

# The Tapping Toolkit

Going Beyond The Basics Of EFT

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## Beyond The Basics Of EFT/Tapping

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*Behind every good writer there is a great proofreader.*

*Thank you Karen for keeping me straight and helping me be a  
better writer.*

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# Introduction

Emotional Freedom Techniques or EFT (sometimes known as tapping) was created in the 1980s and has steadily been growing in strength since then.

Initially EFT was the preserve of the alternative practitioner and self-help enthusiast. It looks and sounds strange and at first glance it's hard to imagine how it could possibly have any effect on emotional difficulties.

Nearly forty years of experience has shown that it can do just that. In that time the evidence has moved from the anecdotal case study to formal research studies.

There is now a substantial body of research evidence that shows that EFT is effective for working with trauma, depression, anxiety and other conditions.

In the forty years since its inception the tapping techniques have spread far and wide and have been tested and adapted in many ways.

Each practitioner brings their own prior experience and influences to bear on the standard techniques to create new variations on a theme.

This book is a collection of my variations on a theme that I've developed over the years. I have found them to be helpful in my own self development and in my work as a therapist.

It is a collection of techniques and some of the attitudes and perspectives that I use to get the best out of them.

## **What this book is:**

This book is:

- A description of techniques that you can integrate into your tapping practice - either for self development or client work.
- An opportunity to exercise your awareness and judgement about what to use these processes with and how to apply them.
- An invitation to try things out. If a particular technique doesn't work for you. Try something else.
- A work in progress. Most of these techniques have been enhanced over time and I fully expect that process to continue. If you come up with an improvement or variation to a process please let me know.

## **What this book is not:**

This book is not:

- A collection of tapping scripts where you follow along with my tapping suggestions. You'll need to do some thinking or feeling of your own to get the best from this book.
- A guide for working with specific problems such as abundance, weight loss, self esteem and so on. You can't go to the index (there isn't one) and look up your specific issue. Instead, I'll be inviting you to look a bit more deeply into what is going on and tap on that.



- A substitute for appropriate mental health care. If you need mental health care, please get it from an appropriately trained mental health practitioner.
- A collection of miracle cures or one minute wonders. Many of these techniques are ways of working effectively with small parts of the whole problem so that you can start making some progress. The whole problem may take some time and effort to solve.

Applying these techniques will take some effort and application - not too much I hope - I am after all quite a lazy person and in favour of doing the simplest thing that could possibly work.

## How to use this book

Most of the techniques described in this book can be used like recipes in a cook book to get the result you want.

You can just go to the section that interests you and pick up a process.

Or, you might like to read the whole book and identify the processes that resonate with you and your situation.

A few of the longer processes make use of some of the shorter techniques but it should be easy enough to find your way around to what you need.

I recommend that you try each process out on minor issues first to get a sense of how that technique works. Some of them (the belief-flip in particular) take some time to get familiar with. I suggest you get acquainted with the techniques by practising in the shallow end of the pool before diving into major issues.

If you have any questions about the processes please drop me a line to [andy@practicalwellbeing.co.uk](mailto:andy@practicalwellbeing.co.uk)

## **A reminder of the blindingly obvious**

I probably don't have to say this, but I will anyway, because I have seen a lot of people read EFT books and go on EFT courses and not use the techniques they have learned.

These techniques only work if you use them, so please, please, don't just read the book and do nothing.

Pick a process (or two), try it out, make some progress, rinse and repeat.

Although this is a book of techniques they rest upon some attitudes and approaches that I bring to my work and self-development. I recommend that you read the 'Foundations' section of the book, since understanding where I'm coming from may help you get more from the techniques.

## **What are these techniques for?**

Since the tapping processes described here are general purpose rather than organised around specific problems you might be wondering what can I expect to get from using these techniques or tapping in general?

I'd like to suggest that the benefits you get from your tapping practice (and hopefully these techniques) are much broader than a bigger salary or a smaller waist.

From my point of view the purpose of tapping is:

- **To go from resistance to acceptance:** There is a lot of suffering involved in arguing with the universe about what is. If I can stop struggling with the way things are and accept them, then I will have less stress, be able to decide what to do with a lot more clarity and have a lot more energy to do it.
- **To go from reaction to response:** A lot of our reactions (both positive and negative) are almost instantaneous. Years of conditioning have programmed in triggers and responses that happen automatically. One of my goals is to disconnect those triggers and responses so that I can respond to a trigger in a different way. To go from reaction to response is a step towards freedom.
- **To go from no choice to choices:** On a larger scale I want to be able to move from feeling that I have no choice in any situation into feeling that I can choose how I want to act in any situation.
- **I want the ability to do things differently.** Personal change is not all about feeling better, it is also about making decisions and taking actions. I want the tapping to help me decide well and take action that improves the quality of my life.
- **I want clarity.** I want to be able to understand situations and take decisions with as much clarity as possible. If I am consumed with resentment, anxiety or some other negative emotion I will not see things clearly or act sensibly. Clearing distressing emotions helps me to understand and act with greater skill.

Everyone who uses tapping uses it in their own unique way. This book demonstrates my approach to tapping. These processes are not the ‘right’ way to do tapping (there are many ways), they demonstrate the way I approach issues and what is important to me.

## How this book is organised

There are many tapping techniques presented in this book. They range from very simple tactics to quite broad strategies for dealing with difficult situations, including:

- **Approaching problems** Tapping itself can be very easy, but choosing what to tap on can be quite difficult. Because problems are usually complicated it can sometimes be difficult to break them down into tappable pieces. There are strategies and tactics here to help you ‘deconstruct’ problems into specific, tappable aspects.
- **Working with feelings** Sometimes feelings are much more complicated than they first appear. There are processes here that take you beyond the simple ‘tap until the negative feelings are gone’ of simple EFT.
- **Finding and dissolving limiting beliefs** We have so many ways of tying ourselves in knots. Most of the time the ropes that form these knots are invisible (unconscious). Being able to find and undo these unconscious knots can help make life much easier.
- **Accessing hidden resources** After releasing the past and soothing the present we can use EFT to help us access more of our unconscious resources so we can become more of the person we want to be.

- **Becoming more self accepting and compassionate** Ways of using EFT to be more accepting and kinder towards ourselves.
- **Getting the most from our shadow** Ways of working with the ‘negative’ and ‘positive’ aspects of our ‘Shadow’ using tapping.

The book is divided into seven sections

1. **The Safety Briefing:** The good thing about EFT/Tapping is that it can be really powerful and can get to the heart of the matter very quickly. The bad thing about EFT/Tapping is that it is really powerful and get to the heart of the matter quickly. If you are going to use tapping for yourself or others it’s worth knowing how to use EFT safely for yourself and others.
2. **The Foundations:** This section is about my philosophy of tapping and the essential attitudes and practices of a tapper who wants to get the best out of these techniques. Although there is not much tapping in this section, understanding this approach to tapping will help you get the most out of the tapping techniques that follow.
3. **Simple Techinques:** If you are new to tapping this is the place to start. These techniques should be accessible to anyone who has any experience of tapping. Even if you are very familiar with tapping some of these approaches may be surprisingly useful.
4. **Intermediate Techniques:** This section moves into more advanced tapping techniques. These techniques require more familiarity with tapping and more self investigation.

