

**Gaia**

# everyday TAPPING

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## GETTING STARTED WITH TAPPING

A practical guide to the ancient practice and Emotional Freedom Technique (ETF) Tapping to release stress, anxiety, and trapped emotions.

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# TAPPING POINTS

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TOP OF HEAD

EYEBROW

SIDE OF EYE

UNDER EYE

UNDER NOSE

CHIN

COLLARBONE

KARATE CHOP

UNDERARM



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# How to Practice Tapping

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## STEP 1

### Rate your emotional feeling on a 1-10

Begin by rating your current issue or stress on a scale of 1-10 - that's how you feel right now. We'll use this as a marker after each round of EFT to see how you feel. Keep repeating and modifying the scripts until you comfortably reach a lower number on the scale. The key is to start with truth tapping, to acknowledge how you feel, and progressing to positive, affirming tapping. And remember, the more specific you are, the more effective the practice will be at clearing these emotions and beliefs.

**For example:** If you're craving a cookie, having a flashback from a traumatic accident, or are feeling stressed or overwhelmed about an issue, rate the emotional intensity of that feeling on a scale of 1-10. Write it down or commit the number to memory.

## STEP 2

### Start your verbal script and tapping

#### Script to reduce stress and anxiety

**Karate Chop:** Even though I feel so overwhelmed, I love, accept, and forgive myself. Even though this overwhelm is weighing me down, I am willing to accept this and feel calm.

**Eyebrow:** These feelings of overwhelm

**Side of Eye:** I feel them in my body.

**Under Eye:** I feel them in my mind

**Under Nose:** There's so much to do.

**Chin:** And part of me feels like I have to get it all done.

**Collarbone:** So much pressure.

**Under Arm:** To get it all done.

**Top of Head:** All these feelings in my body.

Take a deep breath, and let it go. Focus on anything that comes up while doing these short rounds. After completing this sequence, take a deep breath and rate your emotional feeling from 1 - 10. Repeat this sequence of tapping using a more affirming and positive script, until you reach a lower score on the scale.

#### Script for overcoming limiting beliefs and self-doubt

As you move through rounds, begin to work in positive, affirming, and accepting language where you feel right to do so.

**Karate Chop:** Even though I have these limiting beliefs (be specific about yours here) holding me back, I love, accept, and forgive myself. Even though these limiting beliefs are stopping me from truly loving myself, I accept this anyway.

**Eyebrow:** I'm not good enough.

**Side of Eye:** There's something wrong with me.

**Under Eye:** I don't deserve love.

**Under Nose:** I'm don't deserve to be happy.

**Chin:** I'm not worthy of love.

**Collarbone:** I'm not worthy of respect.

**Under Arm:** Deep down I've never felt good about myself, and I can't imagine that I ever will.

**Top of Head:** I accept these beliefs, and choose to move forward.

While self-doubts can be limiting, you can choose to let go of these emotions.

After completing this sequence, take a deep breath and rate your emotional feeling from 1 - 10. Repeat this sequence of tapping using a more affirming and positive script, until you reach a lower score on the scale.

### **Script for healing from an emotional trauma**

When working through a traumatic experience, sometimes oppressed memories may arise. Please ensure you are in a safe, comfortable environment where you are able to address any further trauma that may come up. If required, please seek the guidance of a qualified EFT practitioner.

**Karate Chop:** Even though I have experienced this painful event (be as specific as you can), I choose to love, accept, and honor myself. Even though things have happened in the past that have caused a lot of pain, and I'm still carrying a lot of that pain, I choose to deeply and completely, love, honor, and accept myself. To whatever extent possible I choose to love, honor, and forgive others involved because I choose to be free.

**Eyebrow:** This happened to me.

**Side of Eye:** These painful things that happened.

**Under Eye:** All this pain that I experienced.

**Under Nose:** All this pain that I'm still carrying.

**Chin:** I choose to clear it.

**Collarbone:** I have a right to clear it.

**Under Arm:** I don't owe it to anyone to hang on to this pain.

**Top of Head:** And I choose to release this trauma.

After completing these steps, take a deep breath and rate your emotional feeling from 1 - 10. Repeat this sequence of tapping using a more affirming and positive script, until you reach a lower score on the scale.