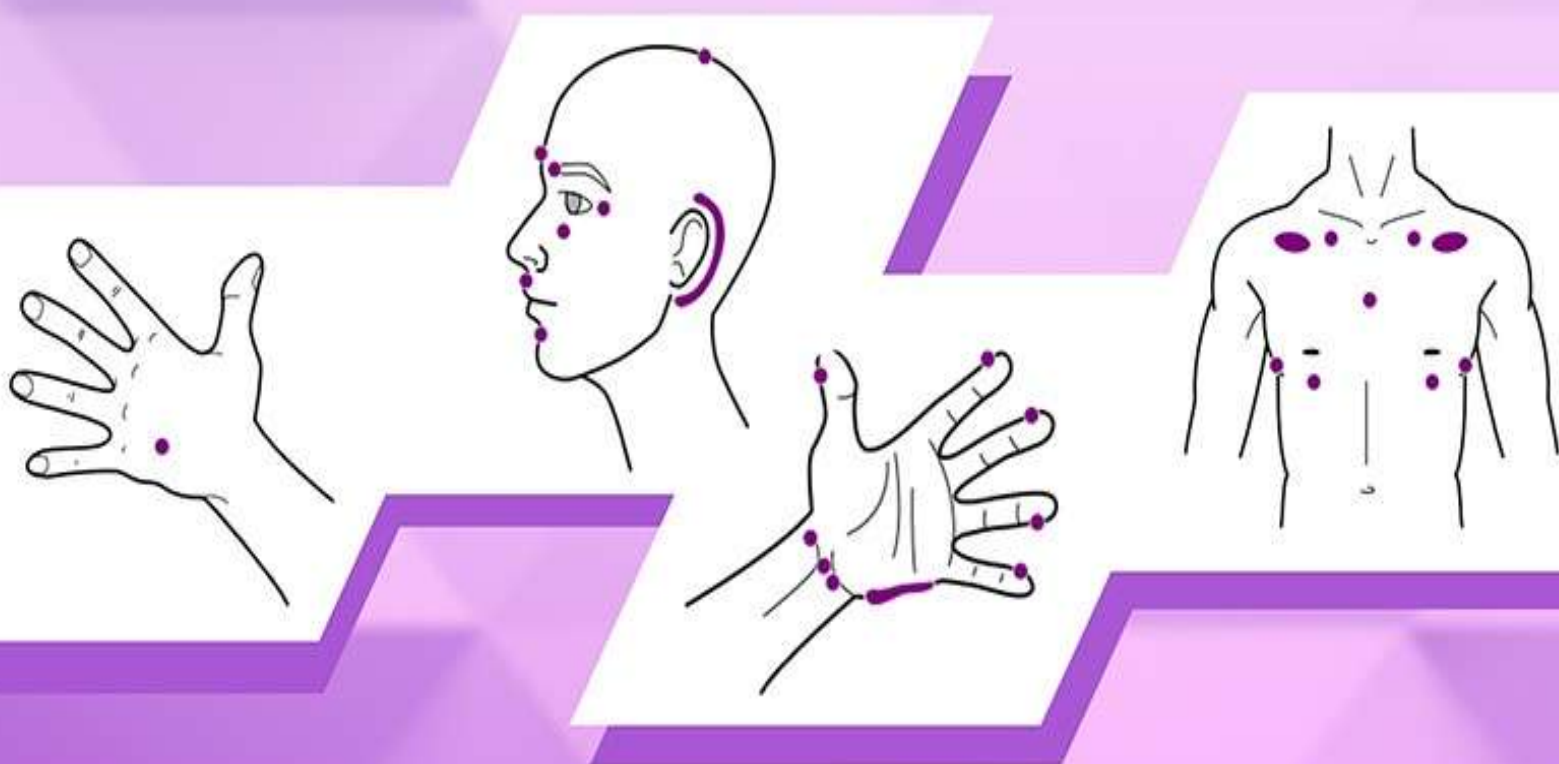


Interactive, Downloadable, Rewritable PDF Journal

Emotional Freedom Techniques Journal & Guidebook



Extensive Tapping Points & Emotions
Information, Choices Method &
Personal Peace Procedure

ALICE GRANGE, The Tapping Detective

Emotional Freedom Techniques Journal and Guidebook

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"Tapping, just like affirmations, is another wonderful tool that can help us to let go of our limiting thoughts and negative programming from our past. And I do love the way the tapping process first releases the negative programming and then the affirmations help create more positive change and health in our lives."

*~Louise Hay, Author of [You Can Heal Your Life](#),
1984, 1987, 2004©, Hay House, Inc., Calsbad, Ca*

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The information within is not meant to replace either professional training in EFT, MR, trauma reduction, or work with a certified, experienced practitioner. If you find EFT is not working for you, please contact a trained EFT/MR guide to assist you in your journey to improved health and happiness. The author of this resource regularly engages the services of other similarly trained and experienced practitioners in her own journey of self-discovery.

GRATITUDE

Thanks to many wonderful Emotional Freedom Techniques, (EFT), and Matrix Reimprinting, (MR), teachers; including my 'Mentor', [Dr. Dawson Church](#), [Gary Craig](#), (the generous creator of EFT), [Alina Frank](#), [Dr. Craig Weiner](#), [Claudia Schecter](#), [Annabel Fisher](#), [Jan Watkins](#), [Andy Bryce](#), [Brad Yates](#), [Karin Davidson](#), [Dr. Pat Carrington](#), [Carol Look](#), [Dr. David Feinstein](#), [Karl Dawson](#), [Nick Ortner](#) and [Jessica Ortner](#).

Kudos to the artist/designer of the Tapping Points diagrams:

Lizzie-Lynn Johnson @ www.printy.ca

Ultimate appreciation goes to all those EFT clients/recipients whose willingness to consider the possibility that positive change is possible continues to inspire me. May this journal serve as a record of the progress made during your EFT sessions, while also giving you helpful hints for the topics of future sessions. It is my intention that the EFT Journal & Guidebook will provide you with the inspiration, courage and impetus to transform your limiting beliefs and difficult emotions into self-empowerment, confidence and improved relationships; with yourself and with your friends, family and colleagues.

Happy Tapping!

Alice Grange, The Tapping Detective

“I no longer feel responsible for what happened to me as a child I have finally let go of the distorted thinking patterns and the sadness, shame and fear that have had so much power over me. I am now living my life in the here and now with greater peace and joy.”

~Terri Weeks; Barrie, Ontario

EFT TRAINING

While this guidebook serves as an introduction and reminder on how to do basic EFT, there is much to learn in order to become an accomplished practitioner.

A great way to start is with formal training from one of the EFT Certification organizations:

Gold Standard EFT: www.eftcertification.com - *created by Gary Craig the originator of EFT*

EFT Universe: www.EFTUniverse.com - *Dr. Dawson Church*

AAMET: The Association for the Advancement of Meridian Energy Techniques:
www.aamet.org

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INTRODUCTION

This interactive downloadable journal and guidebook are for both experienced and novice EFT Tappers; whether you tap by yourself, with a Tapping Buddy, or with an EFT Practitioner.

The **EFT Journal & Guidebook** provide you with a place to record your Emotional Freedom Technique (EFT) odyssey, in two convenient editable PDFs. Both help to keep track of the progress of your EFT Journey, replacing all those pieces of paper with notes from previous EFT sessions you may have scattered around.