5. **Advanced Techniques:** This section of the book is intended for practitioners and experienced tappers. These processes are more complex and require more skill and experimentation.

## How I came to write this book

It feels like I've always been interested in personal change and development.

Since the 1980's I have attended encounter groups, Gestalt workshops, meditation retreats and trained in all sorts of different ways of improving the way I felt about myself and my life.

In 2004 I discovered Emotional Freedom Techniques (EFT). At that time I had been learning and using Neuro Linguistic Programming (NLP) enjoying the changes that I was able to make with those techniques.

Those of you who have used NLP will know that it is a powerful collection of principles, techniques and attitudes that make it possible for you to rapidly and easily make big changes in your emotions and thinking.

I was very enthusiastic about having the ability to be able to make all the changes that I had wanted to make for so long.

Then I found EFT.

At an NLP workshop someone mentioned this strange tapping process and piqued my curiosity.

I downloaded the manual from Gary Craig's original website and tried out these strange tapping routines on some memories

and unpleasant feelings and was surprised that this simple process changed them so quickly and more thoroughly than I had been able to do with NLP up to that time.

I was hooked. I bought all the training DVDs and watched them many times (often into the wee small hours of the morning) surprised and amazed by what was possible.

I tried it out on myself on as many unhelpful feelings, memories, and difficulties as I could find. I was pleased that it worked so quickly, easily and so well.

Eventually I took a formal training in the process and started to blend what I knew from NLP into my EFT practice and came up with some new and novel ways of using the tapping for myself and my clients.

One of the delights of EFT is that as a simple technique it can be blended into many different ways of working to get excellent results.

One of the things that I found interesting was that I was tapping almost daily, trying to work out new ways of using EFT to improve my life.

I have now been experimenting and writing about EFT and different ways of using it for more than a decade. Many of the techniques I have developed can be found on my website. One of my EFT Level 2 trainees suggested that it would be helpful if these tapping techniques were collected and written down in one place where they could be easily accessed when needed.

The result is this book.

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## Acknowledgements

The ideas in this book are based on or influenced by the work of Gary Craig, Bill O'Hanlon, Richard Bandler & John Grinder the creators of NLP and many others. I'm grateful to them for sharing their ideas so freely. Any mangling of their great work in this book is my fault not theirs.

I'm very grateful to the participants of the EFT Café practice group who have been brave enough to try out many of the techniques described here.

Thanks to Lisa for the suggestion that I had never thought of, collecting the various techniques I have come up with over the years together in one place.

Finally, my deepest thanks to Karen for her continued and patient support, for which I am very grateful, and for her proofreading, for which you will be very grateful.

I hope you find this book helpful. If there is anything that needs further explanation or comment please drop me a line to [andy@practicalwellbeing.co.uk](mailto:andy@practicalwellbeing.co.uk)

## Disclaimer

While Emotional Freedom Techniques (EFT) have produced excellent clinical results and are slowly gaining in scientific support they are not yet widely accepted as formally validated scientific techniques and thus must be considered experimental in nature with no guaranteed outcome in any individual.

Both practitioners and members of the general public must therefore take complete responsibility for their own use of these techniques.

All materials provided in this book are provided for informational or educational purposes only and are not intended to be, or serve as a substitute for, professional mental health treatment. If you are having emotional or mental health difficulties consult a qualified mental health or medical practitioner.

The author expressly disclaims all and any liability to any persons whatsoever in respect of anything done by any such person in reliance, whether in whole or in part, on this book.

# Safety Briefing

If you have travelled on a plane you will know all about the safety briefing. That's the bit right before take off that could save your life but is ignored by almost everyone.

This part is the safety briefing for using this book.

Your life is not in danger but it is worth reading this part of the book so that you can use the tapping techniques safely.

If you have bought this book because you believe that EFT is powerful then it is worth knowing how to work with such power carefully.

As Spiderman's uncle said: *"With great power, comes great responsibility"*

# Tapping: Natural, Powerful and Safe?

There is a common belief among tappers that even though EFT/Tapping is powerful, it is safe because it is natural.

If you tap on an issue nothing bad can happen because EFT only uses the body's natural self-soothing mechanisms.

What could be safer?

Unfortunately being natural doesn't make you safe: tigers, arsenic, Great White Sharks, Deadly Nightshade and lightning are all perfectly natural and perfectly capable of killing you.

Being natural is no guarantee of safety.

It gets worse.

EFT/Tapping is often described as being both powerful AND safe.

But being powerful and safe don't go together.

Safe things are inert, they have no effect on you, that's why they are safe.

To be powerful something has to exert an effect on you, the more powerful something is the greater the effect it has on you.

The greater the effect something has, the more potentially dangerous it is.

Tigers, arsenic, Great White Sharks, Deadly Nightshade and lightning are all very powerful and potentially dangerous because of it. If we have any sense we treat them all with respect.

EFT is powerful. I know this from my own personal experience, other people's experiences and the mounting body of research that shows just how effective it can be.

The power of EFT is that it can process and dissolve strong emotions and painful memories.

The danger of EFT is that it can very easily bring strong emotions to the surface.

This uncovering of strong emotions or painful memories can happen quickly and without warning. (If you have done any tapping you may have already had this experience).

If you are an experienced tapper these emotions and memories may be workable. If you are with an experienced practitioner they can keep you safe while you work through what is uncovered.

If you are an inexperienced tapper then strong and unexpected emotions may overwhelm you and your ability to tap. Being overwhelmed by distress and re-traumatised by old memories doesn't feel safe and doesn't do you any good.

So, what to do?

If you are a newbie tapper, choose simple stuff to work with until you are confident. If what you are thinking of working on feels unsafe, take that feeling seriously: find an experienced tapper to work with.

Using tapping for resolving emotional distress is a bit like working on a frozen lake.

If you have had reasonably good life experiences then you are working at the edge of the lake where the ice is thick and the water is shallow. It's quite safe to jump up and down.

If you have had painful, difficult or traumatic life experiences then you are working out towards the middle of the lake where the ice is much thinner and the water much deeper. Out there on your own it's wise to tread very carefully.

EFT will help you get to the shore, but the further out you are and the thinner the ice the more carefully you have to use it (and the more help you might need).

When it is well used, EFT is powerful, natural and safe, but its safety depends on how skilfully you apply its power. The more skilful you are the safer and more powerful it can be.

# Practice Safe EFT For Better Self Help

Most of us experience moderate amounts of stress or distress in our lives. Some of us experience huge amounts of stress and distress that can make our lives a misery.

Naturally people want to feel better.

The self-help shelves at the bookstore groan under the weight of all the self-help books offering techniques and approaches to relieve your suffering. EFT books are finding their way onto those shelves in increasing numbers.

