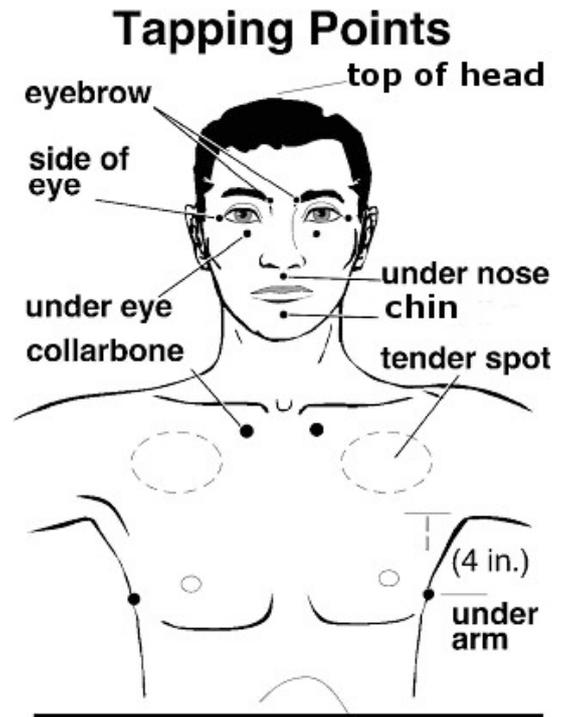


Basics

Meridian Tapping Therapy (MTT/EFT)

MTT is a...

- ✓ way to manage your emotions
- ✓ tool for change – behavioral (habits, procrastination, addictions), physical (pain and symptom relief, healing, performance), beliefs (release limitations, instill positive ideas)
- ✓ relaxation technique
- ✓ mind-body bridge
- ✓ problem-pattern interruption
- ✓ window to subconscious programming
- ✓ self-hypnotic device, opening you to *your own suggestions*



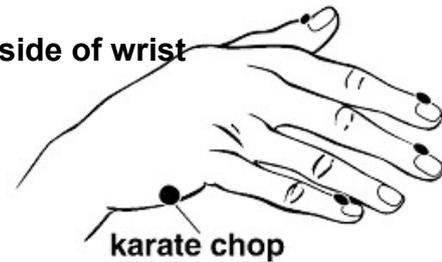
HOW it's done

1 Tune in to your problem

Notice all the ways you *have* it
What do you say about it?
Where do you feel it, physically?
How intense is it?

0 ----- 10

underside of wrist



2 Tap on acupoints

Tap down the body as a default
Tap them in any order, all or some, just fingertips
You may also touch or lightly press points, one or both hands

3 Check in with yourself

Do you feel calmer?
Has your emotion shifted?
Is your attention on a different aspect of the problem?
What's the intensity now?
Keep tapping as new thoughts, feelings and memories pop up



Michelle Kahmeyer-Gabbe, PhD

EftCoachMichelle@gmail.com

BigIslandFreedom.com

MENU of Sample Tapping Phrases

Stating the Problem	Honor, Acceptance and Acknowledgment	Creating Change
<p><i>Even though...</i> I feel so angry, worried, guilty, hopeless, helpless, annoyed, trapped, overwhelmed, stuck, sick and tired... I can't seem to get over... I wish I could let go of... I never... I don't know how to... I'm full of... I'm haunted by what I saw/heard/did I refuse to... That person is so...</p> <p><i>And physically...</i> I feel it in my chest, gut, head, neck, etc. It feels like a steel cage around my heart, a tight yellow ball in my gut, a brick wall blocking my vision</p>	<p>I accept myself and how I feel I love myself anyway I want to be able to love and accept myself I want to let this go I forgive myself/others I want to find forgiveness All is well I am OK I am safe I'm doing the best I can This will all work out for the best There is probably a solution to all this Everything that led up to this is over now</p>	<p>Release and let go of all the... emotional traumas, fears, anxieties, resentments, judgments, limiting thoughts, helplessness, hopelessness, dread, and whatever else there is It's safe to let this go It's time for a change I choose to let it be easy I give myself permission to be _____ I wonder how quickly I can get over this? I am opening to new ideas I love how wonderfully creative I can be with this I don't know <i>how</i> I am ____, only that I'm doing it now! I'm so glad I finally let this go!</p>

KEYS to Successful Tapping

1. Be as specific and tuned in as possible – stay well hydrated
2. Record the details (memories, recurring thoughts & beliefs and feelings, future concerns) in a tapping journal
3. Use the 0 ----- 10 scale to track your progress
4. Be your own best friend, honest and patient with yourself when tapping — accept where you are and the limits of how you *really* feel in this moment — you don't have to jump from despair to joyful bliss in 5 minutes!
5. Tap daily until it becomes a (positive) habit

Personal Peace Process

Long-term work to clear issues from childhood to present

1. Make a list of every unpleasant memory from your life (list at least 50 items), pick one, run it through your mind like a movie and tap on all aspects until it's a 'zero' on the scale
2. Close your eyes and say the following phrases to yourself, then write down and tap on the strong beliefs and memories that emerge
"I could accept myself IF..." "I will feel successful when..." "I cannot forgive myself/others for..." "I can't reach ____ goal unless I"... "I will be happy only when"

Helping Others

1. Tap on yourself for *your* feelings/issues about *their* problems
Always do this **first**, often this alone is enough!

2. Tap directly on them / with them

Only with their consent & cooperation; use mostly their own words to describe problem and solution they desire; great for kids and try a stuffed animal *"I'm/you're still a great kid, I'm/you're doing my best, It's ok to feel this way, I can be as brave as {favorite superhero, book character}"*

3. Tap on their behalf (surrogate)

While tapping on yourself, close your eyes and imagine you're tapping on the other person ('Mary'); first use their words (as you imagine they feel) in the first person *"I, Mary, hate my boss and I have to quit this job..."*; secondly, do the same as if it's coming from you the helper *"You (Mary) feel stressed about work and it seems like there are no choices... you are beloved and deserve to find a solution"*

Tip: always ensure you have the other's consent to do this work for/with them

RESOURCES

TheTappingSolution.com – resource site for videos, articles, etc including DVD Try it On Everything – big changes in a group of people dealing with traumas and phobias; Annual Tapping World Summit

Brad Yates – Expert practitioner, 100 conversational style 100 tap-a-long videos on topics from A-Z, free-of-charge on YouTube

Robert Smith – Developed Faster EFT, a blend of accelerated tapping and NLP, has more than 500 videos on youtube channel 'healing magic'

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