

What to say....

The 911 Guide

When you tap!

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What you say - When you tap!

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What is Energy Therapy and how does it work?

Energy therapy refers to a new class of techniques used as a therapeutic treatment modality for a variety of emotional and physiological ailments. Energy Therapy techniques produce change by gaining access to the energy system of the body through the complex network of meridians or channels that move your life force or qi through our bodies.

This system of meridians access in Energy Therapy was mapped out by the Chinese over four thousand years ago and is the basis of all acupuncture and acupressure treatment making it one of the oldest, if not the oldest, form of therapy in the world. One of the most frequently diagnosed problems in Chinese medicine is stuck or stagnant qi, (pronounced “chi”) indicating a blockage in the healthy flow of vital energy through the network of meridians. This disharmony is manifested by aches and pains in the body.

Thus, pioneers in the Energy Medicine field consider Energy Therapy to be a form of “psychological acupuncture”. While acupuncturists use needles to facilitate movement of the life force through the body, energy therapists use the fingers to tap the endpoints of these meridians. By applying pressure along crucial meridians, you can release endorphins and other natural substances in your body that block pain. By stimulating the flow of blood, you will also soothe sore muscles and relax the body, promoting the body’s natural ability to heal itself. This stimulation, combined with a particular mental and emotional focusing, restores balance to the energy system, and frees the body and mind to resume their potent, natural healing functions

The form of Energy Therapy you will be learning is called **Emotional Freedom Techniques** and was developed by Gary Craig. **EFT** is safe, easy to apply, and is non-invasive. Built on the Discovery Statement, “The cause of all negative emotions is a disruption in the energy system”, we can tap on anything that with a mind/body connection. **EFT** has been successfully used for curbing cravings (food, smoking, alcohol), phobias (flying, social), pain and procrastination.

EFT is an experimental therapy and is not meant to replace standard medical and/or mental health counseling. While there have been no documented negative side effects from using EFT when the proper treatment protocols have been followed, this does NOT mean that you will not experience side effects. By using these techniques on yourself or others, you must agree to take full responsibility for your own well-being.

Let's begin!

There are four basis parts to tapping

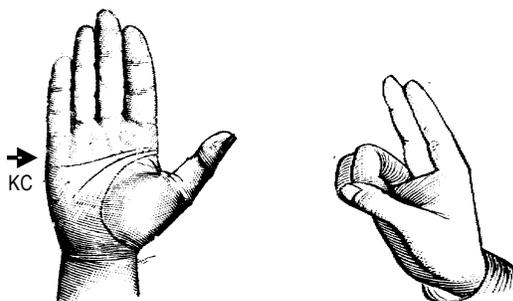
1. **Find a target:** EFT works best when you have a specific target that you can name and measure. Let's say someone says something to you and you find yourself stewing about it for hours after. Write down the **words or phase** they said that when you think about it triggers the answer again. Also notice where you feel the anger in your body. That feeling in the body and the words that were said can be your target for tapping.
2. **Measure the intensity:** On a scale of 0-10, with "0" being no feeling or intensity about it and "10" being lots of feeling or intensity about it, give a number to the feeling you experience when you say or think about the phase you wrote down.
3. **Do a round of tapping:**
Begin with the Setup Statement

THE SETUP Statement sounds like this:

"Even though I feel/have..... , I deeply and completely love and accept myself anyway."

The **SETUP STATEMENT** is repeated out loud while you tap the **karate chop point (KC)** (see diagram of points).

Begin with tapping on the Karate Chop point with two fingers of the opposite hand:

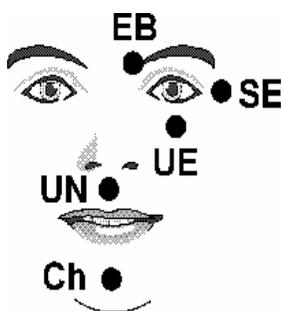


Then you'll tap with the Reminder Phase while tapping the 8 power points

THE REMINDER PHRASE

“This (state the problem or feeling)...”

The REMINDER PHRASE is repeated when you tap the sequence of “power points.” This directs your mind to focus on the negative thought patterns that block your ability to reach your goals and **allows EFT to neutralize them.**



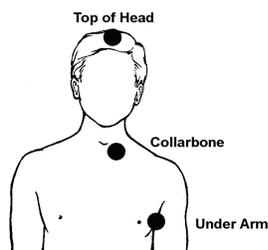
Eyebrow – on the bone where the hair from the eyebrow begins

Side eye - on the bone at the orbit on the outside of the eye

Under eye – below the pupil of the eye, on the high cheek bone

Under nose – right below the nose and above the top lip

Chin – it’s above the chin, in the crease below the bottom lip



Collarbone – 1 inch from the notch at the throat and 1 inch on either side. You can also make a fist or use an open hand and tap where a man’s neck-tie would be.

Under arm – 4 inches below the arm pit, in-line with the nipple or where a bra strap would be

Top of head – drum the fingers around the top of the head

1. **Measure Again:** Check in with your body – how does it feel when you think about the event or incident? How does it feel when you say those words or phrase that triggered the feelings? Measure again, using the 0-10 scale, the remaining feeling. If there is still a charge on the event, do another round of tapping. The next time you do your **Setup Statement** you add the words: Even though I **still have some of this...** and your **Reminder Phase** will include, “this remaining (problem/feeling).”