In the online age advice and suggestions for tapping self-help are all around us. If you Google EFT + 'your problem' you are likely to be overwhelmed with suggestions. You may be invited to tap along with videos and scripts, sign up for courses and download ebooks designed to help you resolve this, that or the other, problem.

We are very lucky to have EFT/Tapping available as a powerful self-help tool, but there's good news and bad news.

**The good news is that EFT/Tapping is very powerful, it can reach deep issues and process difficult emotions.** In the hands of a skilled practitioner who knows what to do and how to do it you can make a great deal of progress at relieving your stress and soothing your distress.

**The bad news is that EFT/Tapping is very powerful, it can reach deep issues and process difficult emotions.** In the hands of someone who doesn't know what they are doing it may not work at all, or it may 'work' too well and you will get into emotional trouble that can be hard to get out of.

That's one of the reasons why working with a good practitioner is so helpful, they know what to do, how to do it and how to keep you safe while you are doing it.

If you are using EFT/Tapping for yourself you are both your own therapist and your own client. It's important not to bite off more than you can chew.

The deeper your troubles the more likely it is that a lot of the EFT self-help material will either not work or bring you into contact with emotions and memories you are not able to process by yourself.

But what if you want to use EFT/Tapping to help soothe some of life's problems. How do you decide what to work on and how to work on it.

This chapter is intended to be a set of guidelines to help you stay emotionally safe and get the most benefit from your self directed EFT/Tapping.

It's intended to be a bit like the instructions you might get at a safari park:

- Keep your windows closed.
- Don't get out of your car.
- Don't give your mobile phone to the monkeys.
- Don't pet the lions.



- etc.

Like the safari park instructions, these guidelines won't cover all eventualities but they will give you a better chance of getting the best from your tapping without getting into difficulties.

## First, Learn How To Tap

You might be thinking “*Well, duh!*”!

But there are (at least) two ways of learning and one of them is much more useful than the other.

- **Learning ABOUT tapping:** this is what most people think of when they think of learning. In school you learned about geography, literature, history, etc. You acquired information about a subject. However, EFT/Tapping is not a subject it's a skill! Learning about a skill is not the same as learning a skill. Learning about swimming will not make you a good swimmer. Having a script or tap-along video, even if it is specifically about your issue, is not the same as knowing how to tap.
- **Learning HOW to tap:** to use EFT/Tapping safely and effectively you need to learn the skill(s) of tapping. What ever you learned about EFT/Tapping has to be put into practice. The easiest and best way to learn how to do something is to be shown how to do it and then to refine your developing skills. That needs another person (or people) to be your guide.

*Knowledge is just a rumour until it is in the muscle*

In this regard EFT is like:

- First aid
- Swimming
- Ballroom dancing
- Scuba diving
- etc

**If you only know about EFT/Tapping the first thing to do is to go to a live training to learn how to tap or work with a practitioner who can show you how to use it. You will learn how to work with the emotions, process memories, handle difficulties and how to approach problems.**

**If you only know about EFT/Tapping, stop here, it's not safe to go on.**

If you want to learn how to tap go to [EFTInternational.org](http://EFTInternational.org) to find qualified trainers or practitioners in your area.

## **Second, How 'Big' Is Your Problem?**

There are problems and there are PROBLEMS.

We have an enormous number of ways to be stressed and distressed. Some of our difficulties are small and simple emotional glitches, others can be huge, complicated overwhelming difficulties that blight our lives.

In general the 'bigger' the problem the harder it will be to handle.

Before using EFT for self-help we need to work out if we will be able to handle what we are working with by ourselves.

There are two questions that need to be answered:

1. Will I be safe?
2. Can I work with the issue?

Here is a sequence of questions designed to help you decide?

## **How difficult is the issue you want to work on?**

If we imagine that issues lie on a continuum of difficulty from mild to severe it's easy to decide what to do if the issue lies at either end of the scale.

If the issue is a minor upset or everyday distress then it is probably safe to work with by yourself - get tapping.

If the issue is a major trauma, childhood abuse, abusive relationship or multiple interconnected issues then it's probably not safe to work on by yourself - find a good practitioner to help you process this kind of issue.

Things get more complicated if the issue lies somewhere between those two extremes. We need to think more carefully about how to proceed.

- If you know something is wrong but don't know what it is, work with a practitioner who can help you uncover what's happening.

- If the issue scares you, or you feel very disconnected from it, work with a practitioner who can help you while keeping you safe.
- If the issue provokes a lot of shame or guilt - work with a practitioner to help provide an accepting space.
- If you know (or suspect) that this issue has its roots in a difficult past - work with a practitioner.
- If you can't quite get yourself to work on this issue - work with a practitioner.

## Third, Make Progress Slowly

If you think it's safe to proceed there are two ways to approach this issue.

If you know someone who also **knows** EFT/Tapping arrange swaps with them so you can help each other take care of what needs to be done.

If that's not possible, or you prefer to work on the issue yourself, you need to be your own tapping buddy.

In either case proceed cautiously

- Divide and conquer - work on small things.
- Sneak up on the problem - process feelings about the issues, before getting to the issues.
- Be persistent.
- Keep being persistent.
- If the issue gets too difficult to handle, work with a practitioner.

- If it becomes clear that this is attached to a big issue - work with a practitioner.

As an EFT Practitioner I can say that working with clients is complicated. I can also say that when you work with yourself as a client that is even more complicated.

However, with a little care, I think it is possible to relieve a lot of the stress and distress in your everyday life and EFT makes that possible.

# Foundations

Everything is built on foundations.

The foundations you build on influence what is built.

This section is about how I think of tapping and the essential attitudes and practices of a tapper who wants to get the best out of these techniques.

Although there is not much tapping in this section, understanding this approach to tapping will help you get the most out of the tapping techniques that follow.

# The Right Stuff

Before using any tapping tactics or strategies it is worth having some helpful attitudes and beliefs that support what you intend to do. Your attitudes and beliefs can either help you or hinder you.

## Useful Approaches

These are the attitudes and approaches I find most helpful.

### **Take responsibility**

Acknowledge that you are responsible for how you conduct your life.

### **Assume problems are useful**

Very few people like emotional problems, which is why many people avoid them.

However, if you decide to look upon your problems and difficulties as an opportunity to grow then you are more likely to work with them.

Each problem indicates to you a limitation in how you interact in the world, you can either defend the limitation or use the problem to extend the boundaries of what is possible for you.

### **Use everything**

Don't just wait for big tappable issues to come along, try to use everything that comes your way however insubstantial as a way to grow.

### **Recycle the problem don't throw it away**

Rather than pushing away from a problem or trying to get rid of it. Resolve to make use of it, get as much learning and change as you can out of it and then decide what you want to do.

### **EFT is more like exercise than a cure**

Like exercise, doing some tapping a little and often is the way to get the best out of EFT.

Rest assured it will be there for you at difficult times, but working with stuff on a regular basis builds your skill and confidence (it also clears out a load of unnecessary suffering along the way).

## **Not So Useful Approaches**

Here are some approaches that are common but, in my opinion, don't help at all.

