

The Tapping Basics Handbook

By Helen McConnell, PurposeProsperityHappiness.com

© 2016 PurposeProsperityHappiness.com

Tapping is a form of EFT (Emotional Freedom Techniques) - the energy healing modality developed by Gary Craig in the late 1900's. Craig, a Stanford-trained engineer, learned a technique called Thought Field Therapy (TFT) from psychiatrist Roger Callahan, and later created a more succinct version - EFT.

This booklet delivers instructions for a personal improvement tool. It is not a substitute for training in psychology, psychotherapy, or medicine. Nothing contained herein is meant to replace qualified medical advice or treatment. The author urges the reader to use these techniques under the supervision of a qualified therapist or physician, or a trained and certified Tapping practitioner. The author and publisher assume no responsibility for how the reader interprets and applies the techniques herein.

Parts or all of this booklet may be reproduced and shared. Please acknowledge publisher and author ("©PurposeProsperityHappiness.com") on each page when doing so.



CONTENTS

What is Tapping?.....	3
What is Tapping good for?.....	4
Who Can Use Tapping?.....	5
How to do Tapping - The Basic Protocol.....	5
Tapping Basics on a Page.....	9
Tapping Resources.....	11
Try it!	



Purpose, Prosperity, Happiness

HELEN M^cCONNELL  Purpose Coach  EFT Practitioner

What is Tapping?

3.

So you've heard about this weird thing called Tapping and you want to learn more. Maybe you've seen people doing it. Maybe you've tried it yourself or with someone else, and you want to find out more about it. How can something so simple be so powerful?

Welcome! You are joining with millions of people on the planet who are already taking advantage of the healing modality that you carry with you at all times, Tapping (which is also known as EFT or Emotional Freedom Techniques), was developed by Gary Craig, a Stanford-trained engineer. Gary learned Thought Field Therapy (TFT) from the late Dr. Roger Callahan, an American psychologist, and Dr. Callahan developed TFT using acupuncture meridian points and tapping on them in different ways to address different symptoms in his clinical patients.

When something frightens us, the "Fight or Flight" response (which originates in the Amygdala portion of the brain) is "switched on." This response is for basic survival, and the body responds by creating Cortisol (a stress hormone and delivering it to the bloodstream), increasing heart rate, shutting down the immune system, sending blood away from the brain and to the extremities - all in preparation to run for your life, or fight for your life. This is great if you're being chased by a tiger, or are about to step in front of a moving bus, or if you are actually being attacked. The problem for modern humans is that our response to things like someone cutting us off on the freeway, or the boss calling us into the office, or our partner forgetting to take the garbage out, feel like an attack, and have the same intense response.

And the Fight or Flight response is "on" most of the time for most people in Western Cultures. The response doesn't turn off, because our thoughts keep repeating what might have happened, or what actually happened, but isn't now happening. The effect on our health is devastating. The cause of 90% of illness, dis-ease, and pain is "stress" - a physical response to thoughts and emotions.

Tapping calms the body's nervous system, and "turns off" the "Fight or Flight" response.

Although the results from Tapping have always been quite profound, the original evidence for the efficacy of Tapping was anecdotal. But in the past 10 years, a mounting body of scientific, data-based, objective and unbiased evidence has been created. In fact, for a technique like Tapping that is outside the mainstream, additional evidence has been required to gain the approval of its use/efficacy by the American Psychological Association (APA). The APA finally gave EFT (Tapping) its approval for CE credits in 2016, after numerous requests by ACEP (Association for Comprehensive Energy Psychology).

Now we have scientific evidence to back up what we've known for a over 30 years: Tapping works!



Purpose, Prosperity, Happiness

HELEN MCCONNELL ◉ Purpose Coach ☺ EFT Practitioner

4.

Tapping calms the Fight or Flight response, The nervous system is thus relaxed, and from this state, emotions can be “completed,” and release from the body. We’ve also discovered that Tapping works exceptionally well for treating traumatic events from the past, and for clearing epigenetic responses. Cellular memories (emotions that are passed down from generation to generation) are powerful targets for Tapping.

As old emotions and “stuck” energy are released, the body is free to create new dreams, new responses, and new beliefs about the world. These changes have the potential to change everything.