Here's a quick recap

1. **CHOOSE AN ISSUE TO TREAT WITH EFT**
2. **Measure the intensity of the issue** you have chosen to treat on a scale of 0-10 (where 0=no discomfort and 10=strong discomfort).
3. **Devise a SETUP STATEMENT** for the issue you have chosen.
4. **Tap on the Karate Chop Point** while saying the **SETUP STATEMENT** out loud 3 times.
5. **TAPPING SEQUENCE: (ROUND #1):** Tap on the sequence of points while repeating the **REMINDER PHRASE** out loud.
6. **Take a deep breath.**
7. **Measure again**
8. **If there is still a charge, do another round of tapping (ROUND #2) with the SETUP STATEMENT** “Even though I **STILL** have this....” The **REMINDER PHASE** will change to “**THIS REMINING...**”
9. **Measure again**

Script for - “This won't work for me!”

Measure how “true” does this statement sound? 0 is not true at all, 10 is absolutely true

Starting at the karate chop point:

Even though I have this belief that nothing works for me so this isn't going to either, I accept myself even with this belief

Even though I don't think this tapping stuff is going to help me, I'm willing to be open to the possibility that I can change this belief

Even though I've tried everything and nothing has worked so far, maybe I could give this a try anyhow.

Now tap through the points with each phase:

Inner Eyebrow: I don't think this is going to help me

Side of eye: Nothing has helped me so far

Under eye: It's frustrating to keep trying things

Under nose: What if it's a big waste of time to try this

Chin point: I've spent enough time trying to fix this

Collar bone: And nothing has helped yet

Under arm: I'm holding on to this belief that nothing can help me

Top of head: I am convinced that nothing can help me

Take a breath. Say the statement again – how true does it feel now? When ready you can move to the next round.

Inner eyebrow: But what if this tapping could work

Side of eye: Would that be okay?

Under eye: What if it could be easy?

Under nose: Would that be okay?

Chin point: Could I be open to shifting this belief

Collar bone: This belief is really getting in the way of me serving my purpose

Under arm: So what if the tapping allowed me to shift this belief

Top of head: In a way that would allow me to serve more of my purpose

Inner eyebrow: Would that be okay?

Side of eye: I would be open to that

Under eye: I'm ready for that to start happening

Under nose: So even though I had that belief that nothing works for me

Chin point: I've decided to be open to this new approach

Collar bone: I'm surprisingly ready to make this change

Under arm: This change feels fantastic

Top of head: I love knowing that I decided to make this change and it feels good!

Take a breath!

Script for - "I'm afraid to change" Measure how it feels when you make this statement. What feeling comes up when you say it? How true does it feel in your gut (not your head!)

Starting at the Karate Chop point:

Even though I thought I wanted to change, so I'm surprised that I have some resistance to it, I'm accepting myself and these feelings

Even though a part of me wants things to be different, there's still a part of me that's not so sure, that's okay, I'm just going to honor that I've got some apprehension about making these changes

Even though I'm anticipating that this change will be difficult so I have some reservations about my being able to do it, that's okay, I'm just speaking my feelings, and I honor that courage it takes to do that

Tapping through the points with each phase

Inner eyebrow: I'm afraid to change

Side of eye: I'm not so sure I want to change

Under eye: It's scary to make changes

Under nose: What if I change things and I don't like it

Chin Point: It's too risky to make these changes

Collarbone: I'm not sure it's worth all the work it takes to change

Under arm: I'm sure I'll piss someone off if I change

Top of head: I'm afraid to make these changes

Take a breath. Say the statement again – how true does it feel now? When ready you can move to the next round.

Inner eyebrow: I know I'm ready to make these changes

Side of eye: What if it's surprisingly easy to do?

Under eye: Maybe it could be easier than I thought

Under nose: What if I love the changes I make

Chin Point: What if I've already started to make some changes?

Collarbone: What if I can handle it?

Under arm: What if I'm good at it?

Top of head: I love knowing I have choices about this

Take a breath!

Script for: “It will never happen for me”.

Think where this might apply in your life, it could be: finding love, getting the job of your dreams, having abundance, being at your ideal weight.

Measure how it feels when you make this statement.

What feeling comes up when you say it? How true does it feel in your gut (not your head!)

Starting at the Karate Chop point

Even though I'm terrified it will never happen for me - I can accept myself even with this fear

Even though it's never going to happen for me – it's just the way it is – I'm accepting myself and where I am right now

Even though it's never going to happen for me – I want to stay open to the idea that I'm wrong about this

Now tapping through the points

Inner Eyebrow: It's never going to happen for me

Side of eye: I can feel it in my bones

Under eye: It's just the way it is for me

Under nose: I can remember all those other things that I wanted so badly

Chin point: That didn't happen

Collar bone: I remember how bad it felt

Under arm: It's never going to happen for me

Top of head: And that's just the way it is

Take a breath. Say the statement again – how true does it feel now? When ready you can move to the next round.

Inner eyebrow: But what if it could happen?

Side of eye: Would I be ready for that?

Under eye: I'm ready to change the way I feel about this

Under nose: How would it feel if it were on it's way?

Chin point: Maybe it can happen for me

Collar bone: Maybe I'm already changing the way I feel about this

Under arm: I'm ready to receive something new in my life

Top of head: I'm opening myself to receiving my desires now

Take a breath!

Script for - “ I don't have what it takes to be successful”

Measure how “true” does this statement sound? 0 is not true at all, 10 is absolutely true.

How do you define success? Is it being at a certain weight, making a certain amount of money, being in a relationship?

What happened when – who said what – that contributed to you coming to this conclusion that you don't have what it takes? Let's challenge them!!