Journaling is a powerful way to measure and review your advancement as you make positive changes in your life. Each EFT session can build upon the last one. Keeping a tapping journal will help you to identify seemingly unrelated events, or previously forgotten experiences, that acting together, affect your emotional health. Effective EFT tapping investigates why we act and react, in the ways that we do.

In this guidebook, you will find information on how to do EFT, extensive details on each meridian tapping point, and how to identify emotional and physical sensations to tap on. All of these can serve to substantially change the emotional and physical responses you have around a specific event, while also changing limiting belief patterns.

By chronicling your personal journey, you will have evidence of where you started and how far you have come; identifying what you have released, what you have reframed and what you have yet to work on, or finish working on.

Use the **EFT Journal** to review previous sessions, where you will likely find clues and material for future tapping sessions. This reinforces and encourages you, while serving as a road map of the tapping work you have done (and are yet to do), pointing your way towards improved health and happiness.

Revisiting EFT sessions is a powerful part of your EFT journey and an integral part of your tapping practice if you want to gain maximum benefit from this powerful therapeutic tool. Often the information uncovered during one session will lead to other memories, which may have been buried deep in your subconscious. Those memories may hold the origins of disempowering beliefs and self-destructive behaviors.

Tapping on THOSE earlier memories is often the key to emotional freedom. It is wonderfully liberating to finally be able to tell the story to yourself, or to others, of what happened to you, and find that you are no longer plagued with ANY emotional intensity! You know it happened, but it no longer bothers you.

In the **EFT Journal**, you will find also find space to record all your new understandings and all of the limiting beliefs you are letting go of - whether by yourself, or with an EFT Practitioner. And finally, there is the **Personal Peace Procedure List**, where you can record all of the incidents in your life that still cause you distress; that are waiting to be tapped on and released.

WHAT ARE EMOTIONAL FREEDOM TECHNIQUES?

Emotional Freedom Techniques acknowledge and work on the connections between past events and our current attitudes, beliefs and feelings. Those moments from our past continue to affect our emotions, behaviors and ultimately our physical health, until we learn how to let them go.

EFT draws on Chinese Medicine's meridian systems (but without the needles!), modern day Epigenetics (The Science of Brain Plasticity), NLP (Neuro Linguistic Programming), and several more 'traditional' Psychotherapeutic methods.

According to Quantum Physicists, all living things are comprised of energy fields. These fields hold the memories of our life events. Our response to these events can be positive, neutral or negative and will affect how we and others perceive us and the world around us. A positive energy field usually produces the results and responses we want. A negative energy field typically has the opposite effect. This impacts our present life and will continue to affect our future, unless we find a way to change the energy within that field.

EFT alters the emotional content of our perceptions and our energy fields, from negative to positive. Tapping on particular Meridian Points, (specific activation places where the energy is stronger), while focusing on an issue, emotion or physical sensation, often results in remarkably quick shifts towards health and happiness.

A present-day event, can trigger an unresolved emotional response. For example, if another driver calls you stupid, it can transport you back to your grade one class room, when your teacher called you stupid, (whether you are consciously aware of the connection or not). This can bring the thoughts and feelings from your school room flooding back into your body

and mind, leading to similar physical responses, emotional reactions and limiting beliefs. (*I AM STUPID!*)

These disempowering beliefs: *'I'm not good enough', 'I'm not rich enough', 'I am too fat and ugly', 'too old', 'too young', 'dumb'* etc. create continued emotional stress that can eventually lead to physical and psychological illnesses. If you are feeling a difficult emotion: sadness, frustration, rejection, anger, anxiety, overwhelm etc., tapping on, rubbing or holding the EFT points on your own body, while focusing on the feeling usually helps to reduce its intensity within a few minutes.

The subsequent use of Affirmations and Choices, while tapping, helps personal preferences to enter into our subconscious which runs much of our lives through habits and habitual responses. Tapping can provide you with the emotional awareness and skills to change disempowering habits into empowering ones. As you make more conscious and positive decisions about what you want your life to look like, you will find it easier to allow more positive actions to become your new habits.

Matrix Reimprinting, (MR), an advanced form of EFT, goes even further by helping you create new and much more self-empowering stories, replacing the limiting beliefs and painful feelings you have held onto for years.

WHAT CAN EFT HELP ME WITH?

EFT helps release and resolve uncomfortable emotions while getting rid of the negative messages you have held in your heart, mind, body and energetic field. As young children, our brains resemble sponges, taking in and incorporating all that we are told and shown. In adulthood this can continue to hurt you if the adults in your childhood were not themselves emotionally healthy, supportive or nurturing.

EFT can help with an impressive variety of symptoms ranging from anxiety, insomnia, night sweats, physical tension and pain, rage, fears, grief and phobias. Even if you feel little or no emotional response or connection with your feelings, EFT often helps tappers to reconnect to feelings, while also letting them go!

The really good news is that not only is EFT fast and effective but it is NOT necessary to recall every painful episode of your life in order to feel phenomenal relief. EFT has a cumulative effect. Once you have fully worked on an issue, or an event, it is likely that numerous similar issues will miraculously lose their charge, power and effect.

By changing your relationship to your past, you can positively affect your present-day relationships with yourself and others. In very short order you too might just find yourself feeling lighter, happier, more relaxed, calmer, joyful, content, focused, productive, confident, competent and peaceful...! The possibilities are endless.

THE EFT RECIPE

Note: Start by ensuring that you have a glass of water and a handkerchief, or tissues available. Taking a sip of water and a slow, deep breath, often speeds up the process of letting go of strong feelings.

IDENTIFY THE PROBLEM

Do you have a concern, situation, emotion, person or limiting belief you would like to shift away from, or prefer to do without? If it is a person, try and find the earliest moment with them that you recall as being particularly difficult. If it is an emotion or a belief, such as '*I am unlovable*' try to remember the FIRST time you felt that way. If that was last week, then start there. If it was when you were 6, start there.

Give it a title:

For example:

- 'The time Dad yelled at me'
- 'When my best friend Margaret moved away'
- 'The day I learned that Mom had cancer'
- 'I feel sad'
- 'My brother kicked me'
- 'My parents gave my cat away'
- 'Uncle George touched me there'
- 'Susan called me stupid', etc.

WHAT DO YOU FEEL ABOUT IT NOW?

It is not uncommon to have some feelings after a hard event, or while recalling a painful time in your life. Take note of what those feelings are. (Anxiety, grief, anger, frustration etc.). Using your own words, and tapping on them, can make all the difference. Often it is easier to know what we THINK but not what we FEEL. However, it is important to identify what you feel.

NOTICE *WHERE* YOU FEEL THE EMOTION IN YOUR BODY AND *WHAT* THOSE SENSATIONS FEEL LIKE.

Close your eyes, take a deep breath and check in with yourself to notice where in your body the emotion lives. Neck and Shoulders? Heart? Stomach? Lower Back? Throat?

See if you can sense if the feeling has any colour, size, shape, texture, temperature, weight, smell and/or taste? For example: Is it tight and restrictive, or does it feel loose and airy?

Use this journal to take note of what you ARE sensing, and use YOUR OWN WORDS based on what you discover, during your tapping rounds. It is not necessary to compile all this information in order to have a successful EFT session. If you can access sensations and incorporate them into your tapping, they can prove useful.

For example:

- 'this hot red ball of anger in my gut'
- the shame that is bumpy and shaped like a basketball and fills up my whole chest'
- 'this heavy blue, cool, prickly grief that fills up my whole heart'
- 'this sour smell of frustration that is orange and heavy and oval and cold on my shoulders'
- 'this small black dot of shame in my solar plexus' etc.

