you 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 down to 0. Any higher than 2 and you 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 you and how you feel, and you are trying to care for yourself, so allow that to happen.

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 grey boulder of anxiety” “all this anxiety heavy on my chest” “grey anxiety when I think about making that phone call” etc, mix between statements as you 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 yourself, rate that emotion, what does it look like 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. You may find that more information comes up, tap on that too. Your body is trying to talk to you, listen and acknowledge.

You might find it useful to break down the problem and work on it in stages. It might be helpful to break it down into the parts involved. For instance, say your anxious about going out to meet friends at a local restaurant. Break it down: getting ready– how does that make you feel? If it feels uncomfortable, write down the descriptors. Next– getting to the restaurant– are there aspects of the journey that feel bad for you? Again, write it down– feelings, colours, place in/around the body, how much out of ten (SUDs). Then walking into the restaurant– what’s triggering for you within this stage? Is there anything else? Write it all down and work from the beginning.

Once you’ve got the levels down and feel able, 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: “Maybe it would be ok for me to feel relaxed about seeing my friends and trying new foods” or “I am choosing to feel confident and relaxed about tonight”

What is your end goal? If it’s to have a good time and feel reconnected, then you could have a statement such as “Maybe it’s ok for me to look forward to tonight and to feel empowered and confident” 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).

Good Luck !

## The Tapping Points



for clarification on points, please see overleaf