Starting at the karate chop point:

Even though I don't believe I have what it takes to be successful because of what they said – I'm willing to accept that this is where I am now

Even though I have this belief that I don't have what it takes to be successful – it started why back then – and I can still remember it – I'm going to be gentle with myself while I work on this.

Even though I don't have what it takes to be successful – I didn't get it – I'm missing those parts – I'm ready to take another look at this belief – maybe it was just mind clutter and I'm ready to clear it out

Now tap through the points with each phase:

Inner Eyebrow: I don't have what it takes to be successful

Side of eye: I know it takes something special

Under eye: And I don't have it

Under nose: I've never had what it takes to be successful

Chin point: I don't know how to get what it takes

Collar bone: I come from a long line of people who have this belief

Under arm: I might have taken it on just to fit in

Top of head: They told me I didn't have what it takes to be successful and I believed them

Take a breath. Say the statement again – how true does it feel now? When ready you can move to the next round.

Inner eyebrow: I took on this belief about me and success long ago

Side of eye: What a great time to decide if I want to keep it

Under eye: What if those people were wrong?

Under nose: Maybe I do already have what it takes to be successful

Chin point: Maybe I'm already starting to change this belief

Collar bone: I'm ready to start noticing small successes that are already in my life now

Under arm: I've decided that I do have some of what it takes to be successful

Top of head: And I'm ready to celebrate that now

Take a breath!

Script for - “It will be too much work”

Measure how “true” does this statement sound? 0 is not true at all, 10 is absolutely true
Tapping on this belief will help with self-sabotaging behaviors.

Starting at the karate chop point:

Even though getting what I want is going to take too much work – and I don't want to work that hard – I'm going to honor myself and these feelings.

Even though it's going to take a lot of hard work – I'll never get to relax and have fun – I'm open to finding another belief around this

Even though everyone knows you have to work hard – you have to make sacrifices – but I don't want to – I'm still going to accept myself and how I feel

Now tap through the points with each phase:

Inner Eyebrow: You have to work hard for what you want

Side of eye: You have to make sacrifices

Under eye: You'll never have fun again

Under nose: The teachers who taught me this were really scary

Chin point: No wonder I don't want to work hard

Collar bone: I don't want to be stiff and rigid like them

Under arm: They said the only way to get there was through hard work

Top of head: but I don't want to work hard

Take a breath. Say the statement again – how true does it feel now? When ready you can move to the next round.

Inner eyebrow: Maybe there is more than one way to get what you want

Side of eye: What if I could get what I want and still have fun?

Under eye: What if those teachers didn't know how to do that?

Under nose: Could it be okay for me to do it differently?

Chin point: Maybe they could learn a lesson from me

Collar bone: About getting what you want with ease and joy

Under arm: I'm not willing to follow their rules anymore

Top of head: I'm creating my own rule – I'm choosing to enjoy myself while getting what I want

Take a breath!

Script for - "I can't do it"

Measure how "true" does this statement sound? 0 is not true at all, 10 is absolutely true. This may sound like a generic title but these four words are often played in the back of our mind when we think about taking a new action, and they are deadly because they will stop you in your tracks! Tapping on them, weakens their hold on you, allowing you to make choices and find new solutions.

Starting at the karate chop point:

Even though I can't do it – I just can't – I'm going to find a way to accept myself anyway

Even though I can't do it – stop pushing me – stop yelling at me – I'm going to find a way to be gentle with myself and where I am right now

Even though I can't do it – please don't make me – I'm scared – I'm stuck – I'm just not going to do it – so I'm just going to find a way to accept myself and these feelings right now

Now tap through the points with each phase:

Inner Eyebrow: I can't do it

Side of eye: I can't do it

Under eye: It's too scary

Under nose: It's way outside of my comfort zone

Chin point: Leave me alone

Collar bone: Stop pushing me

Under arm: I'm too afraid to try

Top of head: I can't do it

Take a breath. Say the statement again – how true does it feel now? When ready you can move to the next round.

Inner eyebrow: It's okay – I'm okay

Side of eye: I can take my time with this

Under eye: It's a pretty big step

Under nose: I'm just going to use the tapping to feel more relaxed about this

Chin point: That's where I'm willing to start

Collar bone: I can make other choices when I feel ready

Under arm: I can choose to take small steps if I want to

Top of head: Maybe I can do it – when I'm ready, and that's okay

Take a breath!

Script for - "I won't do it"

Measure how "true" does this statement sound? 0 is not true at all, 10 is absolutely true. This statement is filled with rebellion and strong will, and those can be great things when used for us, but it sure can cause havoc and keep us stuck. Giving the rebellion a voice not only feels good (a little ranting, done properly, never hurt anyone!), it opens us up to seeing things differently. Have fun with it – stamp your foot, make a fist – get in touch with your inner teenager! :)

Starting at the karate chop point:

Even though I won't do it and you can't make me – I'm going to honor these strong feelings and still be okay

Even though I won't do it so leave me along – stop pushing me – I can honor myself even with these strong feelings

Even though I don't want to do it – I won't do it – back off and leave me along – I'm willing to accept that these strong feelings are just feelings – and I'm going to accept myself even with them.

Now tap through the points with each phase:

Inner Eyebrow: I won't do it

Side of eye: I refuse to do it

Under eye: It's not going to happen

Under nose: Get out of my face and leave me along

Chin point: Bug off – it's not happening

Collar bone: Leave me along

Under arm: I said NO and I mean it

Top of head: I won't do it no matter what

Take a breath. Say the statement again – how true does it feel now? When ready you can move to the next round.

