

EFT for ASD



A Parent's
Guide

Disclaimer

Tapping and EFT are new protocols and there is still much to be learned. This book is intended as information only. It is not capable of diagnosis and should not replace emotional, psychological, and/or medical care. Before you add anything new to your life including diet, exercise, or tapping, please consult your primary care physician.

EFT for ASD: A Parent's Guide is © Copyright Gene Monterastelli/TappingQandA.com
2013

Brother Blue Publishing

Gene Monterastelli is the editor of TappingQandA.com and the host of the Tapping Q & A Podcast. He is an EFT practitioner based in Baltimore, Maryland who specializes in helping his clients to stop self-sabotaging and to reach their goals in physical fitness and weight, relationships, and work. Gene's favorite part of his week is teaching tapping to inmates as part of an advanced anger management class in a county jail.

Introduction	4
<i>How I Found This Work (Or More Precisely How It Found Me)</i>	<i>5</i>
EFT aka Tapping	6
<i>The Biggest Mistake Parents of ASD Children Make When It Comes To Tapping</i>	<i>7</i>
<i>What Is Tapping?</i>	<i>9</i>
<i>Tuning In</i>	<i>13</i>
<i>A Few More Thoughts On Tapping</i>	<i>15</i>
<i>Tapping For Something Physical</i>	<i>16</i>
<i>Tapping For Any Emotion</i>	<i>18</i>
Tapping Tools	20
<i>Tapping For ASD</i>	<i>21</i>
<i>Negative Emotion: Formula One</i>	<i>22</i>
<i>Negative Emotion: Formula Two</i>	<i>24</i>
<i>Transform Your Critical Voice In 8 Steps</i>	<i>26</i>
<i>About, To, As If</i>	<i>31</i>
Resources	37
<i>EFT For ASD Resources</i>	<i>38</i>
<i>General EFT Resources</i>	<i>38</i>

Introduction

How I Found This Work (Or More Precisely How It Found Me)

I never set out to work with ASD. A few things happened in quick succession that sent me down this path.

First, I was studying Stephen Daniel's work (www.quantumtechniques.com) on clearing substance sensitivities with tapping.

Second, I was reading the work of Sandi Radomski (www.allergyantidotes.com). She dedicated an entire section of her *Allergy Antidotes™ Advanced Procedures Manual* to how clearing substance sensitivities can make a difference to people who had been diagnosed on the autism spectrum.

I quickly put these two things together, thinking that they might complement each other.

I called a close childhood friend, John, who has a son who had been diagnosed on the spectrum. I told him about the research and that I would be willing to put together a protocol for him and his family to try.

He was understandably skeptical, but was willing to give it a try because he had experienced the power of tapping in his own life.

The results were beyond anything I had hoped for, even in my wildest dreams. They were so shocking that I am almost afraid to share them with parents because they can create unrealistic expectations. In the years that have followed I have seen lots of wonderful progress made with tapping, but I have never again seen such dramatic results.

After just two weeks of tapping John's 6 year old son had gone from the verbal skills of a 20 month old, to the verbal skills of 5 1/2 year old. He was able to speak in full sentences using three syllable words. His art work went from scribbles to coloring inside the lines.

To say the least, this got my attention.

I spent the next few years learning everything I could to see how tapping can be used for ASD.

This book is a great introduction to this work. In these few pages you will learn how to use tapping to take care of your own mental health as well as how you can tap for your children.

EFT aka Tapping

The Biggest Mistake Parents of ASD Children Make When It Comes To Tapping

Since 2009 I have worked closely with parents of children diagnosed on the autism spectrum.

There is no group of people for whom I have more respect. They are dedicated, hard working, willing to make sacrifices, and fight like hell for their kids.

I have also learned something else about them: they are notoriously bad at taking care of themselves. They give everything they have to their children to the point of breaking.

As noble as fighting for their children is, this is a recipe for disaster in the long term. When I first start working with them almost all of the parents are stressed, exhausted, overwhelmed, emotionally depleted, and many are frequently sick, or on the verge of being sick.

When I first started working with ASD this pattern was immediately apparent. I wanted to help these parents by finding them tools to take care of themselves. Over the course of one week I searched online for 20 hours just trying to find resources for parents who were caring for special needs children of any type to take care of themselves.

I found exactly nothing!

I realized right away that this was something that needed to change.

When I work directly with families I do not work with the children or teach the parents how to tap for their children until we have done three sessions for themselves and their own mental state.

I do this for two reasons.

First, if you as a parent are not healthy you will not be able to provide the best care your children – and not just your children diagnosed on the spectrum, but all your children – deserve.

I have heard it all before, "My kids are facing so many challenges, I have to give them everything." "I feel guilty for taking care of myself when I have it so good compared to what they are dealing with." "It is my fault they are this way, so I have to give them everything I can."

It doesn't matter. You are no good to your kids if you aren't healthy. If you don't learn to care for yourself then you will not be able to give them everything you can.

Second, children, especially those on the spectrum, are very sensitive to the emotions of the people around them. When you are emotional they perceive your emotion and

feel on edge. When they are on edge they act up. This puts you on edge and you overreact to them acting up. And so it goes. It just keeps escalating.

You know exactly what it is like when you are trying to get out the door in the morning and this type of chain reaction happens. It can wreck your entire morning or day.

When parents are in control of their emotions and their stress levels two things happen. First, they respond calmly to the unexpected bumps in the road of the day, and second, they do not add fuel to the fire escalating their children.

The biggest mistake parents of children on the spectrum make when it comes to tapping is they only think about how tapping can help their kids. It can a very powerful tool to help your children, but the fastest, and sometimes most powerful, results will come when parents take time to tap for themselves.

The tools I will teach you in this book are simple to use and don't take much time. I encourage you to spend as much time tapping for yourself as you do tapping for your children.

Yes, you read that right. If you spend 5 minutes tapping for your kids then you need to spend 5 minutes on yourself.

You are worthy of taking care of yourself in this way.

And if you can't see your way clear to taking care of yourself because you need to, know that the healthier you are, the better care you are able to provide for your kids.

What Is Tapping?

I have already made reference to "tapping." Tapping is a simple tool with many names. There are also many different ways to do tapping. The very first version was developed by Dr Roger Callahan and he called it Thought Field Therapy. In later years, building on the work of Dr Callahan, Gary Craig developed a simpler version which he called Emotional Freedom Techniques (EFT).

