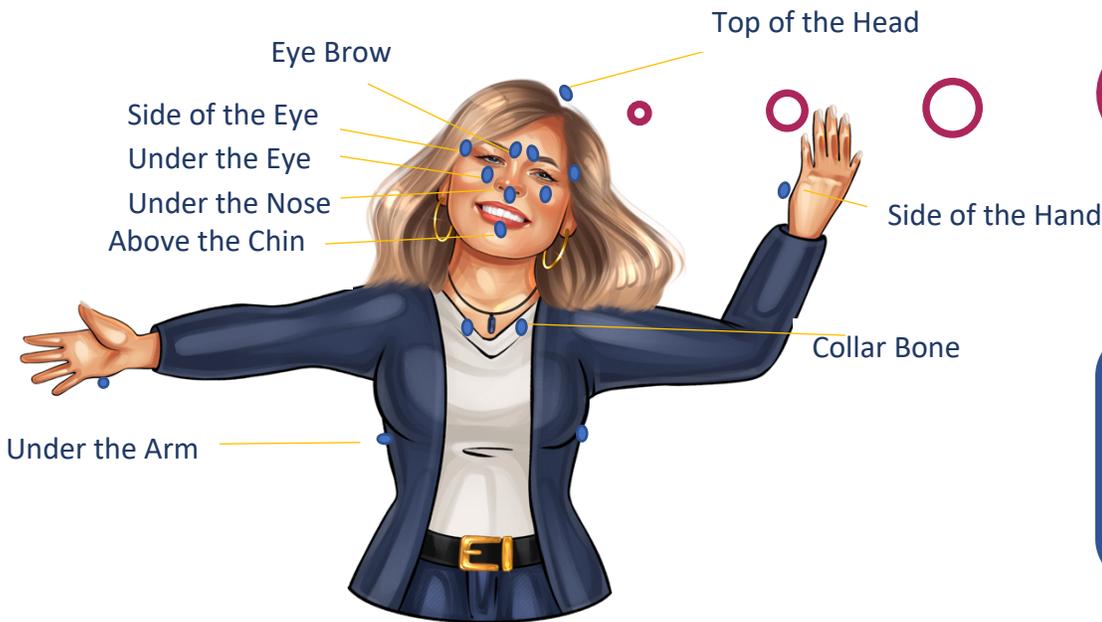


EFT/TAPPING AD LIB CHEAT SHEET

www.ShannanRenee.com



Don't worry about getting it "right". JUST TAP!!

Tap & Breathe
Tap & Talk/Rant
Tap & Feel
Tap & Release
Tap & Feel Better!

GET SPECIFIC

1. Name the **details of a specific moment** that has triggered in you (Who,What,When,Where,What)
2. Name the **emotion** you are feeling right now thinking about those details
3. Rate **intensity** of emotion from 0-10 (0=no intensity, 10=the most you can imagine)
4. Describe the **quality/sensation** of that emotion in your body and **where you notice it**
5. Tap on side of the hand repeating the **Set Up Statement** 3x
6. Tap on the other 8 points while repeating the **Reminder Phrase** at each point.
7. Repeat until the intensity is at a zero or at the very least a more comfortable level.

START TAPPING

SET UP STATEMENT - Tapping on the side of the hand say the following statement 3 times.

"Even though thinking about _____ (details of the specific moment that triggered you)

I feel _____ (emotion/feeling you are having right now in response)

As this _____ (quality of the emotion) in my _____ (where you notice it)

I deeply and completely accept myself" or "I accept this is how I feel" or "it is what it is" or "right now I'm safe" or I'm open to the possibility of accepting myself, etc.

REMINDER PHRASE - Tapping through all the other points say the reminder phrase at each point.

"This _____ (name the emotion/feeling), _____ (name the quality) in my _____ (where)

EXAMPLE

Tapping on the side of the hand - Even though thinking I'm going to be late I feel worried, a tense ball of fire, in my gut, I deeply and completely accept myself. (repeat 3 x)

Tapping on The:

Top of the head -

"This worry +/- tense ball of fire in my gut"

Eye Brow Point(s) -

"This worry"

Side of the Eye Point(s) -

"This worry"

Under the Eye Point(s) -

"This worry"

Under the Noise Point -

"This worry"

Chin Point -

"This worry"

Collar Bone Point(s) -

"This worry"

Under the Arm Point(s)

"This worry"

Add or leave out the sensation in the body unless that is the main issue. The emotion or the word that evokes the emotion is the magic.