Inner eyebrow: There is a part of me that really doesn't want to do this thing

Side of eye: And I'm going to honor it – I'm going to listen to it

Under eye: It doesn't mean that I can't change my mind latter

Under nose: Just because I'm honoring that voice doesn't mean

Chin point: I'm stuck with it forever

Collar bone: I love knowing I have the choice to hear and feel these feelings

Under arm: And to know that when I'm ready

Top of head: I can choose again

Take a breath!

Script for - "I'm overwhelmed "

Measure how "true" does this statement sound? 0 is not true at all, 10 is absolutely true. I love to tap with props, so get out your "to do" list, stand in front of the laundry, or the clutter on your desk, or just say the words and feel it in your body. Where do you feel it? Focus on those feelings while tapping.

Starting at the karate chop point:

Even though I'm overwhelmed – I have so much to do – I'm going to honor myself and these feelings

Even though I'm completely overwhelmed – so much pressure to get it all done – I'm open to finding a way to feel more calm

Even though I'm looking at all these stuff that needs to be done – it's overwhelming – I'm just going to appreciate that's how it feels right now.

Now tap through the points with each phase:

Inner Eyebrow: I'm overwhelmed

Side of eye: And I can feel it right here in my body

Under eye: The pressure to get it done

Under nose: So much to do and so little time

Chin point: It's overwhelming

Collar bone: It's too much!

Under arm: I'm exhausted just thinking of it

Top of head: I'm just overwhelmed with it all

Take a breath. Say the statement again – how true does it feel now? When ready you can move to the next round.

Inner eyebrow: I would love to feel more at ease about this

Side of eye: To trust that I have what it takes to do what needs to be done

Under eye: To breath into this and feel relief

Under nose: I love knowing my body can find a way to relax

Chin point: Because then I can decide

Collar bone: I can touch what is most important

Under arm: In a more relaxed way

Top of head: I'm choosing to feel some calm about this now

Take a breath!

Working through specific events or experiences

One of the greatest gifts (in my opinion) of tapping is that we can take the “sting or charge” off of an old event that happened in the past. Let's say someone said something to you that really hurt your feelings and every time you think about it you can still feel how “angry” you got (substitute the name of the feeling that comes up for you, such as: humiliated, or embarrassed, or shame). How does it **feel now** when you think about it – measure it and write it down. What do you say to yourself about it? Where do you feel it in your body? You will receive Borrowed Benefits as you tap along using the words in the script.

Script for - “ It shouldn't have happened”

Starting at the karate chop point:

Even though it happened – and it shouldn't have never happened – I honor myself and I accept all of my feelings.

Even though it was terrible – after all this time I can still feel it – I can still feel the pain – I can still feel the anger and injustice – I acknowledge and accept all of my feelings.

Even though it shouldn't have happened – I can't let it go – I acknowledge and accept all of my feelings.

Now tap through the points with each phase:

Inner Eyebrow: This event should have never happened

Side of eye: It really shook me

Under eye: I haven't been the same since

Under nose: It changed me – it changed my life

Chin point: The anger – the injustice

Collar bone: The hurt – the pain

Under arm: It was wrong

Top of head: It shouldn't have happened

Take a breath. Say the statement again – how true does it feel now? When ready you can move to the next round.

Inner eyebrow: It shouldn't have happened and yet it did

Side of eye: I've given up so much to hang on to this event

Under eye: But the cost is too great now

Under nose: I've given up enough to hold on to this

Chin point: I'm ready to shift the energy around this

Collar bone: I'm taking back my power

Under arm: It's within my control to take it back

Top of head: And I'm going to use it to grow and thrive

Take a breath!

Script for - “ I shouldn't have done that”

Measure how “true” does this statement sound? 0 is not true at all, 10 is absolutely true. Sometimes we stay angry at ourselves for something we did that we feel we shouldn't have, often with the belief that if we shouldn't be forgiven, or by remembering it we'll never do it again. If that's true for you then you may not think you should tap on it – the truth is the lesson is integrated at a deeper level when the trauma associated to it is discharged.

Starting at the karate chop point:

Even though I'm so angry at myself – I shouldn't have done that – I'm trying to accept myself even though it's really hard right now.

Even though I can't accept what I did – it was wrong – I'm accepting how I feel right now.

Even though it wasn't okay and I shouldn't allow myself any relief – I don't know if I can accept myself if I can't accept what I did

Now tap through the points with each phase:

Inner Eyebrow: I can't believe I did that

Side of eye: It was totally unacceptable

Under eye: I'm so disappointed in myself

Under nose: I should be hard on myself

Chin point: I don't know how to right this wrong

Collar bone: I couldn't possibly forgive someone if they did that to me

Under arm: This “me” anger feels completely justified

Top of head: I can't accept myself right now and that's all there is to it

Take a breath. Say the statement again – how true does it feel now? When ready you can move to the next round.

Inner eyebrow: Yet I'm beginning to wonder

Side of eye: What it would be like to show myself some compassion

Under eye: Perhaps there is something in this experience that would help me grow

Under nose: I've made mistakes and learned from them before

Chin point: What if this was one of those times

Collar bone: I could allow myself to learn from this

Under arm: And in doing so I could become lighter with others

Top of head: I'm learning new ways to see this so that I can learn and grow

Take a breath!

Script for - “You're wrong! ”

This one is so helpful when you're thinking of a particular person that is associated with the feelings. See them in front of you – get a picture - notice how you're feeling and where you feel it. What do you tell yourself about what happened?

