

# EFT Tapping – How to Tap

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When people first come to EFT tapping, they often question whether they are doing it right. Here is an outline to help you structure your tapping.

## 1. Select an issue that you want to address.

Think of a phrase that sums up the issue.

*“The thought of the meeting with my boss fills me with fear”*

Your phrase: \_\_\_\_\_

## 2. Rate the intensity of the issue, emotion, or pain on a scale from 0-10.

Your rating: \_\_\_\_\_

## 3. Do the Tapping setup

**Tap on the Side of Hand (SH), saying** a setup statement where you first say the problem and then a statement of acceptance:

*“Even though the thought of the meeting with my boss fills me with fear, I accept how I feel.”*

**Tap on the side of your hand while you are saying the phrase three times.**

Sometimes people have trouble accepting themselves and how they feel. So, I offer other acceptance phrases such as *“that’s how it is right now”* or *“I honor how it is for me”* or also *“I’m okay.”*

*“Even though \_\_\_\_\_”*

## 4. Then tap through the Tapping Points (See PDF)

**Tap on each point lightly, 7-8 times while focusing on your issue and saying a phrase that sums up the issue.**

Such as *“This fear about the meeting”* or *“the meeting with my boss.”*

Your phrase: \_\_\_\_\_

You may also notice that you feel the upset somewhere in your body, such as *“a knot in my gut.”* If so, also say that when tapping on the points:

**Top of the Head** (center of the head)

**Eyebrow** (at the center, beginning of the brow)

**Side of the Eye** (outer end of the eyebrow on the bone)

**Under the eye** (center of bone)

**Under the nose** (in the center)

**Chin** (in the center)

**Collar bone** (start at the indentation at the base of the neck, move down about 1 inch and then to the indentation on either side – this is the spot)

**And finally, Under the arm** (about a hands length below the armpit)

## 5. Check in and Measure

Once you have tapped through all the points while saying your short phrase, notice how you feel.

**How is the intensity on the issue now?** Your rating now: \_\_\_\_\_

**Did any new thoughts come to you?**

No matter how inconsequential it seems – a new thought about the issue is a clue as to what this is actually about.

If something new came up for you and it feels more accurate, create a new phrase about the issue and tap on this.

Sometimes things don't shift quickly – be patient with yourself and persistent.

## 6. Refocus and Repeat

With what you have noticed, keep repeating the tapping process until the intensity is zero.

Tapping is a skill that takes practice – just like any new skill such as playing the piano. When I first started using tapping, I didn't know what I was doing and as a result of ineffective tapping the intensity didn't drop for me.

If you are tapping and the intensity isn't changing, most likely you are not tapping on the true issue. This is super IMPORTANT. Sometimes, we don't notice the exact piece of something that is truly upsetting us. This takes patience and noticing any thought or intuition that comes to you – this could be the real issue.

Do reach out with any question and for assistance – I would love to help.