

# Your Strongest Life Emotional Freedom Coaching

## BASIC Tapping Script

EFT Tapping is a very simple technique to learn, use and benefit from. The more you use it the more effective it can become.


First think about the issue that's the most pressing for you right now, the one issue, problem or challenge that is taking over your mental and emotional space. What are you the most worried or stressed about? Several thoughts might pop up but to get started just pick one.

Where is it in your body? Scan your body and see if you can feel the stress, pain or emotion anywhere in your body (*Common spots include: pressure in your head, tears, lump in your throat, tightness in your chest, butterflies in your stomach or tension in your neck and shoulders.*) Give it a # between 0-10 (0=no emotional charge, 10 = A LOT of emotional charge, high intensity)


**Set up Statement:** The set up statement is a statement that you create to acknowledge that you have a problem, and you accept that you are experiencing this problem.

### (Karate Chop)


Even though I feel \_\_\_\_\_ (anxious, **stressed**, afraid, ashamed, guilty, angry, etc)

I deeply and profoundly  & value myself and completely accept how I feel.

Even though I feel \_\_\_\_\_ (anxious, **stressed**, afraid, ashamed, guilty, angry, etc)

I deeply and profoundly  & value myself and completely accept how I feel.

Even though I feel \_\_\_\_\_ (anxious, **stressed**, afraid, ashamed, guilty, angry, etc)

I deeply and profoundly  & value myself and completely accept how I feel.

**The reminder phrase:** The reminder phrase is a phrase or set of phrases that help you to tune into, connect with and stay focused on the negative sensation, emotion and or feeling that you feel when thinking about the issue, problem or challenge that you chose. This is really the key. It's important to focus on (*not necessarily relive*) the

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sensation, emotion or feeling. No logic, no thinking, no rational, just emotion and symbols (*the language of the subconscious*).

**(Eyebrow)** I feel so \_\_\_\_\_ **stressed** \_\_\_\_\_

**(Under Eye)** I feel so \_\_\_\_\_ **stressed** \_\_\_\_\_

**(Under Nose)** So much \_\_\_\_\_ **stress in my body** \_\_\_\_\_

**(Chin)** All of this \_\_\_\_\_ **stress** \_\_\_\_\_

**(Collar Bone)** So much \_\_\_\_\_ **stress in my body** \_\_\_\_\_

**(Under Arm)** All of this \_\_\_\_\_ **stress** \_\_\_\_\_

**(Top of Head)** So much \_\_\_\_\_ **stress** \_\_\_\_\_

**(Eyebrow)** I'm open to the possibility that this stress is no longer serving me

**(Under Eye)** I choose to release it and let it go now

**(Under Nose)** All this \_\_\_\_\_ **stress** \_\_\_\_\_

**(Chin)** I choose to release it and let it go in every cell of my body

**(Collar Bone)** Every fiber of my being

**(Under Arm)** It's not serving me at all anymore

**(Top of Head)** I choose to release it and let it go

Check in with the part of your body where the feeling was. Check the intensity #. What # is it now? Did it drop? Did it stay the same? Did it increase?

What memory or event popped up? That may be the next thing to tap on.

Keep tapping till you can bring the number down as low as possible, the goal is zero.

**GREAT JOB!!!**

If it's difficult to bring the intensity number down, or to uncover what to tap on, it's often because it's "*the water we swim in*" our individual "truth" and it's helpful to have assistance from an EFT practitioner. Please feel free to pop me an email at [gwen@yourstrongestlife.com](mailto:gwen@yourstrongestlife.com) or give me a call at 253-441-9963 and let's schedule a tapping session. I'd be glad to help!

Warmly

Gwen

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Revised: 10-6-14