Scale 0-10 what is the level of anger/disgust/contempt/resentment you feel? Write it down.

Starting at the karate chop point:

Even though I am so angry at them and I can feel it in my body – it's right there – I accept who I am and how I feel.

Even though this person really ticked me off – I can't believe they did that – I can't believe they said that – I accept who I am and how I feel.

Even though I stuffed my feelings down when they spoke – when they did that – the truth is I was insulted – I'm angry – and I'm honoring myself and all my feelings

Now tap through the points with each phase:

Inner Eyebrow: I can't believe the nerve of that person

Side of eye: How dare they – they were wrong

Under eye: They were wrong

Under nose: It wasn't okay

Chin point: You're not allowed to treat me that way

Collar bone: I am so angry about this

Under arm: It wasn't okay

Top of head: You were wrong and you deserve this anger

Take a breath. Say the statement again – how true does it feel now? When ready you can move to the next round.

Inner eyebrow: I've got a right to all these feelings

Side of eye: I'm not sure I want to let them go completely

Under eye: Yet I'm tired of letting them live here rent free

Under nose: It's my turn to live fully

Chin point: What a gift I give myself by doing this work

Collar bone: I'm choosing to forgive myself for holding on to this for so long

Under arm: How awesome that I am now allowing myself

Top of head: To make new decisions – and to make new choices

Take a breath!

Scripts for Abundance

Script for - “ I shouldn't want more”

Measure how “true” does this statement sound? 0 is not true at all, 10 is absolutely true.
Who gave you this message? How did you learn that it wasn't okay to want more?

Starting at the karate chop point:

Even though it wasn't okay for me to want more, wanting more made them feel uncomfortable and that was their thing - I deeply and completely accept myself anyway

Even though they told me I was ungrateful because I wanted more - and they were wrong, I deeply and completely accept myself

Even though I have these conflicts with wanting more and allowing more, I choose to release this conflict and find joy with owning my desires.

Now tap through the points with each phase:

Inner Eyebrow: They said I was ungrateful

Side of eye: I wanted more and that wasn't okay

Under eye: That's what they said

Under nose: I wanted more and that wasn't okay

Chin point: Maybe I was being selfish

Collar bone: Maybe I am insatiable

Under arm: Because I want more

Top of head: And it wasn't okay for them that I wanted more

Take a breath. Say the statement again – how true does it feel now? When ready you can move to the next round.

Inner eyebrow: But there's a good chance they were wrong

Side of eye: They just didn't know it

Under eye: I can be grateful and want more

Under nose: Maybe they didn't know that

Chin point: You can be grateful and want more

Collar bone: I love having these desires and being grateful

Under arm: With each breath I take I feel more gratitude

Top of head: With each breath I feel peace about this now

Take a breath!

Script for - “I can't feel my desires”

Measure how “true” does this statement sound? 0 is not true at all, 10 is absolutely true. The Law of Attraction teachers tell us to visualize what we want – to get the feeling of having it. Sometimes we have to take off any anxiety we have about doing this so we can free ourselves to imagine and feel our desires

Starting at the karate chop point:

Even though sometimes I get anxious trying to get the feeling of my desire, I choose to be relaxed and calm

Even though I get anxious when I try to get the feeling of my desires, I know that it's there inside of me and I let it flow now

Even though I get so anxious sometimes when I want to feel my desired intentions, I completely love and accept myself anyhow.

Now tap through the points with each phase:

Inner Eyebrow: This frustrating anxiety

Side of eye: It comes up every time I think about the future

Under eye: Why can't I get the feeling

Under nose: I want to feel my desires

Chin point: And I get so anxious when I try

Collar bone: This lingering anxiety

Under arm: I am so tired of this anxiety

Top of head: I'm tired of working on this anxiety

Take a breath. Say the statement again – how true does it feel now? When ready you can move to the next round.

Inner eyebrow: But perhaps this tapping is really starting to work

Side of eye: I can feel times when I feel less anxious

Under eye: I like that feeling of ease and calm

Under nose: And I'm willing to have this feeling more often

Chin point: I deserve to have this feeling more often

Collar bone: I can have this feeling more often

Under arm: The feeling of ease and joy comes so much easier now

Top of head: I'm feeling good and it feels good to have this freedom

Take a breath!

Script for - “ It's not enough”

Measure how “true” does this statement sound? 0 is not true at all, 10 is absolutely true. This is one of my favorite ones when it comes to money, but of course it can be used for other things as well! This is another great opportunity to use props, such as, get out your bank statement, or sit in front of you bills – where ever it is that doesn't feel “enough” to you.

Starting at the karate chop point:

Even though it's just not enough – I want more – I'm going to honor these feelings and be open to another way of feeling this

Even though it's not enough – it's never enough – I'm just going to accept that this is how it feels right now

Even though it's not enough – I want so much more – I'm opening to new ways of feeling about this.

Now tap through the points with each phase:

Inner Eyebrow: It's not enough

Side of eye: Look at that

Under eye: That's not enough

Under nose: I want more

Chin point: So much more

Collar bone: I can't accept that this is all I get

Under arm: Look at how it makes me feel

Top of head: Is just isn't enough for me

Take a breath. Say the statement again – how true does it feel now? When ready you can move to the next round.

Inner eyebrow: I really want to feel more abundant

Side of eye: How can I do starting now?

Under nose: What would I focus on?

Chin point: Where do I feel that, even a little bit, now?

