6 Tapping Tools I Reach For First

We will being in a few minutes!

TAPPINGQ&A

A Few Notes

- I will upload the audio and video from tonight so you can download in the morning (hit record!)
- I will upload the slide deck
- I will upload my notes
- This is the most information intensive class
- There 6 not 5!

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1) Feel In The Body

How to:

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

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1) Feel In The Body

When to use:

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

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2) Talk About, Talk Too, Talk As If

How to:

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

2) Talk About, Talk Too, Talk As If

How to apply:

- One long session
- Small chunks daily

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2) Talk About, Talk Too, Talk As If

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

3) Forgiveness

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

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3) Forgiveness

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

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3) Forgiveness

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

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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.

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4) A _ C - What is B?

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.

- 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.

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4) A _ C - What is B?

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.

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4) A _ C - What is B?

Steps

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

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4) A _ C - What is B?

When to use:

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

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5) Beliefs That Others Have Given Us

How to:

- Name the belief
- Name who gave it to us
- Name why they gave it to us
- State why you are letting it go and what that means
  - Not saying it was unuseful
  - Not saying they are wrong for giving it to us
  - Not saying we think they were trying to hurt us by giving it to us
  - Not saying we are wrong for picking it up
  - Saying it is no longer useful
  - Saying we can pick up if we need it again
- State the new belief

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5) Beliefs That Others Have Given Us

When to use:

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

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6) Hero Tapping 3x

How to:

- State what you would clearly like to have
- Tap while imagining being around someone who has what you want
- Tap while imagining having what you want
- 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
  - Do this with people close and far from you

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6) Hero Tapping 3x

When to use:

- When you are working towards a goal

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