

EFT Basic Tapping Sequence: Simple to Learn & Easy to Use

- * Identify your Issue/Aspect of Issue (set your goal/intention, if known)
- * SUD is Subjective Units of Distress a 1-10 personal emotional intensity
- * Rate your issue's 1-10 intensity level (1 is low... 10 is extreme intensity)
- * Set-up tip: wording 'I now Choose' can eliminate internal resistance
- * Tap to release all Aspects of your Issue, one Aspect at a time
- * Tap about x2 or x3 Tapping rounds (sequences) then pause...
- * Take in a deep breath... and exhale fully, then re-rate SUD intensity
- * Re-focus on whatever intensity remains, and repeat Tapping until you reach zero intensity



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403 710 4443

Tapping Goal: Zero Intensity! Focusing on specific details helps you to clear issues to zero intensity.

3 Keys for Effectively Tapping to Resolve Issues

Choose an Issue to change. (*Part* of an Issue is an 'Aspect'.) Note the Issue and initial 1-10 intensity.

One – Set-up: Using “I’m now CHOOSING to...” eliminates inner resistance

Speak through the issue and the affirmation three times, while continually tapping KC Point

Even though I have this *problem*, I now *choose to* deeply & completely love & respect myself or

Even though I have this sharp & annoying pain in my lower back, *I’m now choosing to love & accept myself and my body anyway.* (Use an honest affirmation statement important /'neutralizing' for you.)

Two – Tapping: Speak your truth honestly while Tapping equals greater successes!

Tap the EFT tapping chart points, acknowledging your story, expectations, yours and others' viewpoints.

Suggested Talk and Tap Tapping stages:

1. The Truth – recount aloud, acknowledging situation details, feelings, opinions and expectations.
2. Change – Tap using words for release, letting go, or putting a new choice/possibility into place.
3. Goal - Stating clearly your intended goal or outcome gives clear directions to your sub-conscious.

Three – continue reducing intensities to zero using 1-10 SUD Information

Tap through three or four Meridian Tapping Sequences, then re-rate your SUD 1-10 intensity level.

- **If SUD reduces by 2 points or more**, stay focused on Tapping to zero by asking yourself the question “What remains intense/unresolved about this situation for me?” then Tap on that information.
 - a. use your own thoughts, words, and beliefs connected to the feeling of intensity, to clear it.
 - b. if you don't know why intensity remains, say: “Even though part of me doesn't know why there is still remaining intensity, I'm choosing to completely release all of this problem now, anyway.”
- **If SUD reduces by 2 points or less** after two or three rounds of Tapping, do the following steps.
 - a. Tap 9 Gamut Sequence (rebalance Left & Right brain hemispheres to release resistance/trauma)
 - b. refocus on the issue (or the specific aspect of an issue) as you return to the basic EFT Tapping
 - c. ask yourself more questions while Tapping (What possible benefit in keeping this problem?)

Limiting Beliefs Tip: Overcome fears/limiting beliefs by stating them outright when you begin Tapping. ie. “Even though the Doctor says the only thing I can do about this pain is take pain killers... // Even though part of me fears I won't ever be pain free again... what I really want is to become completely pain free, anyway. // Even though I can't do what _____ wants me to do... I'm asking the Universe to bring a creative and loving resolution to this situation. // Even though I feel there is nothing I can do to resolve this problem or situation right now... I'm asking my creative brain to search deeply for new possibilities... to show me more inspired thinking... with more options and possibilities for solutions which I might not have seen yet.”