Collar bone: I'm choosing to focus on the abundance I have now in my life

Under arm: To amplify and grow those feelings of abundance

Top of head: I'm changing my vibration about abundance now, by changing my focus

Take a breath

Script for - “ What if it's too much”

Measure how “true” does this statement sound? 0 is not true at all, 10 is absolutely true

Starting at the karate chop point:

Even though afraid to have a really big life, it seems overwhelming - what if I can't handle it - I'm still open to this idea

Even though the thought of living BIG is overwhelming - I don't know if I'm capable of living up to that expectation - I even get in my own way just to slow it down - I deeply and completely forgive myself for getting in my own way - it's what I've done for so long and now I no longer need to do that

Even though it feels like too much to live this bigger life - what if it's too much for me - what if I fail! - I choose to remember that I am guided by a force larger than my little thoughts - and that I will never take a step alone - I am ALWAYS being guided by a love greater than any fear I could have.

Now tap through the points with each phase:

Inner Eyebrow: Stepping up is scary

Side of eye: What if I can't do it?

Under eye: What if it's too much for me

Under nose: What if I screw it up?

Chin point: I've done that before and it was terrible

Collar bone: I didn't think I would ever stop feeling that pain

Under arm: Who wants to feel that again?

Top of head: What if I can't handle success?

Take a breath. Say the statement again – how true does it feel now? When ready you can move to the next round.

Inner eyebrow: I choose to remember my strengths

Side of eye: I choose to remember I will never take a step alone

Under eye: I choose to remember that the greatest love is being of service to others

Under nose: I remember that is what I'm really here for!

Chin point: That is who I am

Collar bone: That is who I've always been

Under arm: I choose to be pleasantly surprised how enjoyable this expansion is

Top of head: I choose to feel the peace and knowing that comes with letting this be easy

Take a breath!

More scripts for other areas of life!

Script for - "I can't sleep"

Measure how "true" does this statement sound? 0 is not true at all, 10 is absolutely true.

Here's a little trick for using tapping for sleep – instead of physically tapping the points, instead **imagine** yourself doing the tapping! A good way to practice for this is to watch yourself tap in the mirror so you know exactly what you look like while tapping. You'll be surprised that the next thing you know you're waking up in the morning!

PS – you don't need to memorize the words here, trust that your words are correct and go for it!

Starting at the karate chop point:

Even though I can't get to sleep – my mind is too busy – I'm going to allow myself to relax anyway

Even though I can't get to sleep – my body is having trouble letting go – what if I could allow myself to let go anyway

Even though I can't get to sleep – this probably isn't going to work – that's okay, I'm just going to do it anyway

Now tap through the points with each phase:

Inner Eyebrow: I can't get to sleep

Side of eye: My mind is so busy

Under eye: My mind won't let go

Under nose: My body won't let go

Chin point: All this stored up energy

Collar bone: All this stored up anxiety

Under arm: Keeping me awake

Top of head: I can't let it go

Take a breath. Say the statement again – how true does it feel now? When ready you can move to the next round.

Inner eyebrow: Yet here I am

Side of eye: Allowing myself to drift

Under eye: Just drifting now

Under nose: Letting my body relax

Chin point: Letting my mind relax

Collar bone: Here I go

Under arm: Drifting off to sleep

Top of head: Until tomorrow

Good night!

Script for - “I'm going to let myself down again ”

Measure how “true” does this statement sound? 0 is not true at all, 10 is absolutely true

Starting at the karate chop point:

Even though I'm concerned I won't stick with it - I won't stay on track - I choose to know that I've learned how to be on track

Even though I'm worried that I'll fall back into old habits - I choose to remember that I have already changed -that I've got what it takes to keep those changes happening

Even though I'm afraid of going backwards - I completely accept those feelings and I choose to move forward anyhow

Now tap through the points with each phase:

Inner eyebrow: I'm scared right now

Side of eye: What if I don't keep going this?

Under eye: What if I stop making progress?

Under nose: What if these changes don't stick?

Chin point: I'm so scared of staying the same

Collar bone: What if I go backwards?

Under arm: I tried things before and didn't stick with them

Top of head: I can't let that happen again

Take a breath. Say the statement again – how true does it feel now? When ready you can move to the next round.

Inner Eyebrow: Hey I'm proud of what I've done

Side of eye: That had to take some determination

Under eye: That's so like me to be stubborn like that

Under nose: This is who I am – this is what I do

Chin point: I'm choosing to remember the actions I took to get me here

Collar bone: I've done it up till now and I can choose to keep doing it

Under arm: So what if I didn't do it in the past

Top of head: The past is not the present and I'm choosing to create a new future by sticking with this.

Take a breath!

Script for - “ I have this craving”

Measure how “true” does this statement sound? 0 is not true at all, 10 is absolutely true.

Prop time!! Get out that 'craving' – be it a glass of Coke, a cigarette, that chocolate bar or those chips, what ever it is that's calling you, beckoning you to come to it! Craving take away your choices, so by tapping on them what you gain is freedom to choose – even if you decide to indulge, notice small changes like how much you consume, or how it tastes.

Starting at the karate chop point:

Even though I have this craving – I really want this – I'm going to accept myself and how I feel.

Even though I have this craving – it's really calling to me – I'm still okay even with these feelings.

Even though I really want this – got to have it – I'm okay – it's okay – I'm just accepting that's how it feels right now

Now tap through the points with each phase:

Inner Eyebrow: This craving

Side of eye: This desire

Under eye: I have to have it

Under nose: I can imagine how it tastes

Chin point: I have to have it

Collar bone: It wants me to have it

Under arm: This crazy desire for it

Top of head: It's calling my name and I have to go to it

Take a breath. Say the statement again – how true does it feel now? When ready you can move to the next round.