### **Trying to avoid the problem.**

Many people attempt to ignore, avoid or distract themselves from whatever difficulties they are in. In the long run this doesn't work, experiential avoidance is correlated with greater anxiety and depression.

### **Trying to fix the world to fix the problem.**

In difficult circumstances many people try to change those circumstances to make the problem go away.



On the face of it this is a good plan: change the job, ditch the boyfriend or girlfriend, move house and your problem will be over.

Unfortunately whatever emotional baggage and blinkers that contributed to the problem in the first place will follow you to your new circumstances.

### **Only using EFT for disasters.**

Many people think that EFT is only used when things get really bad, to resolve traumas or other emotional catastrophes.

This is a waste of its potential as a long term support to your emotional well-being.

## **Helpful Tactics**

These strategies and tactics help make the most of your tapping

### **Do the simplest thing that could possibly work.**

Don't spend hours trying to find just the right technique or approach to whatever you are working on.

Just start tapping, find some way in and get tapping. Most problems unpack themselves once you get started.

### **Don't waste time trying to explain the problem.**

You don't need to understand the problem to make a difference.

Time spent speculating about whether it was your potty training, or that you were dropped on your head when you were a baby, is time taken away from changing things for the better. If you want to figure it out, figure it out after you have finished tapping.

### **Pay close attention to your experience.**

Notice what your mind gives you by way of thoughts, feeling and memories.

Treat each one as significant, like a detective you never know what piece of evidence is going to be the clue that leads you to the solution of the crime.

### **Write it down.**

Get into the habit of writing down what you are working on. Process your emotional stuff on paper.

It will help you:

- understand how you tick
- track progress
- give you something to come back to if you are interrupted
- build on your reservoir of experience and skill
- see how far you have progressed.

### **Break the problem down into pieces.**

It's much easier to work on a problem if it is broken down into small pieces. It makes it less overwhelming and more manageable.

### **Get into the habit of testing.**

Testing your emotional responses to issues will tell you what is important to tap on and how much progress you are making.

# Beware Premature Reassurance

*Although this chapter is aimed at EFT Practitioners who work with clients, the principles are just as important if you are using tapping for your own self-development.*

You probably cut yourself when you were a kid. Maybe you fell off your bike, or stepped barefoot on broken glass.

When you ran screaming to your mum to show her the wound she probably did three things – calmed you down, cleaned the wound, applied a sticking plaster.

Imagine if you suffered an injury today as an adult, you might end up at your local Hospital's Accident & Emergency Unit, where the staff would calm you down, clean the wound of all the stuff that shouldn't be there and then bandage you up so you can heal.

But, imagine for a moment that you are lying there with a wound full of soil, splinters and other bits and pieces that don't belong to you. What would your reaction be if the medical team started to bandage you up without cleaning the wound? Would you become a little bit apprehensive?

You might ask: *"Aren't you going to clean that? What about infections?"*

*"There, there, you'll soon be better!"* say the medical team.

You protest: *“What! I’ve got an armful of soil, you’re covering it up! It will go septic”.*

*“No, no, no, don’t you worry, just think happy thoughts you’ll soon feel better!”*, they say, wearing happy smiley faces.

*“Happy thoughts! That hole in my arm is full of muck! Aren’t you going to clean it first?”*

*“Just think of all the fun you’ll have when you are all better ... we’ll just get your bandage on”.*

*“Argggghhhh! I’m phoning my mum, at least she knows what she’s doing!”* you shout, as you run for the exit.

I know, it’s a ridiculous scenario! Competent medical staff would want to clean the wound so that you have the best possible chance of healing.

EFT can do a powerful job of releasing difficult emotions, anyone who has experienced this release can testify that painful feelings seem to melt away. In some situations there are a lot of facets to a problem and lots of painful emotions to be worked with and through. Life can be very cruel at times and there may be a lot of work to do to ‘clean up’ the debris of early traumas and difficulty.

It’s not fun for the client or the EFT Practitioner, but it’s necessary work and it’s essential to do a thorough job.

Unfortunately some EFTers rush over the necessary wound cleaning to apply the ‘positive’ bandage. When a ‘negative’ emotion shows the first signs of clearing they rush into reassurance and ‘positive’ thinking.

Premature reassurance is unhelpful for three reasons.

- It's disrespectful to your client. They are sharing their deep inner experience, it's very personal, tender to them and the practitioner seems to want to gloss over the pain and go straight to the happy ending. How can your client accept and work with their experience if the practitioner can't?
- If there are still painful emotions and beliefs to be worked with they need to be dealt with. If that work is not complete, you are leaving important work undone. Gary Craig rightly works to get the intensity of issues down to zero so that his clients can have emotional freedom from that issue.
- Most difficult emotional situations are highly interrelated. One of the joys of EFT is that one emotional clue will take you to another important fact of the problem and take care of that as well. Stopping the tapping early cuts off the possibility of a more thorough healing because those roots are never exposed.

If Premature Reassurance is so unhelpful why do EFTers do it?

- **Fear:** Specifically, the practitioners fear that the client, immersed in painful emotions, is going to go out of control and you, the practitioner, are not going to be able to stop them. This is not helpful to clients who also have this fear and the practitioner needs to be confident and competent containing the client's distress.
- **Discomfort:** Some emotional states are very uncomfortable to be in and very uncomfortable to witness. If the client's pain triggers the practitioner's pain then the practitioner might feel highly motivated to get out of their shared misery.

- **The need to fix:** It's possible that the reassuring practitioner might believe that the client is 'broken', the practitioner has to 'fix' them and they, the practitioner, know just what they need. This is 'poor you I know just what you need'. It's a condescending attitude and it doesn't help. Remember how you have felt when someone has tried to 'fix' you (even if they had good intentions), it's not a good feeling.
- **Faulty positive thinking:** Many EFT practitioners (and others) are immersed in a New Age / Positive Thinking culture that promotes the supremacy of 'positive thinking'. The belief being that positive thoughts are good and must be encouraged, 'negative' thoughts are bad and must be avoided, denied, suppressed. Simplistic reading of the '*Law of Attraction*', books and films like '*The Secret*' have given some people the impression that negative thoughts are to be feared and avoided so that you don't stray too far from the light. If that's your understanding, you might feel obliged to get the client into a positive state as quickly as possible (for their own good, of course).

What can you do if you think you suffer from 'Premature Reassurance'?

- Tap on your fears about clients going out of control (in whatever way that frightens you). Tap on any memories where this happened in the past. If you have memories of family members or friends flying out of control tap on those memories as well.
- You need to be able to hold a space for someone else's pain without going to pieces yourself. Practice abiding

with the discomfort of your clients. Tap on any previous discomforts you may have experienced.

- Check and neutralise the need to fix. Say out loud “I have to fix my clients” or “I need to fix my clients”. If either of those ring true for you get tapping. Being free from that attachment to that outcome will save you (and your clients) a lot of pain.
- If you suspect you are attached to the ‘positive’ you might like to start tapping on your “fear of the dark”. Are there emotional states that scare you? Are there states you feel compelled to avoid? Being accepting of so-called ‘negative’ states is not the same as supporting them and won’t lead you to be seduced by the ‘Dark Side of the Force’. Quite the opposite, being comfortable with them as the practitioner demonstrates to the client that these feelings can be handled in a constructive and accepting way.