Since then a number of versions and variations have been created. Personally, I view many of the newer versions of tapping to be much like the older ones with the only real difference being in the name, or the order in which you do things.

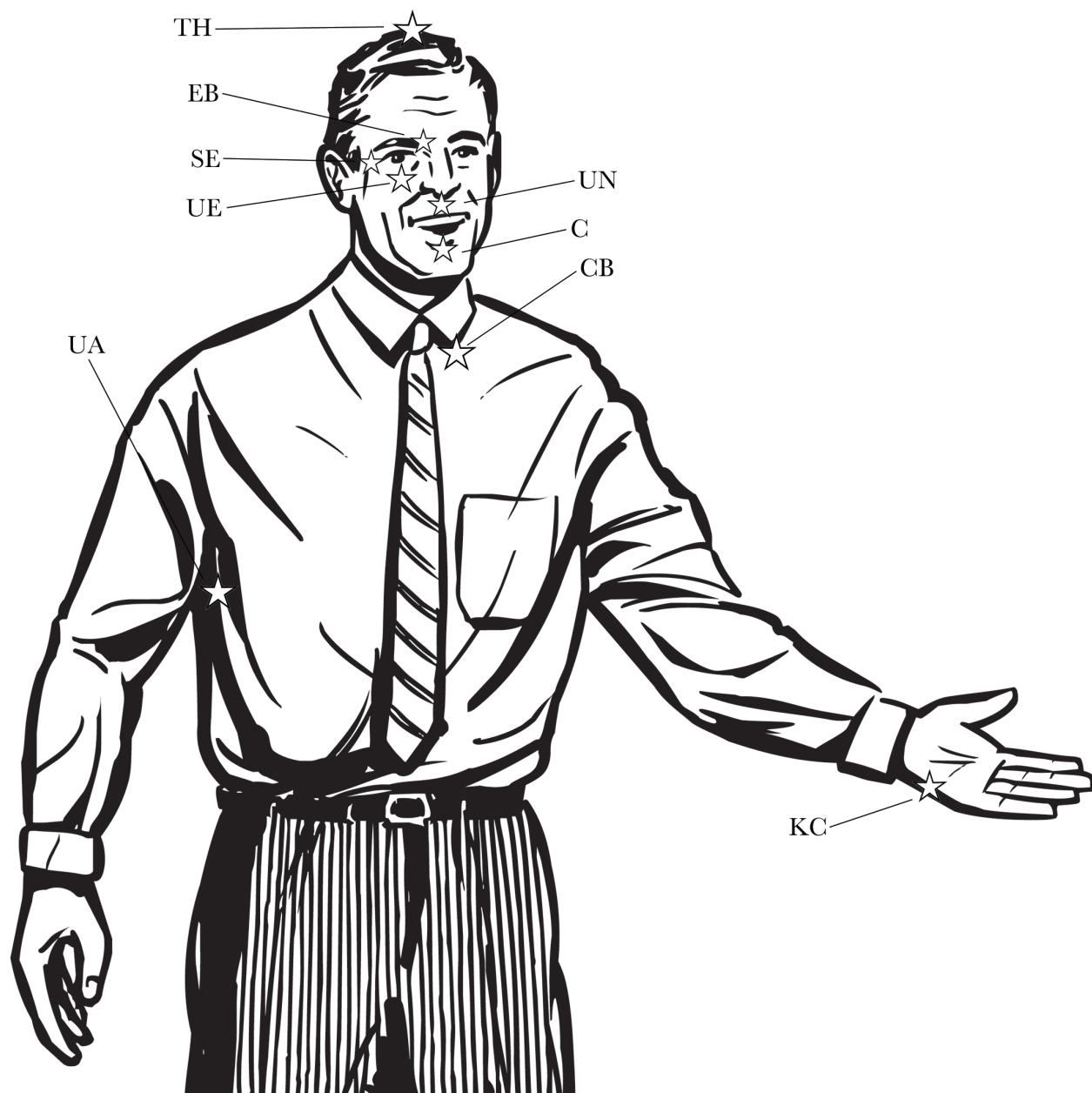
To that end I will simply refer to what we will be doing as tapping.

Over the next few pages I will teach you the basics of tapping. Take your time and learn these steps. Tapping is not difficult, but it is important that you understand it before we start exploring how you can use it on yourself and your kids.

Basics Of Tapping

The way I approach tapping is with the following formula: tapping + tuning into issue = relief.

The tapping part is simple. We will use 9 points on the body.



KC (Karate Chop): This point is on the side of the hand, the part that you would use if you were going to break a board with a karate chop. Use the fingertips of all four fingers of one hand to tap on the fleshy part of the side of the other hand.

TH (Top of the Head): This is located on the very tippy top of your head. The place to tap is the space where the piece of metal hits the top of your head when the doctor is measuring your height. Please note that this point can be very tender because you are

tapping right on top of your brain. If it hurts to tap here just tap a few inches above the head without making contact.

EB (Eyebrow): When you tap on the eyebrow tap as far to the inside of the eyebrow without falling down onto the nose, using two fingers.

SE (Side of the Eye): This tapping point is located on the edge of your eye socket. Make sure you are on the ridge outside the eye, without touching your eyeball or eyelid. Use two fingers on this tapping point.

UE (Under the Eye): This point is on your cheek, directly below the iris of your eye. Use two fingers to tap on this point. There is a sinus cavity directly under this point so if you find it too tender to tap you can lightly touch the point and rub in small circles.

UN (Under the Nose): Use two fingers on this point which is located directly below the nose and above the upper lip.

C (Chin): The tapping point is located halfway between the point of your chin and your lower lip. Use two fingers on this tapping point.

CB (Collar Bone): This tapping point is located just under the collar bone near the center of the chest. To tap on this point use your whole hand. You can use either hand. I am going to use the right hand for the explanation, but you can use either. Open your right hand so you are looking at the palm of a flat hand. As you lay your hand flat on your chest place your right thumb along the right collar bone and lay your right index finger on the left collar bone. Use the whole hand and pat your chest like you were burping a baby.