Don't worry if you don't notice any or all of these sensations. Just tapping on the emotions often leads to tremendous relief and release. If you can access these descriptions of how it feels, it will help the process but it is NOT AT ALL ESSENTIAL to do so.

The most important things to do are to feel, tap, and breathe!

HOW DO YOU FEEL ABOUT IT NOW?

Rate your level of distress, (anxiety, pain, grief, depression, anger or intensity...), with **ZERO** being the lowest, or non-existent, and **TEN** being the most intense.

If you don't wish to use numbers, an alternative is to open your arms signaling how strong it is by how far apart your hands are from each other. Is it a little, does it feel huge or is it somewhere in the middle?

COMPOSE YOUR SET UP STATEMENT

Your set up statement should start by acknowledging the problem you want to deal with and how it makes you feel emotionally and physically.

Examples:

- 'Even though my father yelled at me and I feel all this red, hot shame in my stomach'
- 'Even though I miss my boyfriend and I feel so lonely and blue in my heart'
- 'Even though all this green, cloudy sadness fills up my throat'
- 'Even though I feel SO angry and tight in every cell of my body'
- 'Even though I hate it when Mary speaks to me that way, and I feel that hate in my solar plexus'
- 'Even though I don't know what to do about John and I feel this black, bumpy frustration in my tight arm muscles and hands'
- 'Even though I am extremely anxious in my stomach when I think about talking to my boss tomorrow, it feels like an army of butterflies flying around', etc.

Followed by:

'I deeply and completely love, forgive and accept myself, as I am now.'

Please note: traditional EFT does not include the word forgiveness in the set up statement. For why you might want to consider doing so see: <http://www.tappingdetective.com/why-forgiveness/>

If you are not comfortable with these suggestions please know that you can substitute them with ANY words that work for you; *'I am open to the possibility of loving, forgiving and accepting myself someday'*, **or some other variation or choice that you are currently comfortable with such as**, *'I'm OK as I am now'*, or even. *'Maybe, at some point in the future, I might be able to love myself'...*

Other possibilities include:

- 'I choose to let go of struggling against the pain'
- 'I am open to making peace with this feeling'
- 'I deserve to heal surprisingly quickly'
- 'It's OK to consider letting it go now' etc.

REPEAT THE SET UP STATEMENT

With the 4 fingers of either hand, start to lightly tap the Side of the Hand Point on the little finger side of your other hand.

Repeat the set-up statement three times, while simultaneously tapping on the Side of the Hand Point.

THEN, DO A ROUND OF TAPPING ON THE POINTS WHILE REPEATING A SIMPLE *REMINDER PHRASE* SUCH AS:

- 'My anxiety'
- 'my guilt'
- 'this sharp pain in my lower back'
- 'this horrible memory'
- 'all this overwhelm' etc.

Tap gently, remembering to stop and take a slow, full breath often.

Tap on each point with one, two, three or four fingers, 5 to 7 times, or for as long as you feel like tapping there. **If you feel drawn to a particular point, stay there for a while longer.** Where there are points on both sides of the body, the side of the eyes for example, you can choose to tap on either one side, or on both.

When finished a round of tapping, take another deep breath and a sip of water and take note in this journal of any additional thoughts, feelings, sensations, reactions and memories that come up. Notice particularly if they feel strong or extreme. Often these are important clues as to where to tap next.

Tapping on these 'aspects', (as they are called in EFT), will often be the key to letting go of what has been bothering you. Frequently, tapping on these smaller, specific parts of our memories, (which are often at the core of your problem), gives you the space to finally think much more clearly and feel much more calm and relaxed, ready to move forward in life.

CHECK IN ON THE LEVEL OF INTENSITY YOU NOW FEEL

Has it changed? What level is it now? Do another round of tapping on your remaining emotions and physical sensations until you feel the relief you desire.

Note: (Tapping with a friend who is familiar with EFT, or an experienced EFT practitioner, can provide further help as they might suggest things to focus on, aspects to consider, or notice physical clues that you might ignore. You might have noticed that it is SO much easier to observe the body language of others, places where they are in denial or deluding themselves rather than noticing your own!)

When your emotional intensity has begun to lower substantially, you can start your next tapping round by alternating your focus on the existing problem, (or the feeling, or the painful memory), with making a positive choice about how you would prefer to feel, or with a change that you would like to make in your life.

ASK YOURSELF WHAT WOULD I RATHER FEEL?

Maybe it is peaceful, or relaxed, or happy, or to know that you did the best you could under difficult circumstances?

Do your next round of tapping by acknowledging the original feeling AND how you would prefer to feel:

- 'This remaining anger; I choose to forgive and feel happy.'
- 'This remaining guilt; I'm ready to feel relaxed and to forgive myself.'
- 'This remaining sadness; I'd prefer to feel peaceful and content.'
- 'This remaining loneliness; I deserve to feel worthy of love.'
- 'What's left of the sharp pain in my mid back, I willingly release it now.'
- 'This remaining suspicion that I am incompetent, I choose to feel calm and confident.'

**CHECK IN WITH YOURSELF AND YOUR BODY HOW DO
YOU FEEL *NOW* ABOUT THE ORIGINAL ISSUE YOU
STARTED THE SESSION TAPPING ON?**

On a scale of from zero to ten, what has changed?

See if the number has remained the same, gone down, or gone up?

**WHAT OTHER THOUGHTS, FEELINGS OR MEMORIES
CAME UP DURING THE TAPPING?**

Consider tapping on these too, or make a note to do so at a future tapping session.

FINISH UP YOUR TAPPING WITH A FULL ROUND OF POSITIVE CHOICES.

**WHAT WOULD YOU PREFER TO BE FEELING?
(GO AHEAD, DARE TO DREAM!)**

- 'I choose to feel great.'
- 'I love feeling relaxed and I know I've got this!'
- 'I am willing to feel fabulous.'
- 'It is time to be powerful.'
- 'There is no time like the present to know that I AM competent and I do a great job.'

CHECK IN WITH YOURSELF AND NOTICE HOW YOU FEEL NOW?

From zero to ten, what number best represents the intensity of your feeling now?

If you prefer you can pick low, medium or high.

WHAT INSIGHTS, OR 'AHA' MOMENTS DID YOU HAVE?

Often we get new awareness's about old problems while tapping. For example, you may have realized that your mother's mother lived in a constant state of fear and she taught her daughter, your mother, to live in fear. This can lead to an understanding that because your mother didn't have a great role model for personal empowerment, she was not able to provide you with a sense of how powerful you truly are either. This understanding can help you to forgive your mother, and yourself, if you are not perfectly free of all of your fears yet either!

You could recognize that you were told a lie when a teacher said that you were not good enough to succeed. Chances are this had much more to do with the teller's self-limitations and judgments than with your actual potential.

You may now see that your Dad didn't know how to let in love, (a common issue for many men who were discouraged from feeling and expressing most feelings), or that Mom was afraid to love and was very needy, which is why you have had such trouble accepting and recognizing love from others. Now that you know this, and have tapped on your feelings about it, you can replace this limiting pattern with the knowledge that you DO deserve to feel and let in Love.

LIFE LESSONS/LIMITING BELIEFS LEARNED AT THE TIME OF THE EVENT

Be sure to ask yourself if you made any decisions about yourself, about adults, about men, about women etc. during, or as a result of the event, or person your tapping was focused on.

