

6 Tools I Use First When Tapping

1) Feel In The Body

How to:

- A. Tune in
- B. How do you feel it
- C. Ask the sensation
 - a. What is it afraid of?
 - b. What proof does it have?
- D. Tap for information
 - a. Example: give advice for a friend

When to use:

- All the time
- When not taking the action you want to take

2) Talk About, Talk Too, Talk As If

How to:

- A. Talk about
 - a. What happen
 - b. How it felt
- B. Talk to
 - a. Everything you want them to hear: the good, the bad, the ugly
- C. Talk as if
 - a. Not saying it is right
 - b. Not saying we agree
 - c. Not saying they can do it again
 - d. Simply their subconscious point of view

How to apply

- One long session
- Small chunks daily

When to use:

- When struggling with a loved one
- When we want better for a loved one
- When we have to have a hard conversation
- Before a sales conversation

6 Tools I Use First When Tapping

3) Forgiveness

How to:

Forgiveness is NOT:

- saying that we like what happened
- saying we are happy it happened
- saying that they can do it again
- saying they shouldn't be punished for what they have done
- saying that someone else can do it to us
- saying that we deserved what happened
- saying we caused it to happen
- saying they can do it to someone else
- saying we are going to forget what happened
- saying we are going to miss the lesson in what happened

Forgiveness is choosing no longer to be an emotional prisoner to our past.

When to use:

- When we are angry at someone else
- When we feel hurt by someone else
- When we have been let down by someone else

4) A _ C What is B?

How to:

Every situation seems to be made up of three parts:

- Stimulus: We see something happening or someone doing something.
- Response: We respond to it.
- Outcome: There is an outcome to our actions.

Here are a few simple reactions:

- The phone rings.
- We answer it.
- We have a conversation.

- A car is driving down the road.
- We move out of the way.
- We are safe.

6 Tools I Use First When Tapping

- A friend is waving at us from across the room.
- We see them but return to our work.
- They feel frustrated because we didn't wave back.

Really:

- The phone rings.
- *Thought: Someone is calling me.*
- We answer it.
- We have a conversation.

- A car is driving down the road.
- *Thought: I am in danger.*
- We move out of the way.
- We are safe.

- A friend is waving at us from across the room.
- *Thought: I really don't have time to deal with him right now!*
- We see them but return to our work.
- They feel frustrated because we didn't wave back.

Steps

- A. Label paper A, B, and C
 - a. Ignore D
- B. Write A and C
- C. Come up with B
- D. Tap for B

When to use:

- When tapping for habits we want to break
- When tapping for an emotional outburst

5) Beliefs That Others Have Given Us

How to:

- A. Name the belief
- B. Name who gave it to us
- C. Name why they gave it to us
- D. State why you are letting it go and what that means
 - a. Not saying it was unuseful
 - b. Not saying they are wrong for giving it to us
 - c. Not saying we think they were trying to hurt us by giving it to us
 - d. Not saying we are wrong for picking it up

6 Tools I Use First When Tapping

- e. Saying it is no longer useful
- f. Saying we can pick up if we need it again
- E. State the new belief

When to use:

- When we are struggling to change a belief about ourselves
- When we are struggling to change a belief about the world

6) Hero Tapping 3x

How to:

- A) State what you would clearly like to have
- B) Tap while imagining being around someone who has what you want
- C) Tap while imagining having what you want
- D) Tap while imagining you have what you want, others are seeing you, and you can hear what they are thinking and saying to each other
 - a) Do this with people close and far from you

When to use:

- When you are working towards a goal