UA (Under the Arm): Use all four fingertips to tap on the point located under your arm, located in the middle, as you move from front to back on your side. The point is about bra strap height. The place you tap will feel a bit like a bruise. You can tap on this point by reaching across your body or you can tap under the arm you are using to tap. If you don't feel confident that you are tapping on the right spot, just tap the entire area.

Notes on tapping:

With each of the tools in this book you will be answering questions or saying phrases out loud and tapping on your body using the points I just described. You will move from tapping point to tapping point as you follow the instructions in each tool.

As we move through the process this will make more sense, but for now here are the basics.

How many times do I tap?

Tap on each spot six to eight times. Often you will be tapping while you are reading a script. If you are doing this you will tap on each point while you read one sentence. When you reach the end of sentence, move on to the next tapping point.

Which hand should I tap with?

It doesn't matter which hand you use to tap. You will also notice that many of the tapping points can be found on both sides of the body. You can tap on either point with either hand. For example, you can use your right hand and tap on the right or left eyebrow and receive the same benefit. Some people like to use both hands when tapping, for example tapping with the right hand on the right eyebrow and the left hand on the left eyebrow.

Should I tap in a specific order?

The order you tap in is not important. The points above were explained in the order that the points line up neatly on the body. You can tap on the points in any order you want. It is most common to tap through them in the order above, but do what is most comfortable.

What if I am not sure if I am getting the right spot?

The nice thing about tapping is that it is a very forgiving tool. You just need it to be close. If you don't feel you are getting the point exactly right just tap in a small circle covering as much of the area as possible. Nothing bad can happen if you tap on the wrong spot (assuming you are not poking your eyes out).

What happens if it hurts when I tap somewhere?

STOP! Tapping should not be painful. You need to take total responsibility for yourself when tapping. If it hurts beyond mild tenderness, don't do it. If one of the tapping points hurts then just rub it. If it hurts to rub it, just touch the point and take deep breaths.

Tuning In

Now that you have a little bit of a sense of how to tap on your body, the second and most important part of tapping is the tuning in or paying attention to the issue at hand. The more detail we have and the more focused we are on an issue, the more effective tapping will be. Most of this book is dedicated to giving you tools to do just that. I will give you a brief example of how easy it is to tune in so that you understand the concept, but after that you don't need to give it much thought because this book provides you with all the tools you need to tune in.

When I say "tuning in" all I mean is giving your conscious attention to something. For example, I want you to think about your shoes and how they are touching your feet. As you read that line and gave your feet some thought you had one of two experiences. Either you are wearing shoes and/or socks and you felt them touching your feet, or you aren't wearing anything on your feet and you noticed how free your feet feel.

Either way, before reading the line of instructions you weren't thinking about your feet at all. When you thought of your feet you could feel whatever was on them. Socks didn't magically appear on your feet when you thought of them, you were just tuning that piece of information out. By giving them a little attention you noticed what was always there.

We are able to tune in and out of most things. You could have a sore knee which you don't notice during the day, but when you sit down, take a deep breath and relax, all of sudden you start to notice the aching. Your knee didn't begin to ache when you sat down, but you tuned it out during the day and now that you are not doing anything else you tune back into the pain.

We are able to tune in and out of things besides physical sensations. When we are sitting in the middle of a busy restaurant with lots of people talking we are able to tune out everyone else and focus on the person we are talking to. We can watch a sporting event or movie and completely lose connection with everything else in the world.

When we are tapping we want to give as much attention as possible to the issue at hand. The more focused we are on what is going on, the more powerful the tapping will be. To show you how easy it is to tune into something in a more specific way there are a series of statements below. I don't want you to read them all once. Read the first statement and take a moment to do what it says. After you have given it 10 to 15 seconds move on to the next statement.

- Imagine one of the classrooms you attended in 2nd, 3rd, or 4th grade
- Imagine what your teacher looked like
- Imagine what your desk looked like
- Imagine some of the kids who sat around you or were friends at the time
- Imagine what is on the walls of the classroom

As you read some of the statements you remembered lots of details while it might have been harder to get an image for others. As you moved from statement to statement the classroom became increasingly clear. After the first statement you were tuned into the classroom, but by the fifth statement you were even more focused.

Whatever you are tapping on, the more tuned into the issue you want to address, the more effective the tapping will be.

I know this sounds like a lot to begin with. This book is written so that you don't have to worry about any of this. All you need to do is know where the tapping points are, follow the instructions for each of the tools, and tap. If you do that, even if you don't understand a single thing about the tapping itself, you will find relief.

A Few More Thoughts On Tapping

It looks weird! It feels weird!

Yes, tapping looks very weird. Yes, tapping feels very weird. There are lots of things that we do today that would have seem very strange to generations that came before us. At a certain point getting better becomes more important than how it looks or feels. In the next section I will talk about how to tap in a discrete way so that other people don't see you doing it. In the meantime, it is OK to accept the fact that it is odd.

I don't believe it will work!

I know. It seems unbelievable that you should be able to tap on your body in this seemingly random way and find some relief. I feel that way sometimes myself. I have done this professionally for years and there are things that I have experienced that still seem impossible.

One of the best parts about tapping is that you don't need to believe that it will work for it to work. In that way, it is kind of like aspirin. It doesn't matter if you believe an aspirin is going to help your headache when you take it, it will work regardless.

If you carefully follow the steps in the book it will make a big difference. It doesn't matter if you believe it or not. The important thing is you have to give it an honest effort. If you only answer half of the questions in one of the tools and try tapping for 15 seconds you will not be successful. Your failure will be due to your lack of effort, not because the tool failed you.

Step into this with an open mind. Each of the exercises is designed to help you understand yourself a little better. If you give this an honest try it will make a difference.

Tapping For Something Physical

As an introduction to using tapping we will start by giving it a try by tapping on a physical ache or pain. We are going to do this for two reasons.

First, it will be a simple introduction to the technique, with the added benefit of showing you how to take care of physical pain with tapping. Second, physical pain can impact our emotional state. When we are in pain (like when we have a headache) we can be much crankier and much more likely to become overly emotional. When we tap for physical aches and pains we help ourselves to make fewer emotional choices.

To do this we are going to follow three simple steps.

1) Choose a physical pain to tap for. If nothing comes to mind right away, take a deep breath and scan your body for something. For each of the following questions I want you to write down your answer as we are going to use your answers in the next step.

