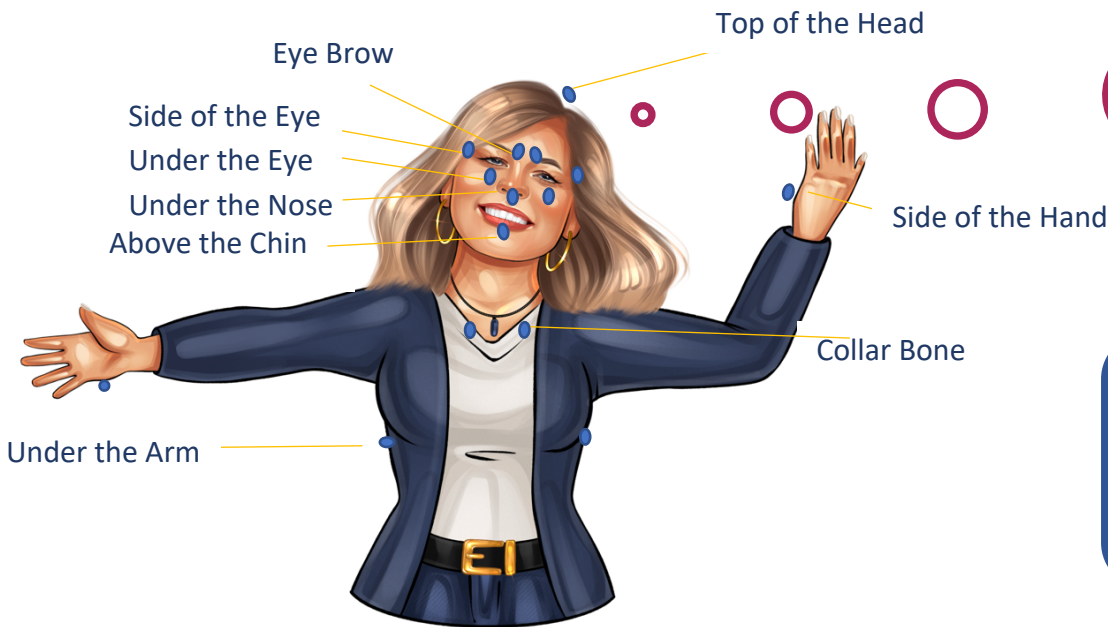


# EFT/TAPPING AD LIB CHEAT SHEET

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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 -	<u>"This worry +/- tense ball of fire in my gut"</u>
Eye Brow Point(s) -	<u>"This worry"</u>
Side of the Eye Point(s) -	<u>"This worry"</u>
Under the Eye Point(s) -	<u>"This worry"</u>
Under the Noise Point -	<u>"This worry"</u>
Chin Point -	<u>"This worry"</u>
Collar Bone Point(s) -	<u>"This worry"</u>
Under the Arm Point(s)	<u>"This worry"</u>

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.