


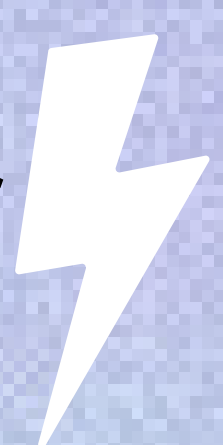
The background features several large, overlapping, angular geometric shapes in shades of light blue, teal, and pink. These shapes are arranged in a dynamic, non-representational pattern, creating a modern and energetic feel. The text is centered over this pattern.

THE MAGIC OF TAPPING EFT TOOLKIT

What is Emotional Freedom Technique

Emotional Freedom Technique (EFT), also known as Tapping, is a tool that incorporates the knowledge and ancient wisdom of traditional Chinese medicine, tapping into the flow of qi energy through the meridian lines within our body.

Similar to acupuncture – but without the needles – EFT works with this qi energy flow to release stored emotions and blocked energy through gentle tapping on the meridian points on the face and body.

 EFT is the ultimate tool for rewiring our brains and creating a new experience of who we truly are. 

How does EFT work

As the points are tapped, you repeat words and statements that are true to how you are feeling, it could be a physical pain, emotional pain, or negative thoughts, or how you have felt, maybe an uncomfortable event, past trauma, or difficult childhood experience.

Together, this allows the pressure and emotional intensity to release, peeling away gradually to bring relief, emotional freedom and opening a doorway to a new understanding of yourself.

When working with a practitioner, EFT allows you to go deeper into the root of an issue, tracing it back to memories, experiences and traumas so you can understand where and when the belief system was built. Once we know where it has come from, we are able to safely explore those emotions, to feel them and then to release the link and the energetic charge to that experience for good, freeing you from the past, so you can finally move on in your life now.

Using Tapping for self-care and healing

Although tapping is an incredible technique for the real ‘deep stuff’ that you would explore with a trained practitioner, it is also a hugely powerful tool you can use to support yourself in managing your emotions, your day to day experiences of life and your own self healing.

EFT is an incredibly empowering technique, because you quickly realise that **YOU** have the power at our fingertips to choose how you feel.

The great thing about Tapping is that you can apply the technique to many different situations, emotional states and reactions you may experience, such as:

- **Anxious thoughts**
 - **Cravings**
 - **Pain**
 - **Overwhelm**
- **Negative behaviours**
 - **Panic and worry**
 - **Clarity and focus**
 - **Confidence**
- **Procrastination**
- **Communicating effectively**
- **Stressful experiences**

You really can try it on everything!

With a little practice using EFT confidently throughout your day will be like second nature.

THE TAPPING ROUTE

TOP OF THE HEAD

EYEBROW

SIDE OF THE EYE

UNDER THE NOSE

DIP OF THE CHIN

COLLAR BONE

UNDER THE ARM

UNDER THE CHEST

STARTING AT THE CROWN YOU CAN TAP
ON EITHER SIDES, OR BOTH SIDES OF
THE FACE AND BODY AT THE SAME TIME,
DURING YOUR ROUTE, SWAPPING SIDES
AT ANYTIME IF YOU CHOOSE TO

THEN TAP ON EACH OF
THE TOP SIDES OF THE
FINGERS, ON THE EDGE OF
THE NAIL BED - EITHER
HAND CAN BE USED

ALSO NOTE, THE SIDE OF
THE HAND IS KNOWN AS
THE 'KARATE CHOP POINT'
AND IS THE PART WE USE
TO TAP ON DURING OUR
SET-UP STATEMENT,
EITHER HAND CAN BE USED

