Tips for tapping

Some Things to know about tapping:

It is not important that you believe tapping will work for it to work. You just have to be willing to give up your symptom. That sounds simple, but there are people who for one reason or another do NOT want to give up their symptom. There may be secondary gain to having a certain symptom, or the symptom may be heavily tied to the person’s identify. Who would they be without it? So that does happen and in those cases, tapping will not be effective.

Does it matter what order you tap in? No. You are being given an "order" here as a way of assuring that you remember to include all the points. Once you have experience with tapping, feel free to change the order in any way you prefer.

How hard should you tap? You don’t want to tap too hard, nor too lightly. Think about drumming your fingers on a table. That’s about right. And there is no "right" number of times to tap on each point. Seven or eight taps usually feels about right, but do what feels right to you.

The biggest challenge is just remembering to tap.

What should you tap on?
Anything that bothers or distresses you can be treated through tapping. It can be either emotional or physical distress.

**How do I know I'm using the right words?**

First, know that there is no "wrong way" to choose your words. If you are thinking and feeling something, those are the right words.

Listen to what you are telling yourself, especially your negative self-talk, and tap specifically on those words.

**Examples:**  
"I'll never be able to do this."  
"I really don't deserve to get that."  
"I've never been any good at..."  
"I'll never have enough..."  
"No one really cares about me."  
"My life is going nowhere."  
"I try over and over, but I always fail."  
"I'm hopeless."

If it helps, write down the negative things you are saying to yourself and tap on those words. Think back. See if you can remember the first time you felt (or were made to feel) that same way, tap on that experience and how it made you feel.

**That could be an early childhood event... something someone said or did to you when you were a child... that provided a definition of yourself and your capabilities that is frozen in your psyche and
continues to inform your decisions about who you are and what you are capable of today.

These ideas about yourself and your capabilities can be very subtle. They can play out as thoughts like, "I'm no good at sports." or, "No matter what I do, I'm always broke."

Tap on the negative self talk, and notice what other thoughts come up as you do. Then tap on those, even if they seem at first unrelated.

**The Choice Method:**

Once you tap a couple of rounds on the negatives, you can begin to tap on how you would rather experience the situation using the "Choice Method".

For instance:

"Even though I feel angry with "this situation" right now, I choose to be calm and focused instead.

"Even though I don't feel any confidence in my ability to do this, I choose to see myself as capable and relaxed."

"Even though I am in a lot of pain over what's happening, I choose to see it as helping me to learn what I need to learn and to get where I need to go."

So, choose what you would like your feelings and reaction to be, and tap on that. Choose to look at it
differently. Choose to feel differently about it, and tap that choice in.

Adding Spirituality to Enhance your Tapping:

For many of us, to be able to bring God into the tapping experience adds to its strength. Here is a very effective way to do that. As you begin your tapping on the Karate Chop point, use something like this as your opening phrase:

"Even though I feel ____________ (Stressed/angry/sad/fearful, or whatever the feeling may be), I know that God loves me and accepts me unconditionally."

Or

"Even though I am feeling totally anxious and overwhelmed, I know that God loves and accepts me just as I am."

Other things you can do with tapping?

Once you begin to use tapping you might want to delve deeper into it. If you do, you'll find that there is a great deal more you can do with it. For instance, surrogate tapping (Tapping for someone else) is very effective.
Tapping for animals: Yes, you can tap on your pets to help reduce anxiety and stress in them.

There are so many ways you can apply tapping to creating a healthier you.

**If you Need Help:**

While tapping is something you can do very well on your own, sometimes it can be helpful to work with a practitioner to narrow down a target to tap on, or to identify core issues. Working with an experienced EFT practitioner can help you to move the healing process along more quickly.

There are many resources available on line. Search on EFT and "your issue" for more ideas.