

Tap into your Power

Using the magic of EFT Tapping to step into your power



How to do EFT Tapping with Confidence

A Simple Roadmap for When you Need to Tap

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A Simple Roadmap for When you Need to Tap

Please note that this is very bare bones. Please reach out to a practitioner if “it doesn’t work” or you need help. EFT Tapping is simple but not always easy, and to get the best results, a deeper dive can be necessary.

1. Notice you need to tap! This is any time you notice either an emotional out of balance, procrastination, pain etc. You are a witness to yourself.
2. Ask yourself – “**how am I feeling?**” Be willing for the answer to be really simple – eg *“fed-up”, “angry”, “avoiding”*... It doesn’t have to be an emotion but if you have that it’s tremendous. Measure the level on a scale of 1-10 where 10 is the most intense (SUDS).
3. Then, “**what am I thinking?**” All you have to do is to notice the thoughts. Measure the level on a scale of 1-10 where 10 is the most intense (SUDS).
4. Ask yourself if there are any clues in your body, whether present as physical sensation or imagery. “**What’s going on in my body?**” Measure the level on a scale of 1-10 where 10 is the most intense (SUDS).

5. Tap using the answer eg:

- *"Even though I'm angry, I love and accept myself."*
- *"Even though I'm telling myself she's wrong, I love and accept myself."*
- *"Even though I feel bubbling with anger, I love and accept myself."*
- *Tap around the points with your remainder phrase.*
- *Measure your SUDS scale. Try and get each specific tappable issue down to a zero.*

6. Continue as needed.

7. You can start with the Side of the Hand point at any time... it "re-sets" your mind.

8. Use words like *"maybe", "perhaps" "part of me" "this"*.

2.

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Summary

- How am I feeling? Measure SUDS.
- Tap. Check how you feel.
- What am I thinking? Measure SUDS.
- Tap. Check how you feel.
- How is my body feeling? Measure SUDS.
- Tap. Check how you feel.
- Explore the different aspects of the issue.
- Repeat until your SUDS is at a zero.

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