To be clear about this: I’m not arguing that there is no place in EFT for the positive, that it’s all doom and gloom. Quite the contrary, there is an excellent place for the ‘positive’ – it’s after the ‘negative’ has been resolved and there is room for it to work its magic without opposition.

After all, if your child came to you with a cut or a graze you would clean the wound thoroughly before you applied the bandage, wouldn’t you?

# Dealing With Our Tapping Blocks

Many more people learn EFT than use it.

Like an exercise bike for Christmas, enthusiasm can be high at first but gradually diminishes until like the bike in February it lies covered in dust in a spare room of our mind.

If you know how to tap, and you want to tap, but you don't tap, then something must be stopping you.

That "something" is the resistance, hidden blocks that stop us from doing what we want or need to do.

Many people have resistance to using tapping.

Taking care of this resistance can make working on problems significantly easier.

## Important

This issue and technique is presented because it is the most important. If you are resisting doing the tapping, learning new techniques won't help you because you won't use them.

Dissolving any resistance to tapping will make the rest of this book much more useful.



If you work your way through this chapter you may find plenty of tappable issues that you can work on with the techniques when they are described in full later in the book.

If you choose to skip this chapter to get to the explanation of the other techniques, remember to come back to it later and work through this process.

## Identifying The Resistance

There is something about the way we think about tasks and goals that make them easier or harder to do.

The labels we assign to different tasks will modify how we feel about the task. Our responses to hard, difficult, impossible tasks will be very different to easy, simple, delightful tasks, even if the tasks themselves are the same.

Unfortunately some of these labels might even be hidden from our conscious mind, exerting their effect without our knowledge causing us inexplicable procrastination or avoidance around those tasks.

This process is designed to identify and eliminate blocking labels around the process of doing tapping.

The process is divided into four parts:

1. Check your willingness to tap.
2. Find some of the blocks to doing the tapping.
3. Tap out those blocks.
4. Re-check your willingness to do the tapping.

## 1. Check your willingness to do the tapping

Before we tap we need a way of evaluating how blocked we are about tapping.

Say out loud: I am using EFT consistently

How true does that feel on a 0-10 scale where 0 is false and 10 is true?

Asking this question provokes your system into giving an indication of how willing it would be to perform this task. If you have trouble getting round to this task or completing it the chances are this sentence will have a low score.

## 2. Find the blocking labels

Say out loud the following sentence “*Using EFT consistently is [adjective]*” for each of these adjectives, scoring your response on the 0 - 10 SUDs scale:

Annoying	Irritating	Boring
Overwhelming	Dangerous	Scary
Difficult	Silly	Dull
Stupid	Frightening	Tedious
Hard	Threatening	Impossible
Tiresome		

### For example:

*Using EFT consistently is annoying* – 0

*Using EFT consistently is difficult* – 1

*Using EFT consistently is boring* – 2

*Using EFT consistently is dangerous* – 0

etc, etc.

Make a note of the statements that have an emotional charge on them.

*Using EFT consistently is hard* – 8

*Using EFT consistently is difficult* – 6

If the adjective fits there will be a sense that the task has that quality, which may affect the way you approach it.

Create a list of similar phrases that have some charge to them, these will become the targets for your tapping rounds.

**Note:** This is a very small list of ‘negative’ adjectives. There may be many other adjectives that could apply that may not have been used in the list. Please add your own ‘favourite’ negative labels to this list.



You can find a more general version of this process in the chapter: “Are Your Adjectives Bothering You?”

### 3. Tap out the blocks

For each of the problematic phrases work on reducing the charge using either ‘standard EFT’ or one of the techniques described later in this book.

For example:

*“Even though using EFT consistently is hard, I deeply and completely accept myself ... etc”*

Test the charge on the phrase before and after.

Work your way through each of the phrases until they have all been neutralised.

#### **4. Re-check your willingness to do the tapping**

Having worked your way through the list it is time to check how you feel about performing the task now.

Say out loud: *I am using EFT consistently*

For example: *I am using EFT consistently – 8*

Typically the score will rise and the task will seem much less onerous than it did before.

Rinse and repeat the process if necessary.

How does the prospect of using EFT to work on these issues seem to you now?

You may need to go through this process several times and identify the different aspects of the tapping that are sticky for you.

It might take some diligence but it is worth it. The less resistance you have around tapping, the more you will do and the greater the benefit to you.

# Simple Tapping Techniques

If you are new to tapping this is the place to start. This section contains a variety of techniques that can be used by either new tappers or more seasoned users of EFT.

Even if you are very familiar with tapping some of these approaches may be surprisingly useful.

# The Problem With The Problem

How do you feel about your problem?

Having a problem is usually a problem. As well as the problem itself we often have strong feelings attached to it such as:

- Shame
- Overwhelm
- Fear
- Discomfort
- Guilt
- Anger
- Self-criticism
- etc.

These feelings might not be part of the problem, but they can be a problem in their own right.

If we are scared or angry about the problem we might actively avoid thinking about it or doing anything about it. Even though it might be out of mind it doesn't go away.

If these reactions can be identified they can be tapped on to make the process of working with the issue that much easier.

Complete the following sentence stubs to create a list of tappable items you can use to change the way you relate to the problem.

This problem is .... (if you need some ideas, use the adjective list in **Dealing With Our Tapping Blocks**)

- ...
- ...
- ...
- ...

I feel ... about this problem

- ...
- ...
- ...
- ...

Once you have a list of tappable items, choose the strongest and get to work resolving the feelings and reactions you have **about** the problem.

# Simple Acceptance Tapping

## How Accepting What You Are Trying To Get Rid Of Can Help Change It

It's understandable that most people don't like their difficult feelings and want to get rid of them. Most people think that you have to reject something to get rid of it, believing that if you reject it, it will go away. If you accept it, then it will stay. You might be able to throw away an unwanted object, but rejecting unwanted psychological or emotional states doesn't seem to work that way. Emotional distress is usually met with one of these three responses:

- **Avoidance** - We work hard to avoid triggering, or feeling the feeling, because it's too painful to feel fully.
- **Suppression** - We hide the feeling from ourselves by pushing it down below our conscious awareness, because it's too painful to feel fully.
- **Attachment** - We hang onto the feeling because we think we should feel it, it serves some purpose for us or the alternative is worse.



The first two aversion reactions will perpetuate the feeling because what we try to resist persists. The third option, that of attachment, will lead us to hang on to the problem for longer than is necessary.

Being either attached or averse to a feeling leads to added suffering. We experience the problem *and* we add on the suffering of holding on to it or alternatively, trying to get rid of it.

**The antidote to attachment or aversion is acceptance.**

Acceptance is the ability to be present with uncomfortable experiences as they are, without trying to push them away or hang on to them. It's important to understand that acceptance is not the same as resignation.