Examples might include:

- 'It's not acceptable'
- 'You are greedy if you ask for what you want'
- 'I'm not good enough'
- 'I can never let my guard down'
- 'I am not safe', 'All men are mean'
- 'All women are dishonest'
- 'It is not safe to trust anyone ever again'
- 'I am destined to be poor'
- 'If I say NO, someone else will get hurt'
- 'All guys just want one thing'
- 'Women just care about how much money a guy makes'
- 'It doesn't matter what I say or do, it will never work out', etc.

NEW PERCEPTIONS AND STORIES:

(A MATRIX REIMPRINTING TECHNIQUE)

- It felt so great to say NO and be heard, supported and understood.
- I loved it when my new friend stood up for me and told that bully to leave me alone and then invited me to play with her and her friends.
- I felt so safe when Grandma came and took me to her house.

- I DID know what to do.

ISSUES/FEELINGS/TOPICS TO TOP ON IN FUTURE

TAPPING SESSIONS

Maybe another memory of when you were angry came up during your tapping? Or you recalled the time you were bullied and felt scared? If so, make note of it so you can remember to tap on it during a subsequent session. Often the things that come up in an EFT/MR session are like the bottom card in a tower, or house of cards. Deal with it, tap it out and the whole deck falls down, leaving you to create a new tower, a new story - one more to your liking.

GRATITUDE/APPRECIATION

One of the best ways to move forward in life is to appreciate what IS going well.

You can be grateful for having discovered EFT. You can thank yourself for taking the time to tap, you can appreciate the hard lessons you have learned, or you can feel delight in a beautiful sunny day. Pick at least a couple of things to help seed the rest of your life towards health, happiness and congenial relationships.

TAKE A FEW MINUTES TO NOTE EVERYTHING IN YOUR JOURNAL AND THEN REST, REFLECT AND CELEBRATE YOUR SUCCESSES!!!!!!

- Be kind to yourself. Practice self-care!
- Remember to drink plenty of clean water and take deep slow deep breaths.
- If you feel the need to do so, give yourself permission to have a good cry, or a long sleep.
- Relax in a warm bath in Epson salts and lavender.
- Go for a walk-in nature.
- Play with a puppy.
- Smell the roses.
- Read an inspiring biography, or a great novel.
- Watch a comedian and let yourself LAUGH!

- Do whatever make your heart sing!

EMOTIONS

It is important, but not always easy, to identify what it is that you are feeling. Many of us know what we are thinking but are not so sure of what we are feeling. Your strong emotions are what keep you in fight, flight or freeze states, none of which are conducive to making rational, thoughtful decisions. Reducing the intensity of these strong emotions makes it much easier to think clearly and take positive action towards what you DO want in your life.

The more specific you can be about what you are feeling the more productive your tapping will be. Below is a list of emotions to help you to identify what you might be feeling before you start to tap.

If nothing on this list seems quite right to you, and you are feeling SOMETHING but are not quite sure what it is, then just tap on '*This feeling*' and see if it doesn't become clearer as you tap as to what it is that you are feeling.

Following the list below of 'negative', 'uncomfortable' or 'lower vibrational' emotions you may want to reduce the intensity of, is a list of emotional states to reach for and to choose from when you have created the emotional space to do so.

'Lower Vibrational' Emotions List

| | | | |
|---------------|---------------|---------------|---------------|
| A | Dismayed | J | Scared |
| Adandoned | Distant | Jealous | Separate |
| Abused | Dizzy | Judged | Shocked |
| Afraid | E | Judgemental | Shunned |
| Aggressive | Embarrassed | Jumpy | Sorry |
| Alienated | Empty | L | Speechless |
| Alone | Enraged | Let down | Startled |
| Angry | Envious | Lonely | Stunned |
| Annoyed | Excluded | M | Submissive |
| Ashamed | F | Mad | Surprised |
| Anxious | Fearful | Misunderstood | Suspicious |
| Awful | Foggy | N | T |
| B | Frightened | Neglected | Tense |
| Bitter | Frozen | Nervous | Terrified |
| Bullied | Frustrated | Numb | Threatened |
| C | Furious | O | Ticked off |
| Confused | G | Outraged | Timid |
| Critical | Grouchy | Overwhelmed | Trapped |
| D | Guilty | P | U |
| Degraded | H | Panicky | Uncertain |
| Defensive | Hateful | Perplexed | Uncomfortable |
| Dejected | Hesitant | Provoked | Uneasy |
| Depressed | Hostile | R | Unhappy |
| Deserted | Humiliated | Rattled | Unsure |
| Despair | Hurt | Rejected | Uptight |
| Destroyed | I | Resentful | Used |
| Devastated | Impatient | Resistant | V |
| Disappointed | Inadequate | Revolted | Violated |
| Disconnected | Inferior | Ridiculed | W |
| Disgraced | Infuriated | Ridiculous | Withdrawn |
| Disgusted | Insecure | S | Worried |
| Disillusioned | Insignificant | Sad | Wounded |
| | Irritated | Sarcastic | Wrong |

Note: When you have tapped down the intensity of your emotion(s) to a 3/10 or lower intensity, and are ready to make more empowered choices, you may want to consider embracing any of the following feelings.

Emotional States to Choose and Aspire to

| A | C | Easy Going | Gracious |
|--------------|---------------|--------------|-------------|
| Able | Calm | Ecstatic | Gratified |
| Abundant | Capable | Efficient | Grounded |
| Acceptable | Cared For | Elated | Growing |
| Accomplished | Carefree | Elegant | H |
| Achieving | Caring | Elevated | Happy |
| Active | Centered | Emancipated | Harmonious |
| Adaptable | Certain | Empowered | Healed |
| Admirable | Cheerful | Encouraged | Helpful |
| Adored | Cherished | Energetic | Heroic |
| Affluent | Clear | Energized | Honest |
| Agreeable | Collected | Enthusiastic | Honorable |
| Alert | Comfortable | Euphoric | Hopeful |
| Amazed | Compassionate | Exceptional | Humorous |
| Ambitious | Complete | Excited | I |
| Amused | Composed | Exhilarated | Important |
| Appreciated | Comprehending | Experienced | Important |
| Approved | Confident | Expressive | In Control |
| Assertive | Congruent | Exuberant | Included |
| Assured | Connected | F | Independent |
| Astonished | Conscious | Faithful | Influential |
| At Ease | Content | Fantastic | Innocent |
| Attractive | Cooperative | Favored | Inspired |
| Attentive | Courageous | Flexible | Intelligent |
| Authentic | Credible | Flowing | Interested |
| Aware | D | Focused | Interesting |
| Awe | Daring | Forgiven | Invigorated |
| Awesome | Decisive | Fortunate | Invincible |
| B | Delighted | Free | Invited |
| Balanced | Dependable | Friendly | J |
| Beautiful | Desirable | Fulfilled | Jovial |
| Believing | Dignified | G | Joyful |
| Blessed | Discerning | Gentle | Joyous |
| Blissful | Disciplined | Genuine | Jubilant |
| Bonded | Distinguished | Gifted | Judicious |
| Brave | Dynamic | Glowing | K |
| Bright | E | Good | Kind |
| Brilliant | Eager | Graceful | |

