

Top Ten Tapping Tips



What
to Do
When
You
Don't
Know
What

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Everybody wants awesome tapping sessions!

Whether you're a practitioner being paid for your work, a friend offering help informally, or a person sincerely tackling your own issues with EFT, don't you love it when the results are awesome? When the results are, "Wow, that was amazing. I feel so much better."

But humans are complicated. Even though EFT can work wonders, it's not always that simple. I know what it's like to feel stuck and lost in a session sometimes, not seeing what to tap for next, not sure where this is going. As a trainer and mentor, I don't know how many times I've heard from students, "I just didn't know where to go next."

That's why I would like to share with you my Top Ten Tapping Tips based on my 16 years of experience with EFT. They may not be the same tips you would hear from other practitioners and trainers, simply because I have a slightly different orientation. I have a background in hypnotherapy, which means that I have a great interest in the subconscious mind. And so I like to bring understandings of the subconscious into my work. Some of these tips involve small adjustments in language that really appeal to the subconscious. Just little things to be aware of that can make a difference, especially if you feel stuck. Give them a try!



"What is interesting about EFT is that it is a process... that engages super-learning... and super-learning is the equivalent of pushing the record button on the subconscious mind."

- Dr. Bruce Lipton

To your tapping success!

Betty

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Please Note

This ebook of tapping tips assumes a basic working knowledge of EFT. If you need to learn more about how to do EFT tapping, you can learn the basic process on my how-to page here:

www.creativeeft.com/how-to-do-eft/

You can also download a free EFT manual written by myself and my colleagues Jade Barbee, Carna Zacharias-Miller, and Lynne Shaner. You'll find it at www.EFTfree.net, along with a whole library of articles and other free EFT resources.

One More Note

For convenience, I've written these tips as if you are guiding another person in tapping. You can, of course, self-guide and use these same ideas even if you're tapping alone. Just talk to yourself! I really like writing things down when I tap for myself. The words on the page reflect back and help us follow our own process.

Four Principles I like to keep in mind

1. The keys to healing are within each person
2. The healing process wants to unfold - we are like midwives helping the healing to happen
3. The subconscious is always involved and always listening
4. We can get too wrapped up in “figuring things out” - which is all conscious mind. It’s good to relax more, trust the process, and just keep tapping.

Tip Number 1 - *Simplify*

This is a good tip to keep in mind not only when you feel stuck, but to use from time to time in any tapping session. I call it “laser tapping.”

“Let’s do a round of laser tapping. We’ll just zero in on something very specific and keeping it really simple. *Even though I have this dread in my gut, I deeply and completely accept myself (3x)... this dread in my gut, this dread in my gut, this dread in my gut...(etc.)*”

I know, I know -- how boring! It may even sound less skilled, just repeating the same words rather than varying the language. This is basic EFT, the way it all began, and we usually think that more varied and developed language is a more evolved form. But take this into account: **the subconscious responds to repetition.** That’s one way to really get through to the subconscious - repetition.

There is a narrative style of tapping that is very popular these days and it can be helpful at times. Using different words on each point, covering a lot of ground, this is a global approach and it has its place. But I do think this may confuse the subconscious. In hypnotherapy, we learn to keep our words so simple and repetitive, a child could follow. And we need to give just one clear direction, not a lot of complex information at once.

Think of it this way: if the problem is a “room,” narrative tapping is like looking around the room and describing the problem -- or even looking at just one part of the room and still elaborating with many words. But then you take the laser pointer and zero in on one focal point. Do a simple, repetitive round or two. Once you start, you don’t have to think! This gets you out of your head. It can clear the air and get the ball rolling. And laser-focused tapping rounds are much more effective for real shifts and lasting results.

Tip Number 2 - *Go to the body*

This tip follows nicely from the first one because one of the easiest places to point the laser beam is to the energy of the emotion in the body.

Emotions are complex and there are many reasons, many roots, lots to explore in any emotion. But they are also just energy -- energy in the body. A great way to simplify and find something very specific to tap on is to focus on the body sensations.

“What’s happening inside you as you talk about this?”

“How do you experience that anger physically? Where is it in your body?”

“Describe it in more detail. Is it heavy? A hollow feeling?”

