

## EFT Instructions:

### Before you start tapping you should:

1. Familiarise yourself with all the tapping points, as shown in EFT Instructions pdf.
2. Choose the emotional event or memory that you wish to work on, making sure to start with something you know you can manage emotionally (see Note below).
3. Determine the negative emotion attached to the problem that you are focussing on. The easiest way to do this is by setting a number, or score, to assess the negative emotional intensity attached to whatever issue you are addressing. Therapists tend to call this a 'SUD rating'. That means 'Subjective Units of Discomfort'. Zero would mean there is no emotion attached to a memory, or an event, and 10 would be the biggest emotion you can feel.
4. Focus on the issue you have chosen to address. So, what is your SUD Rating? Take your time. Consider where you feel those emotions in your body. If the emotions you are feeling had a colour, or a shape, or a texture, what would that be? Give yourself time to really focus on that emotion and then take an intuitive guess at your SUD rating and make a note of it.

**Note: An important word of guidance** – as we have said, begin with an emotional event, or memory, that you are sure you can manage emotionally. Choose to practise, building your confidence and expertise with EFT, on issues with low SUD ratings. If you feel the need to deal with something more traumatic, with a higher SUD rating, it may be advisable to break it down into smaller parts, or aspects, so that you can keep yourself emotionally safe and not become overwhelmed. An example of tackling aspects of an issue to make sure it is not emotionally overwhelming would be to focus on less significant examples of the negative emotion you are addressing. For instance, if you feel huge negative emotion attached to a traumatic event, or memory it would be advisable to select a minor uncomfortable incidence, or occasion with a similar negative emotion and reduce the SUD rating first on that. You can incrementally move up the SUD scale as your confidence in your own resilience grows so that at all time you are keeping yourself emotionally safe. Alternatively, work with a qualified Meridian Energy Therapist.

### The set-up

Once you have your SUD rating, what is called the 'set-up' (essentially, mental preparation) takes place while either rubbing on what is called the 'sore spot' (that is the place on your chest where you would pin a brooch or a medal) or by tapping the finger tips of one hand against the Karate chop side of the other hand (that's the part of your hand you would use if you were Karate chopping a piece of wood). The 'set-up' focuses the conscious mind on the task in hand, so take your time with this. Really listen to what you are saying to yourself, and how it feels. It doesn't matter if you tap with your right hand on your left hand, or left hand on your right hand. As you tap, say the following out loud:

'Even though I have this [insert problem or feeling here], I completely, and fully, love and accept myself, and forgive myself.'

You should repeat the set up three times.

## **Tapping**

You are now ready to begin tapping. Generally use two fingers of your dominant hand, together, to tap seven or eight times on each point shown in Figure 1 and listed below before moving on. There is no need to count the number of taps precisely, but be sure to tap with enough pressure to feel a slight bounce.

As you tap around each meridian point, repeat a reminder phrase – for example, ‘This chocolate craving’, or ‘This sadness’, or ‘This emptiness’ or ‘This anger in my belly’.

The tapping points are:

1. **EB** At the inner end of one eyebrow, level with the top of your nose.
2. **SE** Side of the eye, at the end of your eyebrow.
3. **UE** Under the eye, on the curved bone of your eye socket.
4. **N** In the dip under your nose.
5. **C** In the dip under the bottom lip on your chin.
6. **CB** Around your collarbone (with a soft fist).
7. **RIBS** Fingers of both hands tapping on your rib cage at both sides of your body.
8. **UA** Flat hand at the side of your body, level with a woman’s bra strap or a man’s nipple, about 4 inches (10 cm) down from under your arm.
9. **W** Tap the insides of your wrists together.
10. **TH** Tap around with a flat hand on top of your head.

Each round should take only about 30–40 seconds to perform.

After a tapping round, take a deep breath in followed by a slow breath out. Sip some water. Good hydration is recommended with all energy work.

Now, check your SUD rating. Has it gone up or down? Have other things come to your mind?

You may need to tap for another couple of complete rounds. The aim is to continue until you have successfully reduced the SUD rating to a low number, or zero. Use your notebook to jot down any other aspects of your issue that may come to your mind while you have been tapping, but stay focused on what you began with. Insights you write down are for future rounds of EFT.

If many different thoughts or emotions jostle for attention, these are probably the different aspects, or associated parts, of the issue you are working on. If you are not sure where next to direct your EFT work, then it’s a good idea to write down those thoughts and emotions and give each one a SUD rating. Keep within the SUD range you feel capable of dealing with. It’s your responsibility here to keep yourself emotionally safe while working on your issues.