- Where is the pain located? Be as specific as possible when describing the location. For example don't write "my right knee" but "on the front of my right knee on the knee cap." The more specific the better.
- What type of pain is it? Is it dull, sharp, achy, pulsing, itchy, or hot? The more detailed the description the better.
- What is the Subject Unit of Distress lever? This is a rating from 0–10 of the pain. 0 is no pain at all and 10 is the worst pain you have ever felt. Don't get too hung up on coming up with exactly the right number.
- What is the 3D shape of the pain? Is it flat on the surface of the skin, does it feel like a ball of pain, is it a long strip of tightness that runs the length of the muscle, or does it have a round center with tentacles of pain spreading out in all directions? Again, the more detail you can provide the better.
- Is there an epicenter to the pain and where is it located? Is the pain evenly distributed? Does it have more than one center with the rest fanning out?
- How much does the pain weigh? If you were to guess and pretend that you could hold the pain in your hand, how much would it weigh? You don't need to know exact pounds, but does it weigh as much as a grapefruit, a steel rod, or is it as light as a feather?
- If you were to paint a picture of the pain to show to someone else what color or colors would you use? Be specific. Don't just write red. Is it fire truck red or rust red? Is it red in the middle and fading to light blues as you get to edge of the pain? Describe the color in as much detail as possible.
- If you were to make a model of this pain what material would you use to make it? Would it be a ball of hard rubber, burning lava, metal wire, or does it feel like a mass of cotton candy?
- Image a little cartoon face on the front of the pain. If it could talk, what would it say? It might say something specific, it might scream in pain, or it might just stick its tongue out at you. Give it a voice and what would it say?

- What does the pain remind you of? Just write the first thing that comes to mind. It could be a person, a place, or a situation.
- What emotion is associated with the pain? Again, don't give this a lot of thought, just the first thing that comes to mind.
- What memory is associated with the pain? There may not be one, but when you read that question, what is the first thing that came to mind?
- Is the pain associated with someone? Don't think about this too much, but who comes to mind and why?
- What does the pain need? Does it need to be heard? Does it need you to do something? Just ask the pain, what does it need, and write the answer down.
- What does the pain want you to learn? It might not want you to learn anything, but ask the pain what it needs.

2) Tap for the pain.

Take all the answers you have written down and tap through them. With each new sentence move to a new tapping point. To do this start tapping on the first tapping point. Read the first question and as you read the answer concentrate on it. Once you have done this move to the second tapping point and repeat the process with the second question. When you have used up all the tapping points simply return to the first tapping point and work through them all again until you are out of questions.

3) Re-rate the pain level.

After tapping through the list above rate the pain again on a scale of 0-10. If the pain has not reduced to a level that you are happy with, tap through steps 2 and 3 again.

It is really that simple. Before you move on I would encourage you to try tapping for something physical a few more times. This is give you a little more practice and a few different experiences of what tapping is like, making it easier as we add new things to the process.

Tapping For Any Emotion

Now that you have had a chance to try tapping on something physical we are going to try tapping on something emotional. Tapping is a great tool to use for any negative emotion that we are feeling.

Once again to make it easy I have created a simple step-by-step process for you to follow. As you are doing this make you have a piece of paper and write down the answer to each of the questions because we will use your answers in later steps.

1) Name The Emotion

This is very easy to do. I want you to think of an emotion that you have that you don't enjoy. This could be anger, sadness, overwhelm, stress, or frustration.

2) Name A Specific Instance

In as much detail as you can come up with describe one specific instance of when you felt this emotion. Talk about who was there, what was said, what you were thinking, what you are thinking now as you remember it, and all the outcomes of the situation. Imagine you are sitting across from me in a coffee shop and telling me exactly what happened as if I know none of the details.

3) Rate The Emotion On The SUDs Scale

As you tune back into the story how big does the emotion feel? On a scale of 0–10 rate how strong the emotion is right now. 0 would be no emotion and 10 would be that you are totally consumed by the emotion.

4) Describe The Physical Sensations

In as much detail as possible describe the physical sensation(s) that go along with the emotion. In which part (or parts) of the body do you feel it? Is it hot, tight, heavy, itchy, stiff, or some other feeling? Does your face feel flushed, does your chest feel tight, or do you feel butterflies in your stomach? Do you feel it in more than one part of the body? Describe each part separately. Is there some sort of mental dialogue going on as you feel the emotion? What is the internal voice saying? Who does the voice sound like? Who does it remind you of?

5) List 3 Things That Went Wrong

Because of the instance you describe above what are (at least) three things that went wrong and how were/are you impacted by these outcomes? Sometimes one moment can impact later events and moments. Don't just think of what went wrong in the moment, but also how it impacted you later. Again, the more detail the better.

6) List 3 Outcomes You Would Like To Have Happened Instead

After something goes wrong there are ways we would have liked to have seen it turn out better. What are (at least) three hopes you have for the future? Is there a relationship you would like to mend? Is there something you would like someone to do? Is there a lesson you would like to learn? It is helpful to name how we would like things to turn out.

7) Re-rate On The SUDS Scale

After doing these steps I always like to re-rate the level of emotion. One of three outcomes are possible. First, the number could go up. This is because you have now spent time thinking about the issue in detail. Often this tunes us into the issue more sharply so that we notice it more, making it feel bigger.

Second, you may notice that the number goes down. Many times simply getting something out of your head will take the power out of it. Our minds can be relentless echo chambers, taking negative thoughts or emotions and just bouncing them around over and over again. When we drag them into the light of day they lose their intensity.

Finally, there might be no change at all. This simply means that more tapping is needed to shift the emotion.

8) Start To Tap

Go back to the top of your page and just start reading out loud what you have written. At the end of each sentence move to the next tapping point. This is not a race. There is no reason to rush. As you read the words out loud pay close attention to what you are saying. If you are describing what happened, re-live what you are saying. If you are talking about how you would like to see things turn out in the future really tune into the emotion of having the new and better outcome.

9) Take Notes While You Are Tapping

As you re-read what you have written it is possible that new details will come into focus. You might also notice new and even better possible outcomes around this issue for the future. If these things come to mind it is worthwhile taking the time to write them down. Not only will you learn things about this particular issue, but you will also learn things about yourself and the larger scope of this emotion.