Acceptance is being aware that your house is on fire and doing what you need to do to get to safety based on that awareness.

Resignation is being aware that your house is on fire and just sitting there while the house burns down around you!

**How can accepting a problem help our tapping?**

When EFT works well it is because whatever is being felt is clearly in awareness and is being tapped on. Anything that allows the feelings to be fully and freely in awareness, allows them to be changed more easily, the degree to which feelings are pushed away or held onto slows down (or even stops) the process of change.

The power of EFT is magnified if you can develop an accepting awareness of what is in consciousness. If you read an EFT book or take a 'tapping' training you quickly learn about the setup statement: *"Even though I have this 'problem', I deeply and completely accept myself"*. Tapping on the side of the hand

while repeating this phrase is designed to ‘set the scene’ for the tapping, by acknowledging the problem and accepting yourself in spite of it.

Fred Gallo Ph.D, one of the early adopters of tapping approaches and the originator of the phrase ‘Energy Psychology’, has pointed out a flaw in this plan. **If the problem emotion or response is in you then you need to accept yourself AND the problem.** But the standard setup phrase: *“Even though I have this problem, I deeply and completely accept myself”*, emphasises acceptance of the person, not the problem.

Rephrasing the set up statement as follows, makes the non-acceptance clearer. *“In spite of this problem, I deeply and completely accept myself.”* The person is accepted deeply and completely but the problem is rejected. **If the original setup statement leaves out acceptance of the problem how can we put it back in?** Fred Gallo proposes the following as a more accepting setup phrase: *“I accept myself **with** this problem / feeling / belief”* In this formulation the person and the problem are embraced with the same acceptance. There is no distinction between the person and the problem.

In principle this is a good solution.

In practice there may be a hidden snag that keeps this setup statement from working as well as it could.

It’s easy to say *“I accept myself with this problem”* but what if you don’t accept yourself with this feeling? You might like to try this little thought experiment.

Think of something that is a (small) problem for you, something that up to now has resisted tapping.

Say out loud: *“I want to accept myself with this [problem]”*.

Give that statement a 0-10 score on the truth scale (where 0 is completely false and 10 is completely true).

Now say out loud: *“I don’t want to accept myself with this [problem]”*.

Give that statement a 0-10 score on the truth scale (where 0 is completely false and 10 is completely true).

Now compare the scores.

If you are anything like me the *“I don’t want to accept ...”* turns out higher than the *“I want to accept ...”* phrase. If that’s the case you are resisting acceptance of the problem which may help make the problem harder to let go of!

Fortunately, we can tap for the non-acceptance of the problem, before we tap for the problem itself.

## Simple Acceptance Tapping

This is a two part process - soothing the non-acceptance followed by working with the ‘problem’ itself.

1. Think of an issue - a situation, feeling, belief, etc.
2. Give the ‘problem’ an intensity score from 0-10.
3. Say out loud: *“I want to accept myself with this [problem]”* giving it a 0-10 score to estimate your level of acceptance.
4. Say out loud: *“I don’t want to accept myself with this [problem]”* giving it a 0-10 score to estimate your level of non-acceptance.

5. If the non-acceptance score is higher than 2 use the following alternating tapping sequence:
  1. EB: *"I want to accept myself with this [problem]"*
  2. SE: *"and I don't want to accept myself with this [problem]"*
  3. UE: *"and I want to accept myself with this [problem]"*
  4. UN: *"and I don't want to accept myself with this [problem]"*
  5. etc.
6. At the end of the tapping round check the scores on *"I want to accept myself with ..."* and *"I don't want to accept myself with ..."*
7. If there is still a charge on *"I don't want to accept myself with ..."* repeat the process. If reasons why you don't accept yourself come up during tapping, work on those issues.
8. Check the original problem score.
9. Tap for the problem in the usual way using: *"I accept myself with this [problem]"* as the new setup statement. Followed by the usual:
  1. EB: *"this [problem]"*
  2. SE: *"this [problem]"*
  3. UE: *"this [problem]"*
  4. etc

How did that way of tapping go for you?

When I have used this approach the problem has often ceased to be a problem when the acceptance tapping has been completed or the problem yields more easily to tapping after the acceptance tapping.

# Self-Compassionate EFT

In every painful situation, there are two sorts of suffering.

The pain of the circumstances **and** our resistance to the situation (including our lack of compassion to ourselves).

The pain of the situation is easy to understand.

Our grief, disappointment, anger, guilt, shame and all those other challenging emotions are easy to see and feel.

However, our resistance to the situation and lack of compassion for ourselves can be harder to see, although their effects are just as debilitating.

Although EFT/Tapping makes good use of our body and mind's natural abilities to quickly soothe painful emotional states, we can easily be caught up in self-criticism and judgement of ourselves for having the problem in the first place. We may be so used to this self-criticism that we barely notice it.

When we are with someone else who is suffering we may feel very accepting and compassionate of them and their distress and have a strong wish to ease their pain.

However, when we have a problem or experience some distress, we might not feel quite so accepting or compassionate towards ourselves as we do towards others.

Instead of being kind to ourselves we might think that it is wrong for us to have this problem. We might believe that being in this

situation proves that we are bad, pathetic or unacceptable as a human being.

Not only do we suffer the problem we can even feel bad about feeling bad: we **are** a problem having a problem.

## **Falling off a bike can hurt in more ways than one**

Recently I saw a sad demonstration of how this lack of self-compassion starts. When I was walking the dog one afternoon I saw a young schoolgirl fall off her bike, she landed in a heap, stood up and started to cry.

Her mother hurried up yelling at her “Well that was stupid, wasn’t it? ... What did you think you were doing?”

The schoolgirl just stood and cried.

With obvious exasperation, her mother dusted off her knees and got the sniffling girl back on her bike and off they went.

It was an eloquent demonstration of how **not** to be compassionate towards someone else’s distress.

If I had been that child, I would have liked my mother to hurry up and say “Oh sweetie, what happened? That must have hurt, are you alright? “, given me a hug and comforted me before getting me back on my bike and then heading off after I had been comforted.

That kind of compassionate response is very healing.

If we get enough of that kind of care as children we learn how to internalise it and soothe ourselves.

If we don't receive that kind of compassionate acceptance we don't have a chance to learn how to do it for ourselves and we might even internalise the criticism of others as our default response to ourselves.

If you make a mistake do you say to yourself something like: "Oh sweetie, that hurts, are you alright?", or something like: "Well that was stupid wasn't it? What did you think you were doing?"

Many people are more familiar with self-condemnation than self-compassion.

How do we typically react when things fall apart? More often than not we criticise ourselves, feel ashamed, tell ourselves to pull ourselves together.

Life is full of challenges. Despite our best intentions and efforts, things go wrong and it hurts.

Self-compassion is an attitude that can soften and soothe many kinds of suffering.

Instead of fighting hard against our emotional distress we can bear witness to our own pain and respond to it with kindness and understanding - that's self-compassion.