| | | | |
|--------------|-------------|--------------|---------------|
| L | Playful | Reliable | Successful |
| Liberated | Pleasant | Relieved | Supported |
| Light | Pleased | Remembered | Sustained |
| Lighthearted | Popular | Replenished | T |
| Lovable | Positive | Resolute | Tenacious |
| Loved | Powerful | Respected | Tender |
| Loving | Praised | Respectful | Thankful |
| Lucky | Precious | Responsive | Thoughtful |
| M | Prepared | Restored | Thrilled |
| Magnetic | Present | Revitalized | Tolerant |
| Marvelous | Productive | Rewarded | Tranquil |
| Masterful | Proficient | Rooted | Triumphant |
| Mature | Progressive | S | Trusting |
| Merciful | Prosperous | Safe | U |
| Mindful | Protected | Satisfied | Understanding |
| Motivated | Prudent | Secure | Understood |
| N | Purified | Self Reliant | Undisturbed |
| Noble | Purposeful | Sensational | Unique |
| O | Q | Sensible | United |
| Observant | Qualified | Sensitive | Upheld |
| Open | Quick | Serene | V |
| Open Hearted | Quiet | Settled | Valiant |
| Optimistic | R | Sharing | Valuable |
| Organized | Radiant | Skillful | Valued |
| P | Rational | Smooth | Vital |
| Pacified | Reasonable | Soothed | W |
| Pampered | Reassured | Spirited | Warm |
| Pardoned | Receptive | Splendid | Wealthy |
| Passionate | Recognized | Stable | Willing |
| Patient | Redeemed | Steadfast | Wise |
| Peaceful | Regenerated | Stengthened | Wonderful |
| Perfect | Relaxed | Strong | Worthwhile |
| | | | Worthy |

WHY TAP ON THE NEGATIVE?

People familiar with the work of [Louise Hay](#), [Abraham Hicks](#), [The Secret](#) and The Law of Attraction often ask, “Why am I tapping on the negative? Won't that just bring me more of what I DON'T want?”

Unfortunately for many of us, the Law of Attraction doesn't work to bring us what we want because we are not yet emotionally, energetically and vibrationally aligned with what we want. While we may **think** we want to be free of our sadness, it may not **feel entirely safe** to let it go because of experiences from our past that remain stuck in our minds and bodies.

It is important to address our subconscious mind with tapping because it is busy coming up with all sorts of reasons why you don't deserve this, or why it feels impossible, or why it is not safe to get what you desire, and so you continue to energetically attract more of what you **don't** want.

If, however, you use EFT to release the energetic hold that these limiting beliefs, painful emotions and difficult memories have on you, by tapping on and ultimately letting them go, you will then be much better able to resonate with what you desire. THIS is what tapping does, and does so well. After you have released these energetic blockages, this unconscious self-sabotaging, then you can engage the “[Choices Method](#)” of tapping, and tap IN what you DO WANT in your life.

Until you release the negative charge that the problematic circumstances of your previous life have caused in your emotional mind-body, you will face an uphill battle trying to manifest good into your life. The good news is that positive change is possible!

THE CHOICES METHOD AND CHOICES STATEMENTS

My thanks to Pat Carrington PHD, for introducing Choices to EFT.

The Classic EFT Set up Statement is:

Even though I, I completely and deeply love and accept myself.

Since people in emotional pain are often feeling profound shame they frequently have difficulty saying, 'I completely and deeply love and accept myself'.

If you find this is the case, either with yourself, or with your tapping buddies, here are some options:

- 'I choose to let it go now'
- 'I choose to relax now'
- 'I choose to release this feeling of being overwhelmed'
- 'I choose to allow myself to feel happy again'
- 'I choose to consider the possibility that someday I might love and accept myself', (this one often gets a big smile)
- 'I choose to know I did the best I could under difficult circumstances'....

Because forgiveness can be a very powerful healer, you might consider including or substituting forgiveness as well.

'Even though I feel rejected, I accept and forgive myself'

While tapping, (after the intensity level has gone below a 3 or 4, and the physical symptoms have subsided), you may consider alternating the reminder phrase with a choice as you tap on all the points.

- 'this loneliness, I choose to feel better'
- 'this shame, I choose to know I am a good person'
- 'this pain in my shoulder, I choose to feel relaxed and at ease',
- 'this self-sabotage, I choose to know I can make different choices',
- 'this anxiety, I choose to feel calm and able to handle it'
- 'this memory, I choose to notice I am no longer in that situation'.....

Doing a final round while tapping only on what you would rather choose in your life, can be profoundly powerful.

- 'I choose to feel great'
- 'I choose to be relaxed and know that I've got this'
- 'I deserve to feel calm and confident'
- 'I am willing to feel fabulous'
- 'It is time to feel courageous'
- 'There is no time like the present to allow myself to know I am competent'.....

“Part of loving ourselves includes healing and letting go of old wounds. I am able to think about my mother without any hurt or guilt for the first time in years. I am at peace and that is a wonderful feeling.”

~Marion Lang; Hamburg, Germany

THE TAPPING POINTS

All the points can be gently tapped on with one or two fingers, 5 to 7 times, or rubbed gently in a circular motion.

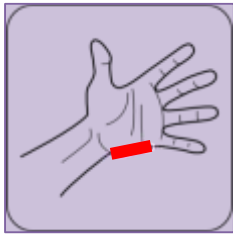
Alternatively, you can just hold the points and take a breath before moving onto the next point, or you can just imagine tapping on each individual point. (I often do this if my body is tired but my mind is active and I want to get to sleep. Usually after a round or two I have gone to sleep). Imagining tapping on the points is also useful for people who want to tap without anyone knowing you are tapping, or if you have pain in a particular area in your body. Simply imagine you are tapping on that area and then resume tapping on the body when you have passed onto points that are not painful. Please note that tapping harder does not make the tapping work better: it just causes bruises! Be gentle with yourself.

Tapping on the left side of your body may be somewhat more helpful towards assimilation and release of negative emotions. Tapping on the right side of the body maybe more favourable to positive language and could also best be used when implementing the [Choices Method](#) near the end of your session. In any event, there is no harm done by tapping on both sides of the body. People usually notice substantial relief whether tapping on one side, or the other, or both!

You may find that you resonate with some points more than others, that you feel inclined to stay on certain points for a longer period of time. Maybe you notice that you tend to sigh or take a deep breath when stimulating these points. Feel free to tap or rub on them for as long as you feel the urge to do so. Pay particular attention to these points - they may well be the most beneficial one's for you.

Stimulating them can be an excellent form of emotional first aid during those stressful moments in life.

The following points are the ones typically used in EFT today



SIDE OF HAND (SoH)

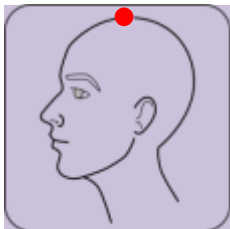
(Formerly referred to as the Karate Chop point)

This point, used during the 'set up statement' is located on the soft fleshy part of the non-dominant hand, between the base of the baby finger and the wrist. This is the part of the hand that breaks a board in some martial arts known as the knife hand strike or 'karate chop'.

Releases: Psychological reversal (feeling stuck or frozen), inability to let go, resistance to change, sorrow, feeling vulnerable, worry, obsessions, compulsive behaviour, headaches and pain. Benefits the head and neck. Treats Malaria.

Encourages: Ability to move forward, calms the spirit, letting go of the old, healing from grief, finding happiness in and connecting to the present moment.