Isn't it time to get free? Tapping is just the tool for the job!

For more on the scientific research studies, reports, outcome studies, review articles, skeptical and opposing viewpoints, and more, go here: <http://www.eftuniverse.com/research-studies/eft-research>.

What is Tapping Good For?

From the beginning, Gary Craig said about EFT, “Try it on anything.” There is no known negative side effects from Tapping, so why not try it on intense negative emotions, trauma, pain, overwhelm, limiting beliefs, lost car keys, and more.

You may think that Tapping on lost car keys is a joke, but think about it. When you can't find your car keys and you're on the way out the door, what is your response? If you get stressed and the voice in your head berates you for being unorganized or wasting time, you are in that Fight or Flight response. You don't have the brainpower to calmly remember where you left your keys. But Tapping will calm you down and essentially allow your subconscious mind to remind you where you left your keys.

Here are just a few of the things I have used Tapping for - for myself and with clients:

- Chronic pain
- Headache
- Tension
- Anxious feelings
- Relationship issues of all kinds
- Self esteem problems
- Forgiveness
- Intense emotions and emotional reactions - like anger, frustration, rage
- Shame and guilt
- Healing of traumatic memories, including PTSD



Purpose, Prosperity, Happiness

HELEN M^cCONNELL  Purpose Coach  EFT Practitioner

- Feeling depressed
- Self-sabotage issues
- Money issues
- Clearing clutter
- Test anxiety
- Fears and phobias
- Cravings
- Sexual dysfunction
- Intimacy issues
- And more. So much more!

I invite you to learn Tapping, and try it on everything.

Cautionary note: When Tapping with others, I suggest you avoid Tapping with those closest to you. Because we're dealing with emotions and emotional issues, loved ones' issues are likely to trigger our own issues. At this point, it becomes difficult to maintain focus. That's a no-win situation. And until you've done a lot of Tapping on your own issues, it will be virtually impossible for you to maintain neutrality about your loved-ones' issues.

Who Can Use Tapping?

Tapping has been used on people of all ages, around the world. Even small children can use to learn to use Tapping. Adjust the phrasing to suit the age of a small child. For example, instead of saying "I love and accept myself," use a more age-appropriate phrase like, "I'm a great kid anyway," or "I know my parents love me," or something that is true for them.

You're never too old for Tapping. It doesn't matter how long you've had a particular feeling, belief, traumatic memory, etc., Tapping can help you get free.

Tapping has been used in Rwanda, to help genocide survivors heal from their traumatic memories, and go on to live productive lives.

Tapping is now being used in some schools, to help kids feel comfortable and safe, to build self-esteem, to lower test anxiety, and more.

How to do Tapping - The Basic Protocol

Tapping is a very simple, yet very powerful healing modality. It consists of tapping on specific acupressure meridian points with the fingertips, while focusing on negative emotions and expressing them in words*. Research now shows that when we gently tap on these acupressure meridian points,



Purpose, Prosperity, Happiness

HELEN M^oCONNELL  Purpose Coach  EFT Practitioner

our body experiences a significant reduction of the stress hormone, Cortisol in a very short period of time. This is evidence that Tapping reduces stress and calms the nervous system.

Here is the “Basic Recipe”:

-We begin by tapping gently on the “karate chop point,” which is the soft, fleshy part of the side of the hand - between the wrist and the finger joint. (If you were “karate chopping” a block of wood, this would be the spot that hits the wood.) You can use two or three or four fingertips to tap the right hand with the left hand or the left hand with the right hand - it doesn’t matter. You can switch hands while tapping.

-Tapping is done in a gentle manner - there’s no need to “pound.” There is no set number of taps per point.

-Next, we tap on the crown of the head, using the fingertips, and gently tapping the top, center of the head. You can tap in a small circle, or spread your fingers to include both sides of the skull/brain.

-Then we move to the inner eyebrow point. This is the inside edge of the eyebrow - left side, right side or both sides simultaneously - whichever feels right for you.

-The outer eye is the next spot - tapping gently on the outer corner of one eye or both - again, whatever feels right to you.