## **The Advantages Of Self-Compassion:**

Self-compassion is not just a nice idea it has demonstrable mental health benefits.

Research has shown that:

- People who are more self-compassionate tend to be less anxious and depressed
- Self-compassion leads to less rumination - the engine of depression
- More self-compassion leads to less self-criticism
- Lower stress hormones such as cortisol
- Increase self-soothing, self-encouragement and other aspects of resilience
- Helps heal shortages of caring from your childhood.

## What Is Self-Compassion?

Kristin Neff one of the leading researchers of self-compassion, breaks it down into three components:

1. **Mindfulness:** the ability to hold our experience in balanced awareness without avoiding it or falling into it.
2. **Common humanity:** the recognition that human beings have their experiences in common. No matter how obscure your difficulty or predicament there will be other people, perhaps many people, who are having the same kind of experience.
3. **Kindness:** the ability to actively respond in a warm and caring way to distress.

Many people respond to painful emotional situations in ways that are the opposite of self-compassion:

1. **Avoidance or indulgence:** Many people strenuously avoid thinking about or feeling the discomfort, of their experience. This 'experiential avoidance', as it is called, tends



to put the person more at risk of depression and anxiety. At the opposite extreme, some people ‘fall into’ their ‘negative’ emotions and are swept away by them.

2. **Isolation:** Many people feel isolated as if they were the only person on the planet who has this problem or feels this way. This sense of isolation tends to reduce their ability to reach out and benefit from the kind of contact and connection that would really help alleviate their distress.
3. **Self-criticism:** Many people criticise, blame or even hate themselves for having this problem thereby adding immensely to their suffering.

If you go through those kinds of responses to difficult situations self-compassion may help you alleviate a lot of suffering.

In her excellent book [Self Compassion](#) Kristin Neff <sup>1</sup> describes several ways of cultivating self-compassion including using a “mantra” to remind yourself of the necessary attitudes when you find yourself in painful circumstances.

For example:

- *This is a moment of suffering* (encourages mindfulness of the experience)
- *Suffering is part of everybody’s life* (reminder of shared human condition)
- *May I be kind to myself in this moment* (brings compassion to situation)
- *May I give myself the compassion I need* (sets intention to bring self-compassion to bear)

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<sup>1</sup>Self-Compassion, By Kristin Neff, Ph.D. 2011

By reciting your mantra at times of distress you can encourage yourself to adopt a more self-compassionate attitude towards yourself and your distress.

## How can I tap for self-compassion?

If you know how to tap you can add EFT to this approach to reduce a lot of the emotional static that might get in the way of being self-compassionate.

The simple tapping routine is designed to help you bring a self-compassionate attitude to bear on whatever emotional issues you are working on. It's not designed to 'solve the problem', although any softening of the problem situation would be a welcome by-product of the process.

I suggest using this process as the first few tapping rounds when working with any emotional distress to help you adopt a self-compassionate attitude that will make whatever other tapping you do more effective.

- Think of your issue giving it an intensity score from 0 - 10. Tip: Identify one of the feelings of this issue to use as a tapping target. For example - I am angry at my brother.
- Start the tapping routine on the eyebrow point (no setup statement) with the 'problem' as a reminder phrase. After each reminder phrase continue tapping for one full breath, before moving to the next tapping point.
  - EB: [the problem] e.g. I am angry at my brother.
  - SE: In how many different ways does this hurt?

- UE: How many other people in all the world have ever felt like this?
- UN: In how many different ways can I be kind to myself in this moment?
- CH: [the problem] e.g. I am angry at my brother.
- CB: In how many different ways does this hurt?
- UA: How many other people in all the world have ever felt like this?
- TH: In how many different ways can I be kind to myself in this moment?
- Think of this issue now. How does it feel and how do you feel about it?
- Repeat the process as necessary

Note: This process may provoke other thoughts, feelings and beliefs about the situation. For example: “*I am angry at my brother*” may morph into “*It’s not fair*”. Use the same process with these aspects if they arise.

## How does this process work?

- **No set-up phrase:** This tapping sequence starts without the set-up statement and side of hand tapping point, this is to avoid any resistance to the last part of the set-up statement which is usually an appeal to ‘love, accept and forgive yourself’, if you are not loving, accepting and forgiving of yourself this will probably cause some tension and resistance as all the tail-enders to these thoughts arise. Rather than start with an internal fight, this tapping routine aims to go directly to soothing the distress.

- **First reminder phrase:** Is a simple statement of the problem as you might expect from EFT/Tapping. This is simple tapping for the problem, the remaining three reminder phrases are designed to develop a sense of self-compassion for the person who is having the problem.
- **Second reminder phrase:** *“In how many different ways does this hurt?”* is an invitation to be mindful or aware of all the different aspects of itself. By asking a question while tapping the other-than-conscious mind can go searching for the answers and present them to awareness for tapping to do its work. Taking a breath after saying the line and continuing to tap allows this process to continue for a few seconds.
- **Third reminder phrase:** *How many other people in all the world have ever felt like this?* is an invitation for the mind to recognise that what you are experiencing as an individual has been experienced many times before by many other individuals which means you are not alone with this experience. What you are going through is a part of our common humanity. Once again taking the full breath while continuing to tap allows that recognition to process at a below-conscious level.
- **Fourth reminder phrase:** *In how many different ways can I be kind to myself in this moment?* is an invitation to come up with different ways to be kind to ourselves, to experience kindness from ourselves to ourselves. Once again asking it in the form of a question gives our other-than-conscious mind full reign to come up with lots of alternatives. Once again tapping while taking a full breath allows those ideas to develop.

## **Why use this approach?**

Each problem we tap on, whatever it may be, is not just a problem in itself it is an opportunity for us to learn how to be kind and accepting to ourselves in our predicament as human beings with all the challenges that brings.

The more self-compassionate we are the more resilient we can become and the better we will be able to handle life's future challenges.

# Are Your Adjectives Bothering You?

There's something about doing some tasks that makes them more difficult to do than others.

Most people would rather eat an ice cream than take exercise, even though they might want to exercise and know it would do them more good, they would still rather eat the ice cream.

There is something about the way we think about tasks and goals that make them easier or harder to do.

Surprisingly, the humble adjective can have a profound effect on the way you approach the thing it is attached to.

For example:

If I offer you an apple, you might feel interested, leaning forward in anticipation.

If I tell you it is a *delicious* apple your mouth might start to water before I've even handed it to you.

However if I tell you it is a *rotten* apple you will probably sit back wrinkling your nose in disgust.

The adjective, delicious or rotten, tells you how to respond to the apple.

The adjectives we use to describe things change the way we feel about them. They let us know how we should feel about them.

Sometimes these adjectives are helpful and sometimes they produce unhelpful reactions in us.

Think of a modest task you need to do like washing the dishes or sending an email.

Say to yourself (substituting your task):

*“Washing the dishes is easy.”* – How does that feel?

Now try:

*“Washing the dishes is hard.”* – How does that feel?

Unless you are a person who relishes challenges, I suspect that the first statement evoked a more willing, energised frame of mind than the second.