(Small Intestine Meridian 3: Houxi: Black Ravine)



CROWN CHAKRA/TOP OF HEAD (TH)

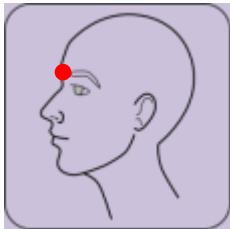
Located at the top of the head. You can use the fingers of one or both hands to lightly tap all around the top of your head, or draw an imaginary line from one ear to the other, and another line from your nose to the back of your neck — the slightly flat point where they intersect is where to tap.

Releases: Inner critic, lack of focus, headaches, vertigo, tinnitus, insomnia, manic psychosis, prolapse of the uterus or rectum, lockjaw, stroke, epilepsy, mania, hypertension and fatigue.

Encourages: Spiritual connection, insight, intuition, focus, vision, hearing, wisdom, spiritual discernment, clarity, rewires the brain and sedates the nervous system, revives after fainting or dizziness.

(Governing Vessel Meridian DU 20: Bai Hui: Hundred Meeting or Convergence Point)

This is a 'Cardinal Point' that stimulates the Sympathetic Nervous System.



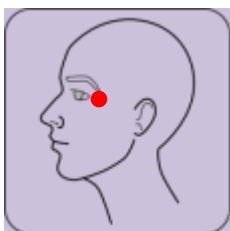
EYEBROW (EB)

Begins at the top of the nose to the beginning of the eyebrow.

Releases: Trauma, hurt, sadness, restlessness, frustration, impatience, and dread. Also releases congestion in head(aches), (red) eyes and sinuses, allergies, epilepsy, convulsions, mania and hemorrhoids.

Encourages: Peace, emotional healing and allows for clearer thinking.

(Bladder Meridian 2: Zanzhu: Bamboo Gathering)



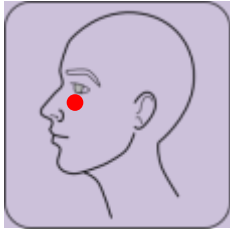
SIDE OF EYE (SE)

Located at end of eyebrow beside the corner of the eye.

Releases: Rage, anger, resentment, dizziness, headaches on one side of the head, tooth ache, neuralgia, fear of change, muddled thinking and pain relief.

Encourages: Clarity, compassion, brain and central nervous system and consciousness.

(Gall Bladder Meridian 1: Tong Zil Lao, Tai Yang: Pupil Bone Holder)



UNDER EYE (UE)

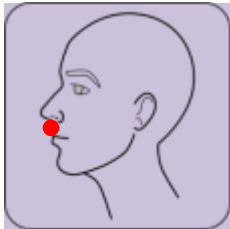
Located directly under the eye on the bone.

Releases: Fear, anxiety, emptiness, worry, heat, redness and soreness of the eye, blurry vision, eyelid twitch, toothache, nervousness and disappointment.

Encourages: Contentment, calmness, and feeling safe. “All is well”.

(Stomach Meridian 1: Chengqi: Tear Container)

(Stomach Meridain 2, SiBai)



UNDER NOSE (UN)

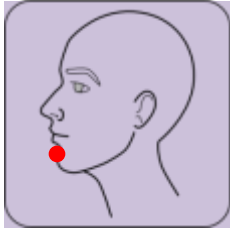
Located between nose and upper lip.

Releases: Embarrassment, powerlessness, shame, guilt, grief, fear of ridicule, fear of failure, obesity (useful to tap on when you are hungry), bi-polar, inappropriate laughter or crying, strokes, lockjaw, night terrors, lumbar back pain, unconsciousness and psychological reversals.

Encourages: Self-acceptance, self-empowerment, increasing awareness and compassion for self and others.

(Governing Vessel Meridian 27: Dui Duan: Extremity of the Mouth)

This is a 'Cardinal Point' that stimulates the Sympathetic Nervous System take out for increasing awareness.

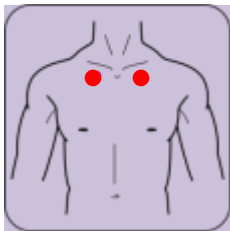


CHIN (CP)

Located between lower lip and the chin in the depression under mouth.

Releases: Confusion, uncertainty, shame, embarrassment, desires, Bell's Palsy, Epilepsy, face, gum and tooth pain, excessive or lack of salivation, excessive thirst, diabetes and second-guessing decisions **Encourages:** Clarity, certainty, confidence and self-acceptance.

(Central Meridian or Conception Vessel Meridian 24: Cheng Jiang: Sauce Receptacle)



COLLAR BONE (CB)

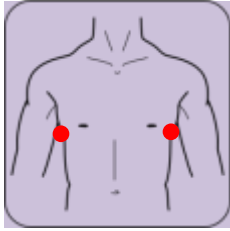
Located one inch below the collar bone notch and one inch out from the collar bone towards shoulders.

Releases: Psychological reversal, fear, feeling stuck, indecision, worry, general stress, coughing, nausea, vomiting and an inability to eat or drink.

Encourages: Ease in moving forward, confidence and clarity.

(Kidney Meridian 27: Shufu: Elegant Mansion–Adrenal Gland Function)

This is a 'Cardinal Point' that addresses neurological confusion, improves flow through all the meridians and opens the spirit.



UNDER ARM (UA)

Located about 4 - 6 inches below the armpit - where the bra strap is located if you wear one!

Releases: Guilt, worry, obsessing, hopelessness, insecurity, poor self-esteem, coughing, chest pain, asthma, general aching, limb pain, body pain and shortness of breath.

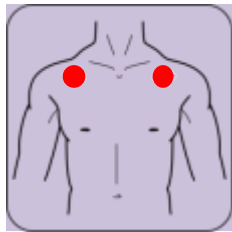
Encourages: Clarity, confidence, relaxation, and compassion for self and others.

(Spleen Meridian 21: Da Bao: Great Embrace or Great Envelope)

This is a Spleen Cardinal Point.

ADDITIONAL TAPPING POINTS

The tapping points listed below are used by some practitioners in addition to the ones listed above. A couple were used in traditional EFT and have been eliminated. Others are useful additions or substitutions.



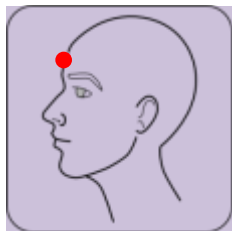
SORE SPOT (SS)

Used in lieu of tapping on the side of the hand spot during the setup statement. Located about one inch below the collarbone notch and three inches out to the right or the left. When you find a spot that feels tender, you are there. Gently circle around this spot with your fingertips instead of tapping.

Releases: Rejection, psychological reversal, melancholia, depression, chest tension, insomnia, forehead headaches, sinus congestion, runny nose, allergies and lymphatic congestion.

Encourages: Acceptance.

(Stomach Meridian 16: Ying Chuang: Breast Willow)



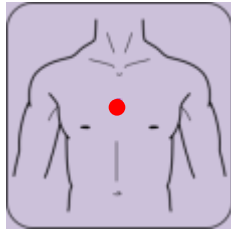
THIRD EYE (TE)

Located just above the bridge of the nose midway between the eyebrows.

Releases: Sinus congestion, sinusitis, nosebleeds, eye disorders, insomnia, anxiety, stress, 'monkey mind', agitation, dizziness, vertigo and frontal headaches.

Encourages: Calms the mind and building energy.

(Yintang: Hall of Seal or Hall of Impression)



HEART CHAKRA (HC)

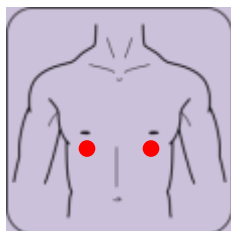
Located on your breast bone.