“Is the anxiety fluttery like butterflies? Or something else?”

It can be a nice break from digging into all the upsetting aspects of an issue to just shift the focus to something simple and straightforward -- what does that feel like in your body? It’s also a great way to get very specific, and we know EFT works better when you target something specific to tap for.

Even though this feels hollow in my chest, like a big empty hole, I deeply accept myself... (etc.)... this hollow feeling in my chest... like a big empty hole in my chest... this hollow feeling in my chest... like a big empty hole in my chest...

Usually after just a round or two of tapping, the impression of the energy in the body will change. The energy is moving... and the intensity has likely changed as well.

Tip Number 3 - *Let go of the numbers.*

Instead...What's coming up for you?

It is a hallmark of classic EFT that we should use the 0-10 scale and rate the intensity of our issue, our emotion, whatever we want to tap for. Then after the round of tapping, rate it again -- did the number change?

This is a core skill and important to know. But one thing that strikes me is this: numbers are of the left brain. And much of what we need for the healing process is of the right brain: impressions, pure emotion without judgment, images, free association, non-linear thinking and creative inspiration, these are all from the right brain. And the right brain can be a direct line into the subconscious, whereas the left brain generally closes the door on the subconscious with its tendency to prefer rational thought, analysis, precision, and judgment.

Obviously we need both sides of our brain to be engaged and contributing. We need the left brain to measure and test and see what progress we are making. But it can be disruptive of the process to insist on numbers with every round.

So here's my tip. If things seem a little stuck, just let go of the numbers for a while (or a long while!). "Let's not worry about the numbers. Let's just see what comes up." This allows you to stay with the right brain rather than going back and forth. After each round of tapping, just ask for awareness: "What's coming up for you? What are you noticing? What comes to mind?" Then tap for that. It's amazing what unfolds if you follow the thread of what will emerge. Then later you can circle back to the numbers. "Okay, your intensity was a 7 before. Where is it now?"

You can also use a more right-brain measure: hands together or far apart to show intensity.

Tip Number 4 - “Tell me more”

Whenever I don't know what to do next, that's usually a cue for me to quit looking inside my own head! Ultimately, that's not where the answers are anyway. They are within the person whose problem or issue this is.

I do think that listening is one of the most important Art of Delivery skills. When we truly listen and hold a space for someone, they will often discover much about their own issue that they didn't know they knew.

So here's the tip: anywhere in the session, we can pause from tapping and just listen a little more:

“I'm not sure where to go with our tapping... tell me a little more about this...”

“Just take a minute and see what comes to mind.” ... “Anything else?”

I'm actually quite astounded by where that last question can take us. For myself as well, I will think that I've said all there is to say, but when a caring listener asks me, “anything else?” and gives me space... that's when I find a deeper level.

Whatever comes up may be the next trail to follow with tapping. Many of us who work with the subconscious are convinced that, deep beneath the inner programming, old patterns and emotional baggage, there is a Wise Self or Wise Mind. It really does guide the process if we will only listen. Part of deeper listening may be to add the powerful question that often takes us right to core issues: “Tell me more... what does this remind you of? Is there any other time and place where you felt this way? What comes to mind?” Then tapping for a specific event with skillful use of the Movie/Tell-the-Story method is of course pure gold, the heart of healing.

Tip Number 5 - Acknowledge and allow

While EFT can be very *results-oriented* -- and we all want results -- you can also shift into being *process-oriented* at times. What I mean by that is to let go of trying to “get” a result, like a lower intensity number, and just allow the process to flow. Just be with whatever is.

Sometimes you can suggest the language of allowing in the setup. Just make sure you check with the client, since some of these words come from you:

Even though I still have a lot of anger, I can accept myself and just allow this anger to be here... no wonder I feel this way, given how I was treated...

Even though I'm full of fear... I acknowledge how hard this is for me... I honor myself for facing this difficult issues... it's okay to feel this fear...

Even though I have so much sadness and I've avoided this sadness all my life... I can allow myself to feel it... it is so sad that no one cared...

There is something about *being acknowledged* that is very healing, almost as if the feelings need to be heard before they are ready to heal and release. We also may need to acknowledge that they are there for a reason. This dignifies them and removes any judgment. No wonder we felt that way.