10) Re-Rate One More Time

After you have read through what you have written and have tapped along, re-rate the issue to see where it is now. If you are down to a zero you are finished, if you are not (which is more likely) then you have the chance to move back to the top of page and tap again.

Hopefully you feel a little bit (or a lot) better. And yes, it feels really weird to tap on your body and have emotion release like that. Don't worry about what just happened or why it worked. Just trust the process. Remember the tools in this book are set up so that you don't have to know how things work, you just have to follow the steps.

Tapping Tools

Tapping For ASD

Now that you have given tapping a try it's time to start putting it into practice.

There are 5 tapping tools in this book which you can use right away. Four of them are intended to be used for your mental health.

MAKE SURE YOU USE THEM! If you don't care for yourself it will be hard for you to care for anyone else.

You have already experienced tool #1. It is the example of how to tap for any emotion in the last section. All you need to do is answer the questions and tap.

Tool #2 is much like #1. It is a series of questions that you will answer about a negative emotion or experience. You will use your answers to tap through.

Tool #3 is used for when there is something you would like to see happen. You might want to make new choices, try something new, or act in a new way. Answer the questions and tap.

Tool #4 is designed to help you deal with your critical voice. The critical voice is that little voice in your head that says you aren't good enough, that you will fail again, and that you will never get it right. This tool will help you to quiet that voice and make every day easier.

Tool #5 is the tool you will use to tap for your children (and this can be used for all your children). Don't skip to this. Master the first four tools first.

Negative Emotion: Formula One

One of the ways that we can do a better job of how we respond today is to take a look at the past moments where we responded emotionally. With these past moments we are able to uncover what was going on in our thoughts. Once we reveal this we can tap for them so they do not show up in the same way in the future.

Here is a simple formula that you can use to tap for something that has happened in the past that you are still thinking about. Start by thinking of an event about which you still have negative emotions. The event can be something that was recent or it could be something that happened a long time ago.

When you think of something that happened it is possible that you will experience a number of emotions. For example, you might have had a fight with someone you love. As you think back to what happened you might feel betrayed because they brought up things from your past and you might also feel angry because they weren't listening to your side of the story.

When you use this with more than one emotion make sure you include all the information for each of the emotions.

1) Complete the following statements.

A) Name a negative emotion(s):

B) Describe in detail what happened in a situation where you felt this emotion:

C) Describe in detail how it affected you when it happened:

D) Describe in detail how it is affecting you now:

E) Describe in detail all of the negative outcomes of this event when it happened:

F) Describe in detail all of the negative outcomes you are experiencing today from this situation:

G) Describe in detail how you feel about the outcomes:

H) Describe in detail all possible future negative outcomes from what happened:

I) Describe in detail how you feel about these possible future outcomes:

J) If you had the power to change anything about this situation describe in detail how you would change it:

2) Tap

Take your answers from above and insert them into the following script and tap through it. With each new sentence move to the next tapping point.

Even though I feel __**(A)**__ because __**(B)**__ happened, I love and accept myself.
I love and accept myself even though __**(B)**__ happened which made me feel __**(A)**__.
When I experienced __**(B)**__.
It affected me back then by __**(C)**__.
And it affects me today by __**(D)**__.
The negative outcomes of this were __**(E)**__.
And is __**(F)**__.
These outcomes make me feel __**(G)**__.
The possible future negative outcomes could be __**(H)**__.
These possible outcomes make me feel __**(I)**__.
I give myself permission to believe I can change this and have it become __**(J)**__.

Negative Emotion: Formula Two

In Formula One we looked at thing that didn't work out in the past. Now we are going to look at this that are working out currently.

When something isn't working out the way we would like we know how we would like things to change, such as better relationships, more support, or more opportunities and there can be a lot of emotion that goes along with not having what we want.

We can feel frustrated that our needs or desires are not being met, overwhelmed that we don't know how to get to what we want, or angry because it just isn't fair how things are working out.

When this happens we spend a lot of emotional energy on the situation. This emotional drain makes it more difficult for us to make good choices in other areas of our lives, which in turn prevents us from working towards what we want.

Here is a simple formula that you can use to tap for something that you would like to see happen, whether is is something small or something big. What is important is that you are able to tune into the emotions you feel about what you want, and the emotions you feel about not having it.

When we do this type of tapping not only do we clear up emotions around the issue, we also make it easier to make better choices in the rest of our lives.

1) Complete the following statements

- A) Name in detail what you would like to see happen:
- B) Describe in detail how you will benefit by having this happen:
- C) Describe in detail how others will benefit having this happen:
- D) Describe in detail how you will feel when this happens:
- E) Describe in detail how it feels right now not having this happen yet:
- F) Write down three things you can do right now to move you closer to this happening:

2) Tap

Take your answers from above and insert them into the following script and tap through it. With each new sentence move to the next tapping point.

I would really like ____ **(A)** ____ to happen.

Even though ____ **(A)** ____ hasn't happened yet, I love and accept myself.

I love and accept myself even though ____ **(A)** ____ hasn't yet happened.

I want ____ **(A)** ____ to happen because it will give me ____ **(B)** ____.

I want ____ **(A)** ____ to happen because it will give others in my life ____ **(C)** ____.

When this finally happens I will feel ____ **(D)** ____.

Because it hasn't happened yet I feel ____ **(E)** ____.

Even though I don't have ____ **(A)** ____ yet, right now I can ____ **(F1)** ____, ____ **(F2)** ____,
and ____ **(F3)** ____.

Transform Your Critical Voice In 8 Steps

One of the reasons that I love tapping is because it is highly effective in dealing with our critical voice. The critical voice is nothing more than that little nagging voice in our head that is always pointing out everything we have done wrong, everything we are going to do wrong, and everything we will never be.

Sometimes this voice is nothing more than an annoyance, while at other times it can be so crippling that it prevents us from getting out of bed in the morning. When our critical voice is nagging away it is easy for us to be on the edge of anger at any given moment.

Because of this most of us don't have a good relationship with our critical voice. Many of us resent it and even hate it.

It is difficult for us to transform our critical voice when we are angry at it. When we are angry at a part of our personality it will entrench itself and fight back. If we are willing to change our attitude toward this part of our personality then we can get it to work with us to create lasting and deep transformation.