-Move to the under-eye point- directly below the mid-pupil if you’re looking straight ahead. There is a bone right below your eye - that is the place to tap. Often people end up tapping on their cheek. Don’t worry if this happens - Tapping will still work. You can tap on one or both under-eye points.

-Then the under-nose point is tapped. We tap in that little indent directly below the nose and above the upper lip.

-The next spot is called the chin point, but is actually located above the chin and below the lower lip - again in the indent.

-The collarbone points are next. Find your collar bones with your fingers. Then move down about an inch and out about an inch from your collarbones. There is a soft spot that is often tender. Tap here. Tap on one or the other or both. I often reach my full hand across from one collarbone point to the other, and including my heart chakra.



Purpose, Prosperity, Happiness

HELEN M^oCONNELL  Purpose Coach  EFT Practitioner

7.

-And the final point in the Basic Recipe is **the underarm point**. You can tap one or the other, or both. Reach across your chest to the opposite side of your body, under your arm. The Tapping point is about 4 inches down from your armpit - on the bra line or nipple line. You may also choose to reach up under your arm, “monkey style” to tap on the underarm point or points.

These 9 points make up **“a round” of Tapping**.

Now to add words and phrases by creating a “setup statement,” and “reminder phrases.”

First, determine what you want to Tap on? Are you angry? In pain? Frustrated? Do you have low self-esteem? Notice what’s bugging you. Pick ONE thing at a time to Tap on. This one thing is your “Tapping Target.” Say it or write it down in a sentence. For example, “I’m angry at my boss for not appreciating me.”

Notice where you FEEL the anger in your body. In other words, how do you know it’s anger, and not happiness. There are distinct sensations in the body which tell you what you’re feeling. You may not be used to noticing these feelings. In fact, you may have spent most of your life try NOT to feel them. But they’re there. If you can’t find the sensation yet, don’t worry. You can still tap.

Rate the intensity of the feeling, using a Subjective scale of 0-10, with 10 being the most intense. You can’t get this answer wrong, and it is for measurement only.

Once you determine your “Tapping Target” (whatever is bugging you), begin by Tapping on the Karate Chop Point while saying something like, “Even though I feel anger because my boss doesn’t appreciate me [fill in with your own emotion or concern], I deeply and completely love and accept myself.” This is the Setup Statement, and can be adjusted to suit your situation. However, the comment about accepting myself is an important part of Tapping.

Now, while still tapping on the Karate Chop Point, say something like, “Even though I feel this anger in my chest. And I feel it at an intensity of 8, I love and accept myself.”

And once more, while still tapping on the Karate Chop Point, say something like, “Even though I have this anger feeling in my chest, I love and accept myself.”

That is the Setup Statement part of the Tapping Basic Recipe.

Begin at the top of the head point, and say a short “reminder phrase” that harks back to your Setup Statement. Say one reminder phrase as you tap at each point. Something like this: (top of head point)



Purpose, Prosperity, Happiness

HELEN M^oCONNELL  Purpose Coach  EFT Practitioner

8.

“This anger,” (Inner eyebrow point) “I feel this anger at my boss,” (side of eye point) “My boss doesn’t appreciate me,” (under eye point) “I feel this anger at an 8,” (under nose point) “This anger,” (chin point) “I feel this anger,” (collarbone point) “I feel this anger at my boss,” (under arm point) “This anger.”

Then take a deep, cleansing breath, in and out. Then sense in again at your anger. Notice where you felt it before and how intense it was. Is it still the same? Does it feel the same? Is it the same intensity? Make a note of any changes, and tap again. This time, your Setup Statement will be something like this: “Even though I have this *remaining* anger, I love and accept myself,” and following the above instructions.

Continue to tap until the intensity of your anger (or whatever you’re tapping on) drops to a 3 or lower. If the intensity doesn’t drop after 3 or 4 rounds of Tapping, check your Setup Statement for specificity. If the statement is too general, the intensity may go down slowly and not so noticeably.

For more information, and an instructional video on the Tapping Basics, please go to my website, PurposeProsperityHappiness.com, and click on the “Free Tapping Stuff” tab, then click on “Tapping Basics.” You will be linked to the video showing you how to tap.