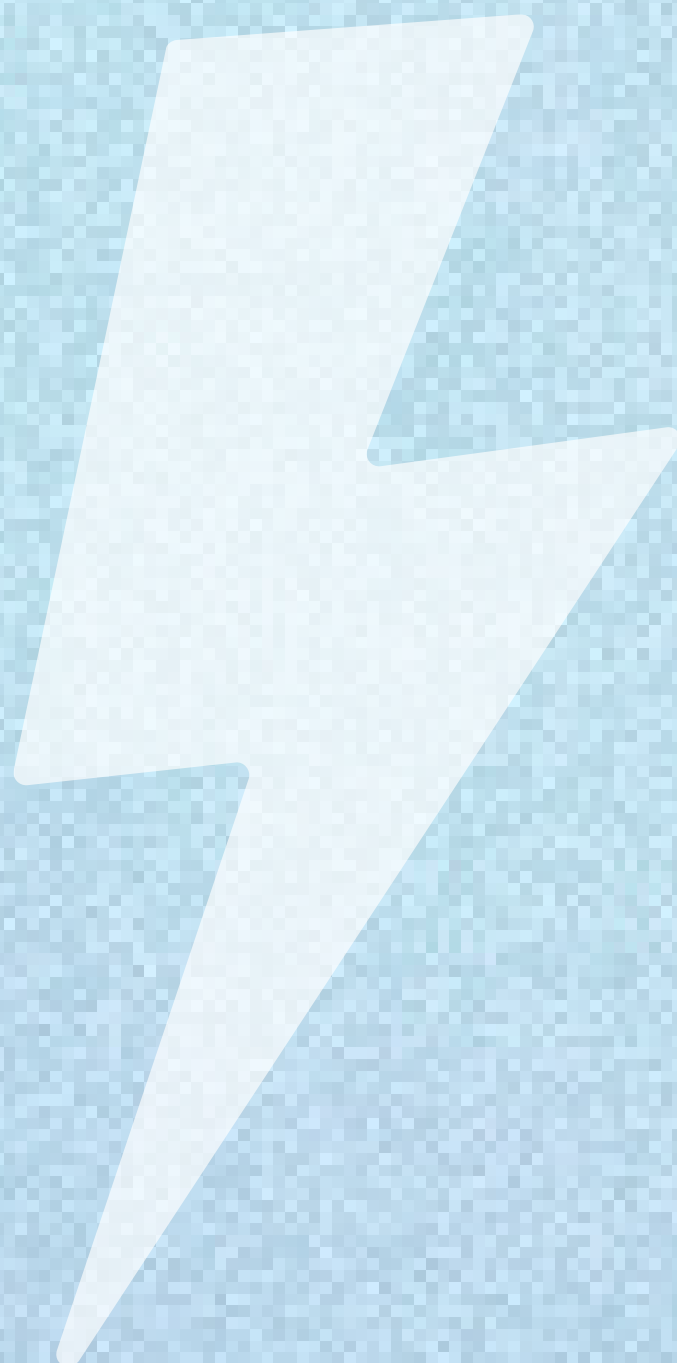




GETTING STARTED
THE TAPPING SEQUENCE
- SETTING UP AND WHAT TO SAY AS YOU TAP -

This is made up of 3 main aspects

- 1 - The Tune In
- 2 - The Set-up Statement
- 3 - The Tapping Round



WHAT IS TUNING IN...

This next section will explain to you how to use EFT to explore emotions, feelings, and states of who you are and what you feeling

EXPLORING THE 'STATE OF ME'

EVEN THOUGH I AM - Tired, feeling lazy, procrastinating, easily irritated, feeling angry and I don't know why, jealous about what's happened, have this recurring worry in my head, can feel the anxiety in my mind, I reacted too over the top, have this pain in my knee, knot in my stomach, I can't stop thinking about ...as examples

It's important to remember that our emotions and thoughts (whether constant states or reactions to something) are windows to peep through and doors to open to gain a greater understanding of ourselves and to see just what's behind the way we feel about something.

That's not to say our feelings, thoughts or actions aren't valid, but if they are heavy and make us feel anxious or stressed, then they are perfect ground to be open and explore from...

1 - TUNING IN

To work on the issue effectively, you first need to tune in

In EFT we like to say

'For results that are terrific, it's best to be specific!'

*

So as you use the following template, be honest, truthful, and really feel into how you're feeling. Give yourself the time and space to tune in to yourself, and your experience. Close your eyes and allow yourself to feel that emotion and be truthful about what it actually is.