Releases: Chest pain, shortness of breath, asthma and hiccups

Encourages: Unconditional Love and Self Love.

(Conception Vessel Meridian 17: Shanzhong aka Upper Qiguan which: Chest Centre)

This point is the 'Influential' point of Qi, or Chi, the life force energy.

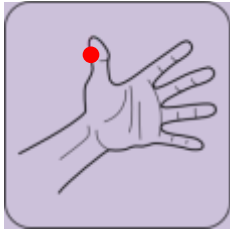


UNDER BREAST (UB)

Located about three inches below the nipple, just below where the breast connects with the chest/ribs in women. Many practitioners don't use this spot because of its proximity to the breasts but it is very helpful at releasing anger. It is frequently sore. You will likely know when you have found it! I often gently rub or circle these points instead of tapping on them. These points were included in original EFT but because many practitioners tap on their clients, and because of the proximity to the breasts, these points have been removed from most EFT training.

Releases: Anger, depression, impatience, hatred, jealousy, insecurity, power hunger and excessive ambition.

Encourages: Endurance, good reflexes, intellect, agreeable disposition, patience, organization abilities and ambition.

(Liver meridian 14: Qi Men: Cycle Gate)**THUMB (TP)**

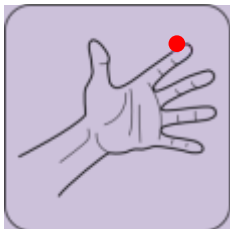
Located on the outside edge of your thumb just below the base of the thumbnail. A good way to find it is to tap your thumbs together.

Releases: Intolerance, prejudice, judgement of others, wind stroke, sore throat and sadness.

Encourages: Tolerance, humility and the balance of emotions.

(Lung Meridian 11: Shao Shang: Lesser Shang)

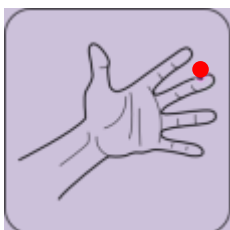
This is a Cardinal point of the skin.

**INDEX FINGER (IF)**

Similar spot just below the side of nail.

Releases: Guilt, self-hatred, low self-esteem, resentment, worry, anguish, claustrophobia, inflexibility, pessimism, nostalgia, stubbornness, eye and ear and throat pain and toothaches.

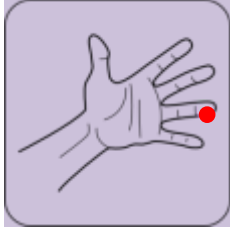
Encourages: Self-worth, compassion, instincts and intuition, individuality and positivity.

(Large Intestine Meridian 1: Shang Yang: Metal or Merchant Yang)**MIDDLE FINGER (MF)**

Similar spot on side of finger below nail.

Releases: Sadness, sorrow, grief, self-absorption, coldness, insomnia, hypersensitivity, poor relationships, heat stroke, coma and cardiac pain.

Encourages: Love, happiness, contentment, warmth, calms the heart, revives consciousness, aids in talking freely, concern for others and enthusiasm.

(Pericardium Meridian 9: Zongchong: Central Hub)**RING FINGER (RF)**

Located on the **opposite** side of the finger, below the nail closest to the baby finger.

Releases: Sore throat, headaches, eye redness and deafness.

Encourages: Consciousness, heart protection and healthy relationships between the body's systems.

(Triple Heater or Triple Warmer 1: Guanchong: Passage Hub)**LITTLE FINGER (LF)**

Similar location to other fingers medially beside the nail bed.

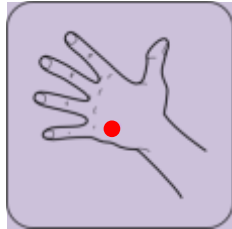
Releases: Hysteria, erratic behaviour, alternating joy and depression, anger, dullness, jealousy, sorrow, anxiety, panic attacks, eye pain and mouth sores. Also reduces mood swings and heart attacks.

Encourages: Tranquility, gentleness, emotional balance, love, integrity, optimism, emotional and spiritual growth, zest for life, conscience and wisdom. Regulates Chi or Qi, revives consciousness and calms emotions.

(Heart Meridian 9: Shaochong: Lesser Surge)

Note on Finger Points: Because the Ring Finger is located on the opposite side of the nail from all of the other fingers I often encourage clients to rub or tap on both sides of the sides of the finger below the nail for ALL fingers. This way you don't have to worry about remembering which finger is on which side. The finger points are great to know about for when you are in any kind of stressful meeting as you can rub them without anyone knowing that you are doing EFT!

You can rub them under the table and no one will be the wiser. If they can see your hands it just looks like you are playing with your fingers!



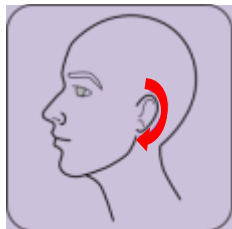
9 GAMUT (9G)

This spot is shown for illustration purposes only and requires more explanation before using. There is a time and a particular sequence to use when stimulating this point. It is located on the top of the hand between the bones of the little and ring fingers, about an inch down from the knuckles.

Releases: Depression, heaviness, despair, grief, hopelessness, loneliness, ear problems, tinnitus, temporal headaches, shoulder and upper back and elbow, arm and finger pain and tension.

Encourages: Hope, lightness and elation.

(Triple Warmer/Thyroid Meridian 3: Zongzhu: Central Islet)



TRIPLE WARMER POINTS aka THE TEMPORAL TAP

These 4 points behind your ear on the skull at the hairline can be tapped on, or smoothed with your fingers, or the palm of your hand, starting behind the top of your ear and ending up behind your ear lobe.

Releases: Stress, finger nail biting, excess weight, disorders of the side of head, ears, eyes and throat including headaches, deafness, facial paralysis, toothaches, ear aches and hiccups.

Encourages: Balance for life transformation, kind heartedness, calmness, receptivity to learning new beliefs, confidence, optimism, self-esteem, stable mind and joy.

SPECIFIC TEMPORAL POINTS

(TH 20 Jiaosun: Angle Vortex): Is located on the head, above the ear apex within the hairline.

Releases: Conjunctivitis, gingival swelling pain, toothache, mumps, deafness, cataract, mumps, neck rigidity, migraines.

(TH19: Lu Xi: Skull's Rest)

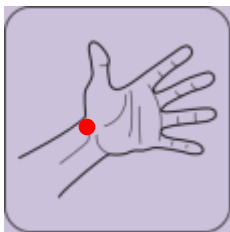
Releases: Headache, tinnitus and deafness.

(TH18: Qi Mai: Spasm Vessel)

Releases: Headache, tinnitus and deafness.

(TH 17: Yifeng: Wind Screen) is located at the bottom part of the ear, behind the earlobes.

Releases: Ear conditions such as aches, infections, ringing, deafness, and toothache, facial paralysis and the hiccups! Makes one less sensitive to the opinions of others.



WRIST POINT (WP)

Located on the underside of the wrist on the crease just below the thumb. You can tap both wrist creases together, or rub the creases together in a circular motion, or simply tap with two fingers.

Releases: Cough, asthma, headache, wrist pain, hiccups, chest pain, anxiety, palpitations, nausea, insomnia, mania, apprehension, grief, feelings of loss and longing, spiritual emptiness and regrets.

Encourages: Skin Moistening.