Before we can begin the process we need to understand why the critical voice exists.

And the reason might surprise you.

The Critical Voice Exists To Make Our Life Better

I know that statement is extremely hard to believe. I would even be willing to bet that when you read that statement there was a strong emotional reaction against it, but it's true.

All parts of our personality exist because they are trying to bring us to our higher good. Just because a part's motivation is for higher good does NOT mean that it is leading us to our higher good. In this example the critical voice is not pointing things out to make us feel bad or to punish us, but instead is doing so to help us see the errors of our ways so that we will make better choices in the future.

And yes, I know it doesn't feel that way. It feels like it is just judging and criticizing.

But, when we are able to recognize that it is trying to help us, it will make it easier for us to transform it into something that is truly helpful. As you will see in this process we do not need to celebrate what the critical voice has done to us to recognize its motivation.

The Process For Transforming Your Critical Voice with Tapping and EFT

Even if you don't buy my "The critical voice is here to help you, but is just doing it in the wrong way", I would encourage you to give this process a try. If it doesn't work out for you then go back to being mad at the critical voice. The only thing you will have lost is a few minutes tapping on something new.

1) Tune in and connect with the critical voice.

In this step all we need to do is connect with the critical voice. Just close your eyes, take a deep breath, and listen for the voice. It will not be hard to find. Pay attention to where the voice is coming from.

- Is it something that is internal or external?
- Is it the voice of someone you know, does it sound like your speaking voice, or is it some other voice?
- If you were to imagine that the voice belonged to a body, what would that body look like?

The specific answers to these questions aren't important, but by asking them it will be easier for us to connect with the critical part of ourselves, allowing us to do healing work.

2) Affirm the critical voice.

This is going to be the most difficult step of the process because of the hurt and harm we associate with the critical voice. It is important to note that when doing this step we are NOT affirming the tactics of the critical voice and we are NOT affirming the way we feel after we encounter our critical voice. What we are affirming is that it is a part of us that is willing to work very hard to move us to a better life. To do this we would tap on something like:

I would like to give thanks for my critical voice...I am NOT thankful for the tactic that it is using...I am NOT thankful for the way I feel after I experience the critical voice...I am thankful for the fact that there is a part of me that is willing to work so hard...I know that even though it is not doing this...it is trying to make my life better...my critical voice thinks it is making my life better...it thinks that if it berates me...or if it points out everything that is going wrong...that it is going make me make better choices in the future...the critical voice is a very powerful part of me...even if it is not working in a productive way...I know it is working for my betterment...I am thankful that there is a part of me that is willing to work day and night...thinking it is doing what is best for me.

After doing a round of tapping like this we will take some of the edge off. We might not be super-happy with the critical voice, but there is less animosity towards it. At this point that is all we are trying to achieve. When we move from a state of animosity then we are no longer fighting a part of ourselves, and we can now start to work with it.

3) Explain to the critical voice what it is really doing.

As stated above the critical voice in most cases believes that if it is constantly pointing out every flaw and fault, it will motivate us to make better choices. Its motives are either "You don't know you are doing something wrong?" and/or "You don't realize the consequences of these choices?"

In almost every case we are fully aware of the information that the critical voice is providing. In many cases the critical voice is actually over-stating and/or overreacting to the situation around us. Because we have taken the last step and created a bit of a truce with the critical voice, we can now speak to it with new information.

In this step we are simply going to let the critical voice know the consequences of its actions. Try tapping like this:

I know the critical voice is trying to be helpful...but it isn't...the critical voice is pointing out things I already know...and many times is it pointing out things in a way that is much worse than it really is...the critical voice thinks it is going to encourage me by pointing out my failings...instead I find having every flaw and failing being pointed out to be disheartening...debilitating...I find it very hurtful...I find that it makes it extremely difficult to believe in myself...it is not pushing me to be better...but instead it is sucking my ability to try right out of my system...I know the critical voice believes it is being helpful...it is not...it is not creating a feeling of encouragement for better...it is creating a feeling of shame...shame is not an emotion of achievement and growth...shame is a feeling of not wanting to try.

4) Show the critical voice proof of its past tactics.

At this point it is helpful to show the critical voice the proof of what we have just been tapping on. Again, just tune into the critical voice, begin to tap from point to point, and show the critical voice proof of all the ways it has been hurtful and debilitating.

5) Transforming the critical voice into something helpful.

When doing the process with clients there is something very interesting that happens. Clients describe the fact that they can feel the critical voice feeling bad that it has not done its job. I have even had clients describe their critical voice as feeling bad because it feels it is about to be eliminated from the system.

Because we are not fighting with the critical voice (like we were in the beginning), but instead have a relationship with it, we can now guide it to a resource that is helpful. The tapping for this transformation might look like this:

I know the critical voice is very powerful...I have felt the force of its power...but instead of pointing out all of the things I have done wrong...there is a way this voice can be more helpful...I want to harness the power of the voice to be used for my higher good...because I know this voice wants my higher good...I want this voice to stop being a critical voice and become an encouraging voice...because I respond so much better to encouragement...I want this encouraging voice to pick me up when I am down...I want this encouraging voice to push me on to take those last few hard steps...I want the encouraging voice to help me to get started when I can't quite focus on the task at hand...I want the encouraging voice to use the power it had to see my faults in the past to start to look forward to the opportunities in my future...I want this

encouraging voice to move me forward...not keep me stuck in the past...when it does this I will move forward and heal.

This is a very empowering step.

6) Giving the encouraging voice the resources and tools to do its new job.

Just because we want the voice to change (and just because the critical voice wants to become the encouraging voice) doesn't mean the change is going to happen. I have had many clients describe the feeling of having the critical voice being on board with the change but not know what to do next.

I have found the easiest way to complete the change is to ask the critical/encouraging voice what it needs for transformation. The process for this is simple. First, start tapping from point to point. Second, tune back into the critical/encouraging voice. Third, ask it one of the following questions. Fourth, if it states a need based on the questions simply imagine that need being fulfilled.

For example, if it needs permission to change, give it permission. If it needs to know how to encourage you, show it.

Here is a list of sample questions you can ask the voice to help it transform from critical to encouraging.