*

By tuning in you can then create the '**emotional filling**', which will then enable you to build your set-up sandwich, which looks like this

*

Top layer, the acceptance

Even though I have, I feel, I am,

Your filling

Filled with your emotional experience (the filling)

Bottom layer

I deeply and completely love and accept myself

CREATING YOUR EMOTIONAL FILLING

Begin with your current state

E.g. As we said earlier, something that's bothering you, an emotional reaction you've had, or an issue you would like to explore.

I have - I feel - I am

What's the emotion/s that you are feeling? Put words to them and the state you are in

Craving that chocolate, feeling stressed about tomorrow, anxious about what I did, hurt about what they said, overwhelmed, sad, angry at..., tense and I don't know why

*

Rate your state

How much do you feel that, out of 10

0 - I feel nothing 10 - It's super intense

*

Where do you feel that in the body?

Head, heart, stomach, its moving around

*

What else can you tell me about it

Colour, texture, temperature, density...

Does it look like or remind you of anything/anyone?

Now double check...

What's the emotion/s you're feeling? Is it still the same as you first identified or has it changed?

2 - CREATING YOUR SET-UP STATEMENT

Now you know how you feel, you can create your set-up sandwich, taking all the elements from your tune in, to create your filling

So your sandwich would look like this, give it a try saying out loud before moving on below

1 - Even though ...

2 - I am this, have this, feel this.....(add in the emotional filling of how you feel)

3 - Its okay, I love and accept myself completely

If you struggle to say 'I love and accept myself' you can alter it to suit you, e.g.;

I'm okay / I know this can be okay one day

I accept that I feel this way / Because I'm safe now

3 - THE SET-UP AND KARATE CHOP

Now tap on your karate chop point (side of the hand) creating the set setup statements as you use the elements of your tune in as the filling.

We generally do 3 rounds and each round can look slightly different as long as it incorporates that exactness of how you feel Here's an example;

*

Even though I feel

this blue, spiky stress in my stomach, a 6 out of 10

when I think about what I said yesterday

Its okay, because I love and accept myself

*

Even though I have

this spiky, around a 6/10 blue stressful feeling when I think

about what I said yesterday to... in my stomach

I love and accept myself

*

Even though I am

really stressed when I think about what I said yesterday,

and it feels blue, spiky and about a 6/10

I'm okay and I love and accept myself anyway

You can see here that we're always being specific in each set-up statement, even though we're using the wording a different way each time

LET'S TAP

THE TAPPING ROUTE

After you've completed your set-up (3 x on the karate chop point) you are then ready for the tapping round

Repeat the round three times, so 3x rounds from crown to little finger repeating the words and tapping all the points

Follow the diagram as you do this to help.

Here's an example of how it might be said;

*

Top of the head - *This stress in my stomach*

Eyebrow - *All the stress I feel my stomach*

Side of the eye - *When I think about what I said*

Under the nose - *This blue spiky 6/10 stress*

Chin - *This 6/10 blue spikey feeling in my stomach*

Collar bone - *This spiky blue stress*

Under the arm - *When I think about what I said*

Under the chest - *All this stress*

Thumb - *This 6/10 blue spiky stress*

Index finger - *This 6/10 stress i feel in my stomach when I think about what I said*

Middle finger - *The blue stressful feeling in my stomach*

Ring finger - *All this stress*

Little finger - *This 6/10 spiky stress I can feel*

*

Afterwards take a breath in as you tap on the karate chop point and tune back in...

*

How do you feel now?

What's the emotion, has it moved?

Has the colour, shape, texture etc changed?

Very importantly - How's the intensity? Has the number changed?

*

Now use this to create another more specific, tuned in statement and repeat the route, with your new wording.

*

Keep doing this until you feel it is at a manageable level, where you feel calmer and more at ease. Bring in a colour to help heal and close the work you've just done.

*

After, note down how you feel and felt. What came up? Did any memories arise?

What did this feeling remind you of? Can you see how this is linked?

What have you learnt from this experience about yourself?

Here are some further ways you can work with EFT to support yourself in different emotional experiences.

THE SPIKE

This is for intense situation where you find yourself suddenly in an experience of high emotion, maybe anxiety, fear or anger

**You don't need to set-up
JUST START TAPPING!**

Take some slow breaths and gently tap through the points, bringing yourself slowly and gently into a place of more calm.

