

## EFT SIMPLE SCRIPT

- A. As soon as you feel triggered, uncomfortable, notice unwanted thoughts/tense body sensations **JUST START TAPPING ANY** of the points and breathe. If you can tap through all of the points while you breathe that's great too but just tapping on the finger points will make a difference. Tapping ANY of the points lets your primitive survival brain know regardless of what has happened in the past **RIGHT HERE, RIGHT NOW YOU ARE SAFE.** This will ease the stress hormones and allow you to find some calm and respond rather than react so you can better give yourself what you need in this moment.
- B. To process and release emotions more fully find some quiet time to practice a little bit at a time. It can literally take only 5 minutes to make a shift.
  1. **Identify a specific RECENT event that has caused you to be triggered** – (Reading that text from him, thinking about the look on her face, seeing the dirty dishes in the sink, thinking about posting that article, etc. - Who, When, Where, What)
  2. **Name the emotion** that comes up **right now** when you think of this event. (see Emotions Poster for suggestions but don't limit yourself to those and don't over think it – go with what comes up)
  3. **Rate emotion on a scale of 0-10** – How intense is the emotion as you are experiencing it right now 0 being not at all 10 being the most intense it could be or extremely high.
  4. **Name where and how you feel that emotion in your body if you can** (frog in my throat, tightness in my stomach, red ball in my chest, black blob in my heart, nauseous, clenching in my jaw, ect.)
  5. **Set Up Statement** – Start tapping on the side of the hand point and repeat your set up statement out loud. **“Even though thinking about (the specific event) I feel (the emotion) as (body sensation), I deeply and completely accept myself. (repeat 3 times)**  
Ex. “Even though thinking about seeing the dirty dishes in the sink this morning I feel annoyed and a tightness in my stomach, I deeply and completely accept myself. X 3 while tapping on side of the hand.
  6. **Reminder Phrase - Tap on all 8 points** while saying just the emotion and the body sensation.

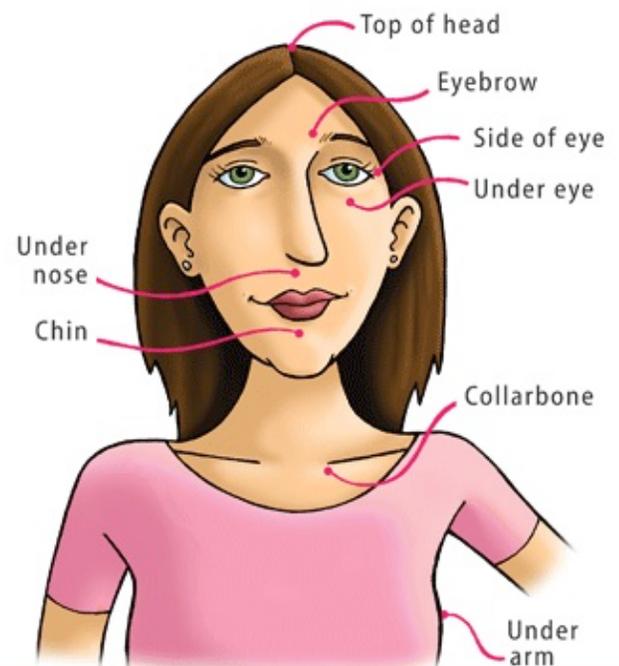
- Top of the Head – “This annoyance as tightness in my stomach”
- Eyebrow - “This annoyance as tightness in my stomach”
- Side of Eye - “This annoyance as tightness in my stomach”
- Under Eye - “This annoyance as tightness in my stomach”
- Under Nose - “This annoyance as tightness in my stomach”
- Chin point - “This annoyance as tightness in my stomach”
- Collarbone point - “This annoyance as tightness in my stomach”
- Under arm - “This annoyance as tightness in my stomach”

**Take a breathe and a sip of water** and rate the level of intensity on that specific event. You should notice a decrease in the intensity of emotion as well as the sensation in the body. Repeat until the emotion is below 3 or until you feel calm and no longer triggered. It is likely that other feelings, thoughts, and memories may pop into your mind. Repeat the process on each one as you can and feel safe doing so on your own. Keep a journal of events and memories that come up and we can work on those together.

**Don't worry about getting int right, just start tapping while acknowledging how you're feeling in the moment.**

**You are clearing the old pathways, releasing stuck emotion, and transmuting YOUR energy from pain to power.**

**You've got this and I've got you!**



**Tapping points for EFT**

**EFT SUPPORT SHEET**

**GETTING TO  
SPECIFIC EVENTS/ASPECTS**

- Who was involved?
- What was said or done?
- Where did this happen?
- When did this happen?
- What evidence do you have that suggests/proves/reveals/shows/demonstrates your perception?

<b>NAMING EMOTIONS</b>				<b>DESCRIBING BODY SENSATION/FELT SENSE</b>		
<b>ANGRY</b> Annoyed Bitter Confused Contempt Disdain Disgusted Disrespected Dissatisfied Enraged Envious Frustrated Hateful Hostile Irritated Jealous Pissed Resentful Stressed Upset Vengeful	<b>HURT</b> Abandoned Agony Alienated Battered Betrayed Deceived Depressed Deprived Disappointed Discouraged Empty Hopeless Isolated Lonely Offended Rejected Remorseful Sad Shocked Wounded	<b>AFRAID</b> Anxious Cautious Concerned Despair Helpless Insecure Nervous Shock Skeptical Surprised Suspicious Terrified Unsafe Vulnerable Worried	<b>SHAME</b> Ashamed Bewildered Embarrassed Exhausted Guilty Inadequate Inferior Insignificant Overwhelmed Selfish Smug Useless Worthless	<b>TEXTURE</b> Bristly Brittle Bruised Bubbly Bumpy Clammy Coarse Crackled Dull Fluffy Gritty Hard Hollow Knotted Prickly Rough Sharp Sharp Silky Slimy Smooth Soft Squishy Sticky Wet	<b>TEMPATURE</b> Chilly Cold Cool Dry Firey Frozen Hot Icy Steaming Sweaty Warm  <b>WEIGHT</b> Dense Fluffy Heavy Light  <b>COLOR</b> <b>DEPTH</b> <b>WIDTH</b>  <b>FELT SENSE</b> Achy Closed Nauseous Numb Open Queasy Sore Spacious Tender	<b>MOVEMENT</b> Buzzing Clenched Jittery Pounding Pressure Pulling Pulsing Quivery Radiating Shaking Stabbing Stinging Stuck Tension Throbbing Tight Tingling