- Do you need permission to transform?
- Do you need training to transform? If so what type?
- Do you energy to transform? If so what type?
- Do you need to be connected to other parts of the system? What type of connections need to be made?
- What do you need from me to make the transformation?

7) Reassure the encouraging voice.

Even when we choose to make this type of transformation it doesn't always take place all at once. And that is OK. The transformation process can take time. We want the healing to happen in a fashion that is long lasting. We are not looking for a short-term quick fix.

The last part of the process is to reassure the encouraging voice that this will take time and that we are willing to help it through the transformation.

Try tapping like this:

I am very happy that my internal voice is willing to become an encouraging voice...I know this process is going to take a little time...which is OK because I want lasting change...not a quick fix...I want my encouraging voice to know that I don't expect it to be perfect right way...I know it is going to need to learn its way into this new role...I commit to check in regularly with the encouraging

voice...making sure it has everything it needs to complete this transformation...I give the encouraging voice permission to ask for help from me...even when I am not checking in with it...this is a change that is good for me now...and for the future.

8) Check back regularly.

If this is a process that is helpful for you I would encourage you to do it two or three times a month for a few months to help this transformation process along. I think it is obvious how making the small change of changing one aspect of our personality will cascade into many radical changes in our lives.

About, To, As If

One of the questions I am asked the most often by parents with children on the spectrum is, "Can I tap to change my child's behavior?"

The truth is we can't change someone else's choices, but there are two things that we can change in a relationship. We can change our own emotional response and we can change the space we create for someone else which allows them to make new choices.

When we change these two parts of a relationship it will put us in a place where we are much less likely to react emotionally.

Of all of the tools I teach, this is by far my favorite and one of the most powerful. Please take the time to learn this tool. It is very straightforward and as you will see it is also flexible and can be used in many situations.

Parents of children diagnosed on the spectrum have seen powerful changes by using this tool. Below is an explanation of the tool, which can be used for anyone in your life. So not only can you use this tool to help your children, you can use it to help your spouse, the other kids in the house, and any caregiver or administrator that interacts with you or your children.

I would especially encourage you to use this tool before any meeting you have with people who have decided on the type of care and accommodation your children will receive before you have even met them.

Our Response

You have an emotional response to every person in your life. When you think of some people it makes you happy and when you think of others you can instantly feel the stress building in your body.

These emotions we feel affect the way we approach people. I will be open to a request from someone I trust yet I will hesitate even to answer the phone when someone who drives me nuts calls.

These negative reactions aren't pleasant, they color our interactions, and they can even cause us to overreact.

A perfect example of this is a conversation between a mother and her teenage daughter. The daughter is heading out the door for the evening. As she reaches the door her mother asks, "What time are you going to be home tonight?" The daughter turns back and screams, "Why don't you trust me?" and storms out of the house.

The daughter has assumed that her mother doesn't trust her. Because this is the assumption she is working from, anything her mother asks will go through that

emotional filter. It is likely that the mother was just trying to plan her evening, but the daughter immediately turned it into a major issue.

When we are able to take the emotional edge off our the relationships we are able to see things much more clearly, making us less likely to overreact. When we don't overreact we prevent situations from escalating.

I am not saying that we should become other people's punch bags. I am not saying that we shouldn't stand up for ourselves and our needs. But if we start from a place that is calmer emotionally we will make better choices about the interaction, making it easier for everyone involved.

The Space For The Relationship

Every relationship we have is a co-creation between ourselves and the other person. They bring half and we bring half. If we change our half of the relationship then we change the nature of the relationship.

For example, there is someone at work who picks on you all the time. Every time they see you they make fun of how you dress, how messy your desk is, or how little you earn. You don't like it, but you don't stand up for yourself. There is a reason the other person is bullying you. More than likely they aren't happy with what is going on in their own life so to make themselves feel better they decide to put you down.

At a certain point you decide that enough is enough. You don't make a big scene, but you pull your co-worker aside and tell them that you don't appreciate being made fun of and if it continues you will stand up for yourself in front of everyone else. You have changed your side of the relationship by deciding you will not put up with being bullied. Since you are no longer allowing the your co-worker to put you down and providing him with an ego boost, he will probably stop picking on you and find a new way to boost his fragile ego.

You changed your side of the relationship and so the nature of the entire relationship had to change.

This can also be true for good relationships. We can change the way we are which allows the other person space to make different choices. I spend a lot time speaking to and working with youth groups. Time and again I will hear children say, "I love youth group. It is the only place that I can be myself. At school everyone fits into cliques. At home my family is crazy. Here I can be myself."

What the kids are saying, without knowing it, is that the leaders of the group have created a safe, loving space where kids know that they can be who they really are without judgement or ridicule. The leaders have changed their side of the relationship which has created space. They are not forcing the kids to act differently, but because they have created and are holding this loving space it allows the kids to make new choices.

What Happens When We Tap In This Way

The Process

The process itself is straightforward. Initially you will tap for only one relationship. You can use this for all types of relationships, but we need to work on them one at a time.

Choose one relationship you would like to tap for. While doing this process all you need to do is tap from one point to the next and follow these three steps. While you are doing these three steps you will tap the whole time. Just move from tapping point to tapping point to tapping point. Tap six to eight times on each point. Once you get started your hand will very easily move from point to point with little effort.

1) Talk About

In the first step all you need to do is describe the nature of the relationship. Simply imagine that you are sitting down with a friend you haven't seen in a long time and you are catching them up with what is going on in your life. The two key points are to describe the situation in as much detail as possible AND to share how each of these details make you feel. For example:

I am having a really hard time with my mother. Nothing I do is good enough for her. I stop by her place every night after work. I clean up her kitchen. I pay her bills. I cook her dinner. The entire time I am there she goes on and on about how great my brother is. How he does this so well and how he does that so well. But he never comes by to help. He calls my mother once a week and she thinks he is the greatest thing in the world. I am really hurt that my mother doesn't appreciate all the work I am doing for her. I feel a little jealous that my brother is getting all the praise. I feel like I am wasting my time because my mother doesn't even say thank you. I feel bad because my mother has had a really hard life and I should be grateful for all she has done for me. I feel bad for resenting her because of how much harder she had it than me.