Think of a colour you need - the first one that pops into your head - and imagine your fingertips are tapping that colour into you, soothing you in that moment

Then as you come into a calmer place, you can begin to tune into how you feel and create a set-up statement

OR

Simply bring your hands onto your heart, direct more of the healing colour within yourself and take a moment to rest.

Note this experience in your journal and come back and explore it later when the time is right

CRAVINGS & FIXES

This is for when you're feeling the urge to go towards a behaviour or fix, that you know will only momentarily provide comfort.

If you're in a triggering situation (kitchen/smoking area/sat at your laptop) try to take a step back, stand up or remove yourself from that place for the moment

Take a breath in. Tune in. What exactly do you feel and where do you feel it?
(e.g. a pressure in my chest/a shakiness in my hands)

Begin the tapping round really focusing on the feelings, remembering to honour those emotions - e.g. even though this urge feels like my head may explode, I feel like I might die if I don't...

Tap until you feel the intensity reduced and released. You may find coming into an alternative action after is beneficial - 10 mins of yoga, jumping up and down, a run etc)

Afterwards remember to journal. What triggered this? What did you feel in the moments before your mind went towards this as an option?

How do you feel afterwards? Did you stop yourself this time? If yes how do you feel, if no what would you need next time to do this?

A Daily Practice

Devoting time to a daily practice is hugely beneficial. Just 10 minutes a day can create such a huge shift, morning and evening and really support you in setting yourself up for a new day, or for releasing any tension or nagging thoughts before bed.

*

In the morning - Make a hot drink and sit down in your comfortable space. Make sure to allow the extra time so you can really be in this space and not feel rushed

At night - Best to do about an hour before bed, with a warm drink and in a relaxed space.

*

There are a few ways that you can approach this and what's great is that you really are led by how you feel, as to which way is best. Having a journal beside you is always advisable, as it's great to note how you feel before and after.

*

Before beginning always...
Find a comfortable spot to sit
Close your eyes
Take a few deep breaths in

*

The Reset and Release

How do you feel? What do you feel? What's thoughts are coming up as you try to sit in this calm space?
Tune into this and create your set-up statement -

Tap through the route, as you repeat the wording
After each round reassess how you feel
Keep going until you feel the intensity has cleared to a lower, softer calmer level.
This will all depend on the time you have, but any reduction will make for an easier,
more joyful day or nights sleep :)

To close, simply bring in some light or colour.
Allow it to rest within your body and offer the healing that is needed

*

Create a New Day

Imagine your day ahead or that you've just experienced, walk through it and as you do so tap through the points. Notice where you get 'stuck' as in, feel anxious, worried, or uncomfortable.

Begin tapping through the scene, tuning into how you feel about that moment and directing light into the experience. Note what it was that got you stuck, what triggered that feeling?

Can you see a pattern here? Send yourself the words, tools and
reassurance they need in that experience to support themselves in a positive way.
Keep going for as long as needed, or with the time you have.

To close, imagine your new day ahead, or behind you,
and wrap it in a colour and new intention for that experience.