So here's the tip: if an emotion isn't changing, don't worry about that. Just give it permission to be there and allow it to be. Allow yourself or the other person to be with the emotion and tap with allowing language. Once the emotion is truly accepted and allowed, it will be more ready to transform.

Tip Number 6 - Try some “parts” language

One principle of work with the subconscious is that we are all a collection of parts. Different parts of us are probably involved in any issue, many of them operating subconsciously. I’ve found that a simple shift in language can be very effective when we feel stuck -- because we’re often stuck in identification with one part.

Compare the following, first with standard language, then with parts language:

Even though I’m so depressed...

Even though I’m really resistant to taking care of myself...

Even though I want to run back into my comfort zone as fast as I can...

Even though *a part of me is so depressed...*

Even though *part of me is really resistant to taking care of myself...*

Even though *a part of me wants to run back into my comfort zone...*

What this does is to help us break the identification with the more limited part and, almost automatically, we get a glimmer of better possibilities. More hopeful and helpful parts are waiting in the wings. The tip? Just tap with parts language. Again, check with the client since you are suggesting this wording.

Even though part of me wants to run back to the comfort zone... I can accept that part with kindness and compassion... it is scary to change... but there’s another part of me that (what?)... really wants a better life...

(tap and acknowledge both parts): the part that’s scared... wants me back in the comfort zone... doesn’t want change... but another part of me wants a better life.. (all these are client words, just the concept of parts was mine.)

Note: there’s a whole art to working with parts but even this little bit of parts language can be helpful. It’s a way to step back from the problem and open some space inside.

Tip Number 7 - “The truth is...”

These three little words are my very favorite EFT reframe. And rather than me making a suggestion to fill in the blank, I like to ask the person I’m working with what they would like to say.

Here’s how it could work with the parts language: *(this is from a real session)*

*Even though there’s a part of me that is so resistant to self-care... **the truth is** (what is your truth?...) ... she learned that a long time long ago... she learned that she didn’t matter, wasn’t worth caring for, why bother?... I deeply accept this part and she really needs some healing... **the truth is**, she needs some care...when I take care of myself, I’ll be taking care of her...*

Here’s how it might help with a trust issue: *(also from a session)*

*Even though I’ve always mistrusted men... and I’ve had some bad experiences... I can love and accept myself... **and the truth is...** (what is the **truth?**)... there are some good men out there... I have better judgment now... I can give it a try...*

Tip: this works best after there has been some healing and working through of things, and best when the client has had their own cognitive shift. But sometimes you can add ‘the truth is...’ and see what comes from them.

*Even though I feel stuck and don’t know how to heal this... **the truth is...(what is it?)** I’m working on it... I’m showing up... I appreciate myself for doing that.*

I do find it really interesting how much each person’s own wisdom, compassion, and balanced thinking can come through when we bring this simple invitation into the tapping....**the truth is... (what is your truth?)** _____...

Tip Number 8 - Try sentence completions

This is one of my favorites because it taps into the subconscious in the same way that free association does. It's important to introduce the sentence completion while tapping so that the person doesn't think about it too much, simply answers with the first thing that comes to mind. When it's "off the top of your head," it's actually more likely to come from the subconscious.

Even though I have this anger, I deeply and completely accept myself... and I'm willing to (what are you willing to do?)...

Even though this seems hopeless, I'm open to the possibility of (what?)...

Even though I'm still afraid of being betrayed, that was then and this is now... and now (what could be different?)...

Even though I have so much regret... wish it hadn't happened... I deeply accept myself... and I'm ready to... (what are you ready to do?)...

When you tap through the points, you can tap for the problem or difficult emotion while weaving in the new possibilities:

this hopelessness... this hopelessness... but I'm open to the possibility of something changing... open to the possibility of just a little bit of hope...

so much regret... wishing it hadn't happened... really sorry... all this regret... but I'm ready to make my peace... ready to forgive myself and move on...

Important note: In all of these examples, the words came from the client.

Tip Number 9 - *Invite an image*

This is my very favorite way to get out of the conscious mind's trap of going in circles trying so hard to "figure it out" -- and getting nowhere. It may not be for everyone but it is surprisingly easy and almost has a life of its own.