A Few More Tips About Tapping:

- You can’t get it wrong. Just do it. That’s the most important thing to know.
- Don’t worry about what to say. Just say your truth. The Tapping Basic Recipe was developed for the best results, and we have discovered that even if you don’t use the “correct” Setup Statement, Tapping will still work.
- You won’t hurt yourself
- Even very young kids can tap!
- You can tap (very gently) on babies and on pets. Sometimes babies or pets are super-sensitive to Tapping and don’t really like it. In this case, gently touch and hold each Tapping point, or softly stimulate the points by briefly moving your fingers in a circular motion on each one.



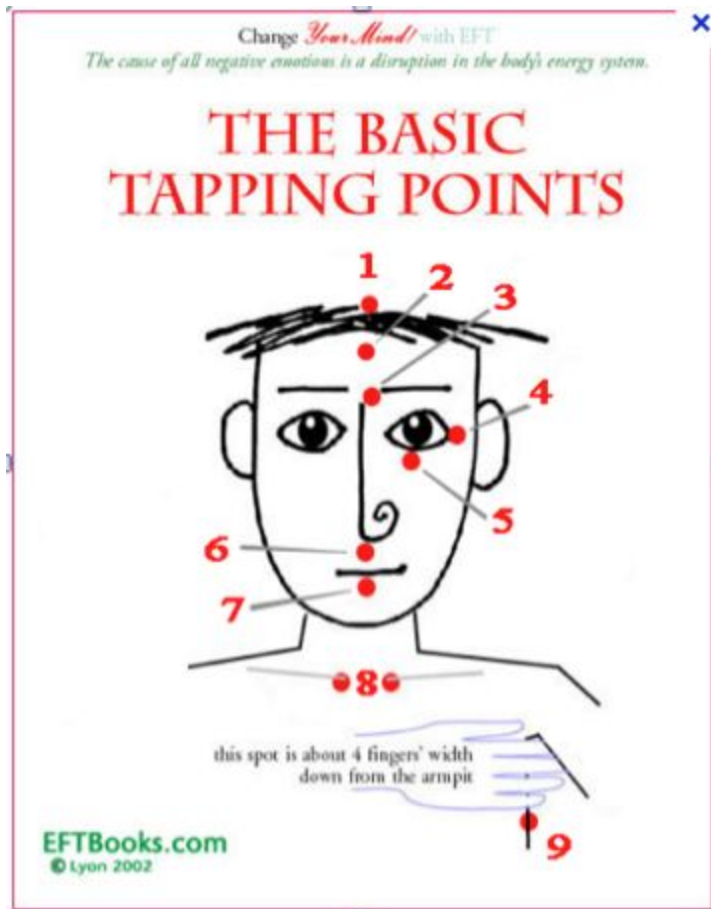
Purpose, Prosperity, Happiness

HELEN MCCONNELL  Purpose Coach  EFT Practitioner

Tapping Basics on a Page:

Please note: You can Tap on the Tapping points (meridian points) any time, without using any words. Your subconscious mind is always “thinking,” and Tapping works on much more than you’re aware of. So tap, even if you “don’t know what to say.”

Here’s a Tapping Points chart for your reference:



But we find that adding words about a specific event or memory or feeling helps the conscious mind focus, and therefore we get more targeted results. It's important to note that when we use words and focus, Tapping is still working on stuff we're not aware of. So we often get surprise results. For example, we may be Tapping on an old childhood fear, and we may clear that. And then the next day, we may realize that our elbow pain is gone too!



Purpose, Prosperity, Happiness

HELEN M^oCONNELL Purpose Coach EFT Practitioner

10.

To get started with words and specifics, identify what's bugging you right now. It could be frustration with a co-worker, anger at another driver, pain in your left shoulder, or even a nagging feeling that "something's not right." This is your starting issue, or "Tapping Target."

State your problem in a sentence, then insert it into the Setup Statement: "Even though I feel _____ (or "have this pain," or "am so frustrated," etc.), I deeply and completely love and accept myself." (You can adapt the self-acceptance statement, but don't leave it out).