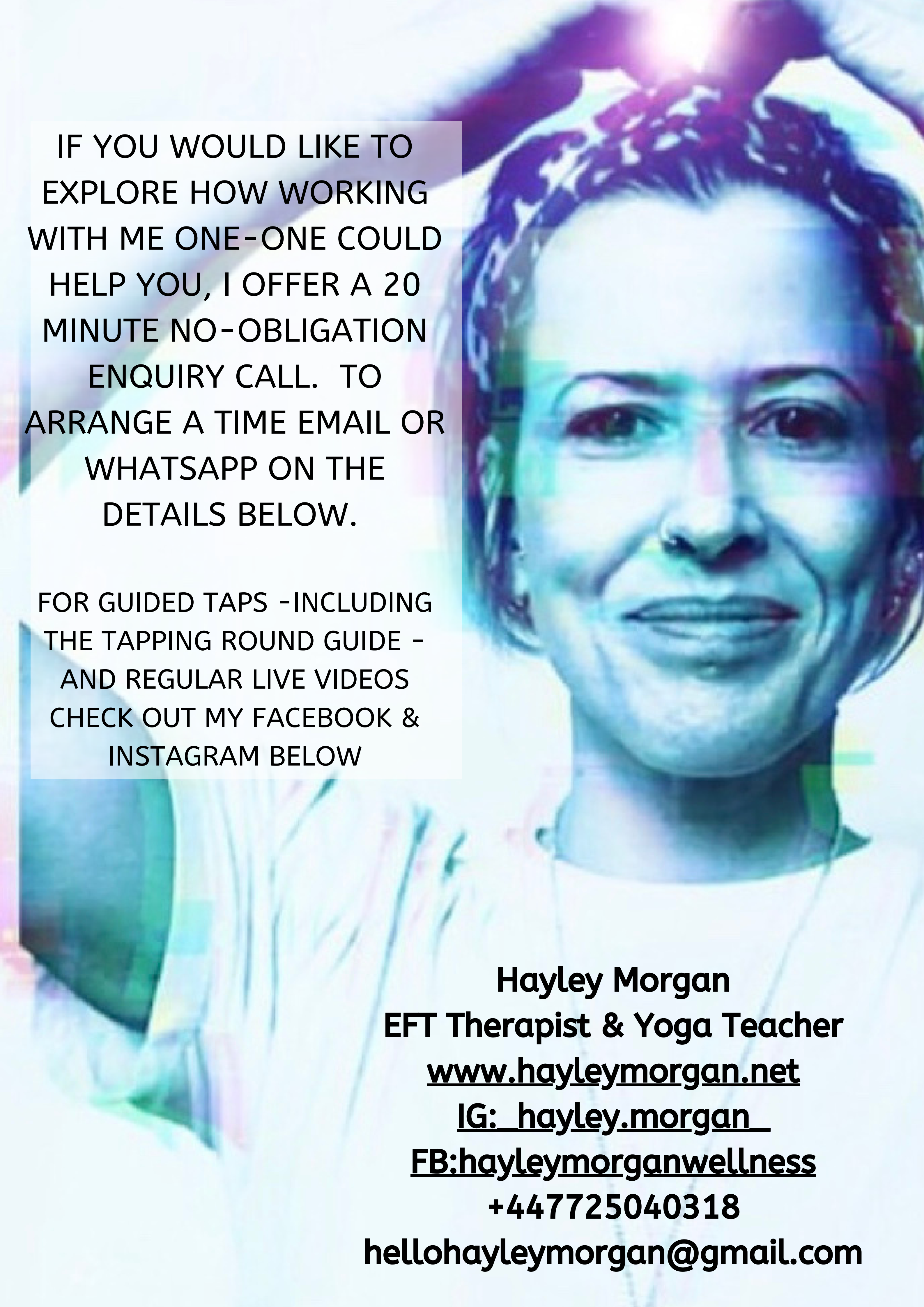
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Free Journaling

Allow yourself to flow completely onto the page, writing everything you feel without any order or structure just as it comes up. As something naturally comes up and triggers an emotion, you'll know this is the right thing to be worked upon.

You can either gently tap as you write and just allow it to clear or
create a set-up statement and tap through the rounds until you feel more at ease, then come back to the journaling. Do what feels best in that specific moment.

To close, place your hands on your heart, or wherever is needed and bring in a colour to soothe and offer the healing needed. Remember to write down how you feel afterwards.



IF YOU WOULD LIKE TO
EXPLORE HOW WORKING
WITH ME ONE-ONE COULD
HELP YOU, I OFFER A 20
MINUTE NO-OBLIGATION
ENQUIRY CALL. TO
ARRANGE A TIME EMAIL OR
WHATSAPP ON THE
DETAILS BELOW.

FOR GUIDED TAPS -INCLUDING
THE TAPPING ROUND GUIDE -
AND REGULAR LIVE VIDEOS
CHECK OUT MY FACEBOOK &
INSTAGRAM BELOW

Hayley Morgan
EFT Therapist & Yoga Teacher
www.hayleymorgan.net
[IG: hayley.morgan](#)
[FB:hayleymorganwellness](#)
+447725040318
hellohayleymorgan@gmail.com