

TOOLS FOR YOUR TOOLKIT: ENERGY PSYCHOLOGY: TAPPING

Energy Psychology is also known as Emotional Freedom Technique (EFT) and Tapping. It is easily understood as a combination between ancient Chinese acupressure and modern psychology.

The Tapping Trauma Tree
(Created by Tapping expert Lindsay Kennedy)

Illustration by Rachelle Meyer



Subconscious Programming
from conception to 6-years-old
comprises about
80% of our beliefs!

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Tapping is very easy to learn, and will help you:

- Remove Negative Emotions
- Reduce Food Cravings
- Reduce or Eliminate Pain
- Implement Positive Goals

Tapping does this by stimulating the body's energy flow meridian points and reduces activity in a part of your brain called the amygdala (your own personal alarm system, warning you of real and perceived danger.) It triggers the release of cortisol and adrenaline.

Tapping on these points, while thinking about your issue, problem, trauma, etc. "defuses" the painful emotions associated with event or memory. You create a new normal where your performance is not affected by your emotions.

Symptoms:

Pain, illness, PTSD, addictions, trauma, etc.

Emotions:

Shame, guilt, fear, anxiety, depression, anger, etc.

Initial / Sustaining Events:

Abandonment, abuse, criticism, bullied, unloved, rejected, addicted parents, etc.

Limiting Beliefs:

I am broken.

I am not good enough.

I am just not that type of person who deserves _____.

I am not safe.

I am not smart.

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#1 The Setup

Choose a Current Problem _____

Rate the initial intensity _____ Intensity After Tapping _____

0 is no intensity and 10 is overwhelming

Speak the setup phrase out loud while tapping on the KC:

“Even though I have this _____.”

(describe the problem in detail)

“I deeply & completely love and accept myself.”

#2 The Reminder

This is just a couple words

“This _____.”

(describe the problem in a more simplified way.)

to keep the problem you are addressing **at the forefront** while you feel the intensity change during the process below.

Now move to the other 8 points. *See the Tapping Points Chart*

You will not use the KC point unless working on a new emotion that comes up.

Repeat the reminder on each point.

Tap through the 8 points starting at the EB through ToH about 5 X

#3 The Check In

Ask yourself:

“Did this feeling shift?”

“How do I feel now on a scale of 0 -1?”

Write that above where you wrote your starting intensity.

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* Keep tapping until the intensity is manageable at a 3 or less.

Then you can move on to other thoughts or emotions that may have come up during this process.

If so, this is normal as we are peeling back the associated issues as well.

If the symptom doesn't go away, ask what is the emotion, event or limiting belief behind it?

Start with asking what the emotion is behind it and progress as needed to achieve an intensity of 3 or less.

Repeat this step 3x

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KC = Karate Chop Point

EB = Eye Brow

SE = Side of the Eye

UE = Under the Eye

UN = Under the Nose

Ch = Chin

CB = Collar Bone

UA = Under the Arm

TOH = Top of Head