Inner eyebrow: I'm ready to feel relaxed with this desire

Side of eye: I'm opening up options

Under eye: I can make new decisions

Under nose: Maybe it's my choice

Chin point: It is my choice

Collar bone: I can feel my body relaxing

Under arm: The tightness gone

Top of head: The pressure gone

Take a breath!

Script for - “ I'm never going to be able to get over my issues”

Measure how “true” does this statement sound? 0 is not true at all, 10 is absolutely true. Sometimes I hear people say that they have so much garbage they worry they will never be able to get rid of all of it (I have felt that way plenty of times!). Truth is...you won't ever be without issues. Sorry! Listen, you're human and we all carry around stuff, **HOWEVER**, tapping will help you carry a lighter load. Imagine how different life will be when you've lightened your load to a few 'carry-on's” instead of dragging trucks of old junk around with you!

Starting at the karate chop point:

Even though I'm afraid I'll never get rid of this old junk – I've got so much of it – I'm just going to allow myself to take it one step at a time

Even though I'm never going to get through all my stuff – it's impossible to do – I'm still going to allow myself to do that work I'm doing

Even though I have too much crap – too much history – there's no way I can get through it all – I'm just going to honor where I am and how I feel – and I'm still open to seeing this differently

Now tap through the points with each phase:

Inner Eyebrow: There is no way I can let go of all this old baggage

Side of eye: I don't know who I would be if I didn't have it

Under eye: Doesn't it have to be hard and difficult to let it all go?

Under nose: I'm sure it would take a lot of work to let it go

Chin point: It's impossible to really change this

Collar bone: It can't be that easy

Under arm: It shouldn't be easy

Top of head: I'm not sure I deserve to let all this old baggage go

Take a breath. Say the statement again – how true does it feel now? When ready you can move to the next round.

Inner eyebrow: Who said you have to carry all this old junk around?

Side of eye: Am I concerned about what they would think if I let it go?

Under eye: Maybe they think I have to carry it all around

Under nose: So what! Who cares what they think!

Chin point: They can carry their old stuff around

Collar bone: It doesn't mean I have to

Under arm: I've decided to let go of what doesn't serve me

Top of head: And I will take on new ways that serve me even better

Take a breath!

Script for - "It's not safe to be seen "

Measure how "true" does this statement sound? 0 is not true at all, 10 is absolutely true. Could this little belief be throwing a wrench in your progress without you even knowing it? Many of my clients have found that it shows up when working with a variety of issues, such as: weight loss (what will happen when you lose that weight?); marketing their business (what if people find out that I'm a fraud), dating and socializing (what if I get hurt again), just to name a few. Check out the section on Aligning Your Energy to find your hidden saboteur.

Starting at the karate chop point:

Even though it's not safe to be seen – then everyone will know – I'm just going to accept myself and how I feel.

Even though I have to protect myself – I have to stay hidden – because of what happened last time – I can honor how this makes me feel and accept myself

Even though it's just not safe for me to be seen – I'm accepting that's how it feels – I'm accept that I have my reasons for feeling this way – and I'm still open to seeing it differently

Now tap through the points with each phase:

Inner Eyebrow: It's not safe to be seen

Side of eye: If I put myself out there I could get hurt

Under eye: If I put myself out there I won't be able to keep myself safe

Under nose: I shouldn't change this

Chin point: I don't know how to keep myself safe without it

Collar bone: I don't know how to keep safe and be seen

Under arm: Not yet

Top of head: I need to hold on to this to keep myself safe

Take a breath. Say the statement again – how true does it feel now? When ready you can move to the next round.

Inner eyebrow: Keeping myself hidden was how I learned to be safe

Side of eye: That's the only way I knew to do it then

Under eye: And I honor what I went through that taught me this lesson

Under nose: But it's an old solution that doesn't fit for me now

Chin point: I've got so many more resources now

Collar bone: What if I was drawing on all those new resources

Under arm: I can feel safe and be seen

Top of head: I'm allowing myself the freedom to choose when to be seen, and still feel safe

Take a breath!

General Tapping to Align Your Energy System

Sometimes we think we want change but for reasons (mostly) unknown to us, there is a part of us that resists making that change. Energetically we say that our energy system is 'reversed', meaning that our conscious desire is not in alignment or is not congruent with our unconscious need to protect us.

A very common type of reversal is Secondary Gains or Secondary Benefits. Secondary Gain is a psychological term that means we have a subconscious reason for holding on to a problem. It's a benefit we receive as an indirect result of having the problem or issue.

When we identify what those benefits might be, then we can find ways to get those benefits in a healthier way without needing to keep the old problem!

The way we uncover how this problem is helping you is by asking questions that peel back the protective layers to reveal how the problem is helping us stay safe.

Here are two great questions to ask – take your time with each of them – allow your subconscious mind to mull them over and be open to any answers that show up.

What is the 'upside' of keeping this problem?

What's the 'downside' of letting it go?

- Would people expect too much from you if you got over this problem?
- Who would you be without this problem?
- How would life change if you no longer had this problem?
- What does having this problem excuse you from having to be, do, or have?
- What don't you feel ready for?
- What has to happen first before you can get over this problem?
- Who would be affected if you no longer had this problem?
- Who would you have to forgive to get over this problem?
- What are the good things about having this problem?
- What relationships would change if you no longer had this problem?
- What does this problem allow you to do?
- Who are you staying loyal to by keeping this problem?
- What would have to change if you got over this problem?