If you could come up with some kind of image or picture that embodies this feeling or situation... what would that be? What's it like? What comes to mind?

Here are some actual client images from real sessions:

It like I'm about to slide down a mountain, just hanging on with my fingernails.

It's like I'm trying to get moving and drive forward, but the car is stuck in Neutral. I can't get it into gear, into Drive. I'm wasting all this gas, wasting energy...

It's like trying to pull a stubborn donkey out of quicksand. I see him just sitting there, and the harder I pull on the rope, the more he sinks down.

You then tap for the details: "Even though I'm about to slide down... holding on with my fingernails... I accept myself... (etc.)" And the crazy thing is that the image will start to change! "Oh - now there's a branch under my feet. Ah, I'm a little bit supported, don't have to cling so tightly..." Relief.

I'm convinced that the stuck energy does transform through the image. The subconscious can work it out without the conscious mind interfering. And people experience real change - the intensity lessens. Our inner wisdom is at work!

Note: I call this approach Inner Theater and teach it in detail to clients and students.

Tip Number 10 - *Bring in some kindness*

I mentioned earlier that the subconscious is like a little child. And, just as we would need to treat a child with encouragement, gentleness, and kindness, we need to treat our subconscious precisely that way. All those parts in there that may not be cooperating... all those feelings that we wish would go away... all that inner programming and baggage that causes such problems... it all needs kindness and acceptance.

That's one reason I think EFT is so brilliant! Built into the process is self-acceptance. And we can enhance the inherent kindness of EFT with a few simple words and phrases.

One way is simply to add this phrase to the set-up, checking in of course to see if it sounds okay to them:

Even though..... I can choose to be kinder to myself.

I often go further and ask the person, "what's the kindest thing you could say to yourself about this issue?" Then we tap that in. Here's how it could look for the issue of being stuck, not knowing if you're making progress:

Even though I still feel stuck and I don't have the breakthrough I wanted... I can choose to be kinder to myself... I give myself credit for working on this... I'm doing the best I can... and maybe a breakthrough is around the corner...

I do believe wholeheartedly that tapping can have delayed results. I like to tell people, "the process is underway and your subconscious can continue the healing under the surface. It may go on beneath your awareness, and when you return to this tomorrow, it may feel better than you expected." That's not only true... it's a powerful hypnotic suggestion -- and a great way to end a session.

Final Thoughts

While writing this little ebook, I took a break and went for a walk on the Burlington (Vermont) Bike Path which is near my office. Whenever I'm trying to write or create something, walking is always good to jog my brain. I walked about a mile and came to the beautiful Earth Clock at Oakledge Beach on Lake Champlain, a working sundial patterned on ancient stone circles. It had such a calming influence on me that it gave me the final message I'd like to leave you with: WE HAVE TIME. Sometimes the expectation is for quick results with EFT and often we get those. But any healing process may take time, patience and long-term attention, too. So my final tip would simply be:

It's okay if it takes time.



In closing...

I'm sure that if you asked a dozen different EFT trainers for their best tips, you would get a dozen variations. We all have our own styles and preferences. But our best tapping work with EFT is still grounded in the Core Principles of EFT. For instance, many of my tapping tips involve different ways to get specific - and *being specific* is a core guiding principle. Some of these tips will help you zero in on *aspects* and some may help uncover *core issues*. All of them value *listening with care* and *using the client's own words*.

I think all of these little tips can grease the wheels when needed and help us not get too hung up on doing it the right way or "knowing what to do." That can be our ego getting in the way. As Gary Craig said, "through you, not by you." We need to have solid training, grounding in the core principles, and good tapping tips in our toolbox. Then, if we show up and do our best, really honor the person in front of us by listening carefully and using their words, and trust the process that is unfolding, something good is sure to come out of it.

I noticed long ago that tapping seemed to open up the subconscious, so why not include some awareness of the subconscious with our tapping? I have found it very effective and, often, just small adjustments in our perspective or wording are all it takes.

Thank you for downloading my ebook.

If you would like to speak with me about EFT training and mentoring or personal sessions, please email me at bettymh.vt@gmail.com. I'm always happy to set up a free chat so that we can explore possibilities -- and there's never any obligation.

With much appreciation,