You can see it is very simple. You are "Talking About" what is going on and how it feels. With each detail we share the emotions we feel. Some of the details will have a number of emotions (it makes me sad, angry, and hurt). The more detail we come up with about the relationship and the more detail we come with about the emotions we are feeling, the more effective this tool will be.

2) Talk To

In the second part of this process we will imagine that we have the chance to talk to the person we are having a problem with and they are going to hear us clearly and understand everything we are sharing. It is important to note we are still doing this process alone. We are not seeking this person out. Often the people we have trouble with would not be able to hear or be open to what we are sharing. This is a process that we are doing for ourselves. We just need to imagine we are having this conversation.

As you continue to tap, go through everything you would want to share with the person. Share the things you are unhappy about. Share the things that hurt you. Share the things you wish they would hear. Share the things you wish they knew about themselves.

On the surface this might look like you are just going to be complaining and it might not feel very good to think these thoughts. There are two things to keep in mind. One, yes, it is true most of the things you will share are the things that are hard for you, but it is important to be honest with what you are feeling in order to heal this. Two, you also have the chance to share the things you hope for them. For example, the relationship that you are tapping for might be with someone who has an drug problem. In addition to sharing how much you are being hurt by their choices you can also share what you would like to see better for them. You might want to share with them "that they are better than this...that you don't want them to suffer...that you want them to find the things they love come back into their life...that you want better for their health."

This step is just an opportunity to say everything you would want to tell them. It might look something like this:

I want you to know the choices you are making are really hurting me. I hate the fact that you never say anything nice about all the work I do for you. It really makes me feel jealous when you go on and on about my brother. He doesn't do anything for you and yet you only say nice things about him. You never say anything nice to me about what I do for you. I don't need you to praise everything I do. You don't have to stop talking about my brother. I just want you to realize that it would be nice to know that you notice me. I love you very much. I know you have had a hard life. I want to be there for you. I want to be helpful. I want you to know I love you. But the way you treat me makes it very hard to want to come back and help. I want to be helpful. I want you to know I love you. But I need you to treat me better whilst I am doing it.

This is a straightforward step. You are pretending that you are "Talking To" the other person. There is nothing holding you back. You are in a safe space where you don't need to worry about how they will react. Say everything you want them to know and hear.

3) As If

The third step of the process is a little different. In the first two steps you were speaking from your point of view and your emotions. This is something that is easy to do because it is what we know best, ourselves. In this step we will need to guess a little bit. We are going to imagine the relationship from the other person's point of view.

To do this step you need to pretend you can read the other person's mind and intentions. You are going to describe from their point of view why they are acting as they do.

It is important to note that when we try to understand why someone is acting the way they are we are not saying that we agree with the choices they are making, we are not saying we like those choices, and we are not saying that we want them to keep acting this way. We are just trying to understand it from their point of view. It might look something like this:

I know my mother is very lonely and the fact that my brother never calls her probably hurts her feelings a lot. If she were to admit that he is too involved in his own life it would really hurt her feelings. By going on and on about how great he is and successful he is in business my mother doesn't have to face the fact that he is too busy to spend time with her. I have a feeling the reason my mother gives me such a hard time, even when I am showing up to help, is because she has never known how to say nice things about people. She might be afraid that if she says nice things to me I will let up and not work so hard. Her whole life she has used scolding and put downs as a way to get us to do more. She might think she has to keep putting my work down to motivate me to do more. I know she is lonely and I am sure she is scared. She just doesn't know how to relate to me and she reaches for what is easy. Picking on me.

Now it is quite possible that we could be completely wrong about why the other person is making the choices they are making, but by trying to understand it from their point of view it will soften our emotions. This does not mean that we should let them continue to run us over or treat us poorly, but when we see why they are acting the way they are it makes it easy for us to respond calmly and gracefully.

Very Flexible

This technique is very flexible and it can be used for many types of relationship.

You don't need to do each part for the same length of time. Recently while working with a client we spent close to 45 minutes on just step one, but only spent a total of 15 minutes for steps two and three. You might be very clear on how you feel about something and only spend two minutes on the first step, but you might have a backlog of things you would like them to hear that have been building up for years and you need to spend a lot of time with step two.

You don't need to do it in this order. I have found in most cases it is easiest to do it in this order, but if you want to start with step two because you have a clear sense what they need to hear, then start with step two.

You don't even need to do each part each time you tap. Some relationships are so big that one tapping session will not be enough. That is OK. When you come back to tap you can do part one and part two. Another time you might do part one and part three. Or because of time you might be able to work just on part one and nothing more.

You can use this technique for any relationship. You can use this technique for someone you see every day. You can use it for someone you will never see again, such as a

family member who has died or someone who lives in another part of the world. You can even do this process for someone you have never met, such as someone who hurt one of your loved ones but who you will never meet.

What is most important is that you spend time with each part. Each part helps you to heal and clear your emotions in a specific way and they are designed to work together. By doing this you will make sure that you are emotionally clear when you approach others, which will make it easier for you to make good choices that are not overly emotional. Also, by doing this you will create space for others in your life to make better choices.

Action Step

- 1) Choose a relationship you would like to tap for.
- 2) What are the emotions you feel when you tune into this relationship?
- 3) Tap through the three steps described above.
- 4) Answer these questions
 - What are the feelings you now have about the relationship?
 - What did you learn about the other person while you tapped?
 - What did you learn about yourself while you tapped?

Resources

EFT For ASD Resources

<http://bit.ly/eftpod6>

Here is an interview with John Roedel, the first parent to whom I introduced EFT for ASD.

TappingQandA.com/asd

This is a description of the type of work I do one-on-one with families.

General EFT Resources

<http://TappingQandA.com>

As of the publication of this book there are over 500 free articles, tapping scripts, tap-along audios, and interviews with some of the brightest minds in the EFT world. Every week at least two new resources are added.

<http://TappingQandAPodcast.com>

This is the podcast sister site of TappingQandA.com. As of the publication of this book there are over 130 interviews and teachings, all available free of charge.

<http://Emofree.com>

This is the website of Gary Craig, the original innovator of EFT. This work would not exist without his work and dedication.

<http://EFTUniverse.com>

On this site you will find thousands of articles written by practitioners and lay users of tapping from all over the world on hundreds of topics.

Please feel free to contact me directly at gene@tappingQandA.com with any other questions you have.