All we did was change just one word.

The adjectives we assign to different tasks will modify how we feel about the task. Our responses to hard, difficult, impossible tasks will be very different to easy, simple, delightful tasks, even if the tasks themselves are the same.

Unfortunately some of these adjectives might even be hidden from our conscious mind, exerting their effect without our knowledge causing us inexplicable procrastination or avoidance around those tasks.

If you unconsciously think of establishing a new exercise routine as hard or a struggle, then the chances are that you will find it hard or a struggle and you will be less likely to achieve your goals.

This process is designed to identify and eliminate blocking adjectives around some of the things you need, and want, to get done.

The process is divided into five parts:

1. Identify the task
2. Check your willingness to do the task
3. Find the blocking adjectives for the task
4. Tap out the blocks
5. Re-check your willingness to do the task

To learn the process you will need a task that you are finding difficult to complete.

## 1. Identify the task

Choose a task / resolution / outcome that is difficult for you to achieve. For the first couple of runs through the process choose small tasks.

We will use “washing up” as an example.

## 2. Check your willingness to do the task.

Before we tap we need a way of evaluating how blocked we are on doing the task.

Say out loud: *I am [task]*

How true does that feel on a 0-10 scale where 0 is false and 10 is true?

For example: *I am washing up* – 2 (not very enthusiastic)

You are probably not performing this task right now but phrasing it in this way provokes your system into giving an indication



of how willing it would be to perform this task. If you have trouble getting round to this task or completing it the chances are this sentence will have a low score.

### 3. Find the blocking adjectives

Work your way through the following list of adjectives applying each to the task you are working with.

Say out loud the following sentence “[task] is [adjective]” for each of these adjectives.

#### Adjective List:

Annoying	Irritating	Awful
Overwhelming	Boring	Scary
Dangerous	Selfish	Difficult
Silly	Dull	Stupid
Frightening	Tedious	Hard
Threatening	Impossible	Tiresome

For example:

- *Washing up is annoying* – 0
- *Washing up is awful* – 1
- *Washing up is boring* – 2
- *Washing up is dangerous* – 0 etc, etc.

Make a note of the statements that have an emotional charge on them.

- *Washing up is hard* – 8

- *Washing up is difficult* – 6

If the adjective fits there will be a sense that the task has that quality, which may affect the way you approach it.

Create a list of adjective / task pairs that have some charge to them, these will become the targets for your tapping rounds.

Note: This is a very small list of ‘negative’ adjectives. There may be many other adjectives that could apply to your tasks that may not have been used in the list. Please add your own familiar ‘negative’ adjectives to this list.

## 4. Tap out the blocks

For each of the problematic phrases, work on reducing the charge using one of these tapping routines:

### Standard tapping.

Use the standard set-up statement: *“Even though the [task] is [adjective], I deeply and completely accept myself.”*

Then repeat rounds of tapping using *“The [task] is [adjective]”* as the reminder phrase.

For example: *“Even though the washing up is hard, I deeply and completely accept myself” “The washing up is hard.”*

### Exception tapping

Use the standard set-up statement: *“Even though the [task] is [adjective], I deeply and completely accept myself.”*

Then alternate *“The [task] is [adjective]”* with *“except when it isn’t”* on alternating tapping points.

For example: *“Even though the washing up is hard, I deeply and completely accept myself”*. *“The washing up is hard, except when it isn’t.”*

See “**Neutralise Limiting Beliefs With Exception Tapping**” for more information.

Work your way through each of the adjective / task pairs, processing each until they have all been neutralised.

## **5. Re-check your willingness to do the task.**

Having worked your way through the list it is time to check how you feel about performing the task now.

Say out loud: *I am [task]*

For example: *I am washing up – 8*

Typically the score will rise and the task will seem much less onerous than it did before.

Rinse and repeat the process if necessary.

How does the prospect of this task seem to you now?

If you run this process on your stuck tasks you will probably find that tasks that seemed inexplicably difficult get a lot easier.

If you run the process on several tasks, do some of the adjectives turn up again and again?

Do you have a familiar pattern of resistance?

## **Note: Adjectives are everywhere**

Adjectives don't just appear next to things we need to do.

The labels we put on problems, goals, people and everything else condition how we think about them. They also give us a simple way in to tapping about a problem.

# About Andy Hunt

I specialise in using Emotional Freedom Techniques (EFT) and Neuro Linguistic Programming (NLP) and this is reflected in my work and this website.

I grew up on Anglesey, in North West Wales (about as far west as you can go before falling into the Irish Sea).

I went to Nottingham University in 1977 to study Chemistry (because I didn't get good enough grades to get into medical school). When I got my BSc I thought that I might be a science teacher and took post graduate teacher training, which made it clear to me that I didn't really want to be a secondary school teacher.

I've had a variety of jobs including: milkman, assistant steward in a cafeteria on an Irish Sea ferry, a Residential Social Worker at a centre for delinquent teenagers, the Assistant Head of Youth Centre in Brixton, in Inner London, and short periods as a grape picker in Switzerland, a spring grinder(!) in Germany and a night porter and barman.



**Andy Hunt**

In 1990 I moved to the North East of England to take an MSc in Software Engineering course in Newcastle upon Tyne, eventually finding work as a programmer specialising in image analysis programming for medical and scientific applications. At that time I became a practising Buddhist.

In 2000 I rekindled my long interest in NLP, which I first discovered in university, by taking a NLP Practitioner training, which led to even more NLP training and eventually finding and learning EFT.

In 2005, I abandoned the software engineering day job and started work as a self-employed therapist and trainer.

I now live by the sea in Blyth, Northumberland, with my partner Karen (once a psychological therapist in the NHS, now a therapist in private practice).

## **Why I do this work**

As is often the case with people in the counselling/therapy professions my interest in this work grew out of my own history and needs.

A very long time ago, I was a rather shy, introspective teenager that got interested in psychology as a way of better understanding myself and getting along with others.

At university although I didn't study psychology I read a lot about it and took part in some encounter groups (which were big in the 70s) and got interested in counselling.

After university, at the tender age of 22, I took a three year part time Person Centred counselling diploma course with the

Person Centred Approach Institute, an organisation associated with Carl Rogers the originator of Person Centred counselling.

When I had completed this training I realised that I wasn't ready yet to be a counsellor and needed much more life experience to be effective; so I went into the variety of jobs that eventually led me to be a software engineer.

In 2000, I started to learn NLP in earnest and then EFT. Using these techniques consistently I began to notice profound shifts in my experience. Feeling much more at ease with myself than I had ever done before.

Having helped myself, I wanted to help other people, so I trained to be a Master Practitioner and Trainer of NLP and a Level 3 Practitioner and Trainer of EFT. I am a member of the Neuro-Linguistic Psychotherapy and Counselling Association (NLPtCA) and EFT International (previously known as AAMET)

Many practitioners are drawn to the work that resonates with their own situation and needs. Since I had been most affected by issues of poor self acceptance and limiting beliefs I naturally gravitated towards this kind of work.