****Beware!** Some of these statements might sound really negative to you, and if you're a student of positive thinking, or the Law of Attraction, you may think that you couldn't possibly say them. We are not 'planting' negative thoughts – the truth is you're already saying and feeling them, we're just bringing them to the surface where we can take the power off of them. After doing this tapping you'll find that your positive thoughts feel stronger, more congruent, more believable. That's when you're really changing your vibration!

Tapping statements that help correct Secondary Gains reversals:

Starting at the karate chop point:

Even though I've been holding on to this problem – for whatever reason – I choose to love, accept and forgive myself

Even though I can't believe I would knowingly hold on to this problem – I'm open to the idea that I didn't know I had reasons for holding on to it – and now that I do – I might be able to forgive myself for holding on to it

Even though a part of me still wants to hold on to this problem – I get it now – I'm starting to see how I thought I needed this problem – and I'm ready to find new and healthy solutions to replace that old problem

Now tap through the points with each phase:

Inner Eyebrow: I will never get over this problem

Side of eye: I refuse to get over this problem

Under eye: It may kill me if I let go of this problem

Under nose: It may not be safe for me to get over this problem

Chin point: I need this problem!

Collar bone: I'm afraid I won't know who I am without this problem

Under arm: I won't have an excuse for my life being messed up if I let go of this problem

Top of head: I need this problem to punish them

Inner Eyebrow: You can't make me let go of this problem

Side of eye: I want to keep this problem – it's mine

Under eye: I don't deserve to be free of this problem

Under nose: I don't know how to get over this problem

Chin point: I'm not capable of getting over this problem

Collar bone: It would take too much work to get over this problem

Under arm: It would take too much work to get over this problem

Top of head: It has to be hard for me to get over this problem

Now let's throw in some new ideas:

Inner Eyebrow: So what that I've held on to this problem for so long

Side of eye: I'm surprised how ready I am to make these changes

Under eye: To find new solutions instead of those old out-dated ones

Under nose: What if it's okay to make these changes?

Chin point: What if I love the changes I make?

Collar bone: What if it was easier than I thought?

Under arm: What if I was already starting to make changes?

Top of head: I've already started this process and it's kind of fun!

Take a breath!

Continuing Your Personal Practice

The Personal Peace Procedure was developed by Gary Craig and involves making a list of every bothersome SPECIFIC EVENT in one's life and systematically EFT'ing their impacts out of existence. As you discover, neutralize and eliminate the emotional baggage from your specific events, you will, of course, have less and less internal conflict for your system to deal with. Less internal conflict translates into a higher level of personal peace and less emotional and physical suffering.

The steps are as follows:

1. Make a list of all the bothersome events of your life. Don't be surprised if you find yourself with a list of a hundred or more! If you've been living on this planet for several years you've most likely acquired a variety of bothersome moments.

It's often helpful to chunk time into segments to help jog your memory:

2. Birth, 0-5 years old, 5-10 years old (etc.)
3. Relationships with siblings or anyone else who lived in the house with you.
4. Your school experience: Kindergarten – 1st grade, Elementary school, Jr. High School, High School, College
5. Other traumas, illnesses, accidents, hospitalizations
6. The nature of relationships: With your mother, your father, friends, other significant relationships
7. What did you learn or tell yourself about these events and relationships about yourself, about others, or about the world. Remember, you can tap and clear the negative learning's you took on as a result of these events.

2. While making your list you may find that some events don't seem to cause you any current discomfort. That's OK. List them anyway. The fact that you remember them suggests a need for resolution.

3. Give them all a 1-10 rating (10 is highest level of emotional intensity.)

4. Starting with the "10's" apply EFT to each of them. Be sure to notice any aspects that may come up and tap on those as well.

5. As you tap, new memories or concerns might come up; give them a number and add them to the list.

6. By developing a practice of tapping on a daily basis working on 2-3 events on your list, you can easily address over 90 to 270 specific events in 3 months. Take note in your tapping journal any changes you've noticed, such as, how your body feels, how often you get upset or triggered, and the shifts and changes in your relationships. Revisit some of those specific events and notice how those previously intense incidences have faded into nothingness.

Acknowledgment and gratitude

I personally want to thank you for taking the time to tap! Not only are you making a difference in your life by living more fully in the life you were meant to have, you are also making a contribution to shifting the vibration of the collective unconscious.

What a gift you give your family, your children, even your co-workers, as you replace old patterns of behavior and thought with new insights, new behaviors, and new beliefs.

As a therapist for over 25 years, I've worked with thousands of people who have expressed a real desire to change the dysfunctional patterns they learned in their family of origin. As you move forward with your tapping, finding the root beliefs and the specific events that have kept those old patterns alive, and take the charge off of them, you become available to developing new and healthy patterns of thought and behavior.

You are courageous beyond measure and I honor and appreciate you for taking this journey.

Many blessings to you!

Your Coach Mary xo

Mary brings with her over 25 years as a accomplished Licensed Therapist, Success Coach, author and top Emotional Freedom Technique expert. She brings her work to thousands of people from all over the globe through her audio and teleclass programs, and as a regular expert guest on a broad range of programs focused on helping people live their dreams

When you need to take action, she is the person to turn to. She pulls out all the stops, delving deep to find those hidden fears and limiting beliefs – then doesn't stop there – known for her UNCONVENTIONAL, often “off the wall” methods, she will get you moving toward your goals. She is also the co-producer of the Unstoppable You in Business, Intensive – an on-line immersion program is loaded with tapping, clearing blocks and opening up infinite possibilities for success and abundance

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