Answer these questions about your issue and write down the answers:

-name the issue ("this pain in my left shoulder" "I'm so frustrated with my co-worker" "that stupid [or more intense expletive - use the words you would use] driver who cut me off" "I feel like something's just not right" or whatever your issue is).

-How big is this emotion or pain?

-Rate the intensity of your feelings, using the 0-10 "SUD" (Subjective Units of Discomfort) scale. There is no right or wrong answer - don't over-think this. Just write down the first number that comes to you.

-For emotions (as opposed to pain), describe where in your body you feel the emotion (you've already described the pain) above. Many people are not used to sensing into their body. If this is you and you find it difficult to determine where you feel your frustration, for example, go easy on yourself and know that you will become more in touch with your bodily feelings the more you Tap! If you don't know where you feel your emotion, simply say "I don't know where in my body I feel this."

-Does the sensation have a color associated with it? This may sound weird, but most people are surprisingly good at finding a color with their feeling. There is no right or wrong color - this is a measurement tool. And again, if you aren't able to sense a color, go easy on yourself and don't use any words for this question.

-Is there any sound associated with your emotion or pain? Many people are more audio-oriented than visual-oriented. In other words, many people hear their feelings or memories, rather than see them. Use what applies to you.

Use these additional details as you tap. At the end of each round, take a nice deep breath, and check in again with your sensation and the intensity of it. Write down the new number, and anything else that "came up" for you as you tapped. (These are future Tapping Targets.)



Purpose, Prosperity, Happiness

HELEN M^oCONNELL  Purpose Coach  EFT Practitioner

Tapping Resources:

For EFT/Tapping to work, there is only ONE key: Use it! Tap - even if you think you don't know the right words. Tap to reduce stress and anxious feelings. Tap to reduce pain (emotional or physical). Tap before you take a test. Tap to overcome limiting thinking and negative thought patterns. Our subconscious mind considers most any kind of change to be "dangerous," and will often hinder us from doing the very thing that will make us feel better (like Tapping, or all the other things we know we want to do). It isn't logical, but the subconscious mind isn't logical. A little bit of willpower - just enough to start Tapping - can turn things around so that we can begin to Master our Emotions and Master our Life!

To learn more about Tapping, check out these resources:

There are many great Tapping websites out there. Here are a few of them:

-Helen McConnell, PurposeProsperityHappiness.com (that's me)

<http://www.purposeprosperityhappiness.com/> Here you will find lots of free audios and videos to Tap along with. You can sign up for my free e-newsletter.

-EFT Radio Online: <http://www.eftradioonline.com/> Over a dozen hosts, including myself, feature interviews, information and Tapping. All episodes are recorded and archived as podcasts.

-Gene Montrastelli: <http://tappingqanda.com/> Gene is one fine Tapper! He's got a ton of free content available for you. I have worked with Gene and gotten amazing results.

-The Tapping Solution: <http://www.thetappingsolution.com/> This is where you can go to register for the annual "Tapping World Summit." I highly recommend this event, as it has interviews with some of the best Tapping people on the planet!

-Want to become a practitioner? I recommend training with Alina Frank and Craig Weiner. Here's their information: <http://www.efttappingtraining.com/alina-frank-eft-practitioner-trainer/>

-Veterans with severe PTSD get relief. Watch here:

<https://www.youtube.com/watch?v=QQerP14LgP0>

Here are some great book titles to help you get a new perspective on life:

-The Four Agreements, by Don Miguel Ruiz.

https://www.amazon.com/Four-Agreements-Toltec-Wisdom-Collection/dp/1878424580/ref=pd_sbs_14_img_1?encoding=UTF8&psc=1&refRID=0M3Q9T24HK2QNYDGG4H8

-Mind Over Medicine - Scientific Proof That You Can Heal Yourself, by Dr. Lissa Rankin, MD.

<https://www.amazon.com/Mind-Over-Medicine-Scientific-Yourself/dp/1401939996>

If you would like an electronic version of this resources list, with clickable links, please email me with "Tapping Resources List" in the subject line. Helen@PurposeProsperityHappiness.com



Purpose, Prosperity, Happiness

HELEN M^oCONNELL  Purpose Coach  EFT Practitioner