(Pericardium Meridian 6: Nei Guan: Inner Gate)

JOURNAL EXAMPLE #1

Issue/Event/Concern/Trauma/Complaint

The time in the playground that the girls said I was stupid because I didn't know how to play the game.

Feelings/Emotions

Shame and fear that they are right.

Body Sensations, Locations and Description of the emotions

This big, black, square, slimy, icy cold block filling up my whole stomach.

Intensity Levels

Shame: Start: 9 After a first round of tapping 5, 2nd round 3, End 1

Fear: Start 8, After a first round of tapping 4, 2nd round 2, End none

Set Up Statements

Even though I feel all this big, black, slimy cold shame in my stomach, I deeply and completely love and accept myself. Even though I am afraid that I am stupid, I love and forgive myself.

Reminder Phrase(s)

This shame, this black, slimy shame, this shame in my stomach, this big shame, this fear that they are right, this fear that I am stupid.

New Choices

I choose to feel proud of all that I have accomplished. I choose to be proud of myself. I can and did learn how to play that game.

Insights/AHA's from today's tapping!

They were wrong! I AM ok just the way I am, even if I never look, or act or think the same way they do.

Life lessons/Limiting beliefs learned at the time of the event

I am not wanted. I don't belong anywhere. I am not part of the group. There is something wrong with me. I am not good enough.

New Perceptions and Stories - (a Matrix Reimprinting technique)

I told the girls that I was NOT stupid and it was stupid of them to call me stupid. I told them that there was a time when they didn't know how to play the game too. They said they were sorry and that I was right. I felt proud of myself for standing up for myself.

Issues/Feelings & Topics that showed up to tap on at a future date

The boy who followed me when I was nine.

Gratitude/Appreciations

I feel so much calmer and peaceful than I did when I started the session. I have some great friends now. I am no longer 7 years old. I have learned many, many more important things in my life than that game.

JOURNAL EXAMPLE # 2

Issue/Event/Concern/Trauma/Complaint

The day my dog was run over.

Feelings/Emotions

Sadness and guilt.

Body Sensations, Locations and Description

Guilt: Heart heaviness and tightness that is red, bumpy, and round.

Sadness: Blue lumps filling up my throat.

Intensity Levels

Sadness: Start 10 After a first round of tapping 6, 2nd round 3, End 1

Guilt: Start 9, After a first round of tapping 7, 2nd round 3, End none

Set up phrase(s)

Even though I feel all this heavy, round, tight guilt in my heart that I left the gate open and Felix was killed by a car, I deeply and completely love and forgive myself. Even though I feel so sad and I really miss Felix, I love and accept myself.

Reminder Phrase(s)

This red, round Guilt in my throat, this bumpy guilt, all this guilt, this guilt in every cell in my body.

This Sadness, this tight, heavy sadness in my heart, this blue lumpy sadness.

Choices

I choose to remember how much I loved Felix and he loved me. I was a good dog person. I took him for walks, brushed him, fed him... I know Felix would not blame me, he was an escape artist.

Insights/AHAs from today's tapping!

I can learn from my mistakes and forgive myself for making them.

Life lessons/Limiting beliefs learned then

All my mistakes are huge and result in death to beings I love.

New Perceptions and Stories

N/A

Issues/Feelings & Topics to tap on at a future date

The time I forgot to put away the garden tools and Dad tripped on a rake, hurt himself, yelled at me and I felt so guilty.

Gratitude/Appreciations

I am grateful for EFT and that I feel so much better. I love all the great memories I have of how goofy Felix was and how hard he made me laugh.

MY JOURNAL

The Journal Pages that follow, are meant to serve as a reference and referral, to help you celebrate your successes and to guide you to places you might benefit from future tapping on.

Click on this [LINK](#) to be taken to a page with an editable PDF Journal, where you can download the document to your personal computer, phone or tablet. You can then fill it in, in Word Perfect or a word processing application and print it off; or print the PDF off and fill it in with a pen or pencil.

You can come back to this link or downloaded document anytime you want to, so that each time you wish to tap on a new emotion or event, you can create as many new tapping journal pages as you wish.

The editable journaling pages are meant for you to use again and again and to serve as a reference and referral, to help you celebrate your successes and to guide you to places you might benefit from future tapping on.

Copy and paste this [LINK](#) into your browser window if you are having trouble with the link:

www.tappingdetective.com/ppp-journal

If you need more detailed instructions on how to download the editable PDF to your computer, how to save it and how to print it out, I have included that information on the web page that the link above takes you to.

THE PERSONAL PEACE PROCEDURE PROCESS

The Personal Peace Procedure, is a process to systematically identify and release the hold that events from the past have had on us, was also developed by Gary Craig, the originator of EFT.

By compiling, and then tapping on, a list of times in your life that you would rather have done without: regrets, losses, resentments, rejections, traumas... (including physical pains and current issues), you can rapidly relieve their energetic hold on you. Doing so can result in your feeling more relaxed, optimistic and peaceful. Ultimately you will find that you become more energized, more empowered, more calm and less affected by not only the past but by present day events, words and deeds that would have negatively affected you in the past, but no longer do in the present!

The more frequently you tap, the faster you will get the relief you yearn for. This will allow you to get on with the job of creating the life you dream of; empowering you to make new, conscious choices and to take affirmative actions on your own behalf.

It is NOT necessary to work through EVERY issue, memory or limiting belief since working on a few often results in many others dissipating or disappearing. EFT and MR have a very interesting cumulative effect, commonly known as the Generalization Effect. Tapping on one bothersome memory often clears up the emotional impact of others as well. It is likely that you will surprise yourself by learning that some of the things on your list no longer have any charge for you, even if you didn't work on them directly! So, don't despair if there is a long list of difficult episodes in your background. You don't have to work on EVERYTHING in order to generate considerable relief and peace.

Unlike some other modalities, you will not be left triggered, re-stimulated, retraumatized or having to recount, over and over again, memories you would rather be without. Once you are done with all of the aspects of a particular memory - you are done!

Begin your Personal Peace Procedure by listing all the events, situations, relationships and memories that you find painful or suspect maybe impinging on your present-day happiness. Give them all a short title, just enough to remind you of the issue.

For example:

- 'The divorce'
- 'Dad hit me'
- 'Mom passed out in the kitchen'
- 'The guy, or girl that got away'
- 'Exam failure'
- 'That babysitter'
- 'Being Bullied in Grade 6'
- 'I fell down in the relay race'...

It doesn't matter if it is seemingly big, or small. If you experience feelings of sadness, anxiety, fear, frustration, sadness, shame, rejection etc. when you remember it, write it down and tap on it! Doing so will help you chart your progress as you re-read the list and notice that something that had a big emotional intensity for you before, no longer bothers you.

SOMETIMES you will have to work on a particular memory two or more times in order to address all the aspects of it and finally put it to bed. For example, if you were bullied, you may have had feelings about the bully, as well as about your friends who did not defend you, or your older brother who laughed at you.

By tapping on ALL aspects of the incident, as well as any and all feelings you have associated with the memory, you will surely get the relief you seek. After working on your earliest memory of being bullied you may find that the generalization effect has taken place and that there is no longer any emotional charge associated with the subsequent events, even though you didn't tap on them directly.

Click on this **LINK** to be taken to a page with an editable Personal Peace Procedure PDF Journal, that you can download to your personal computer, phone or tablet, and you can fill it in, in a word processing application and print it off; or print it off and fill it in with a pen or pencil.

You can come back to this link or downloaded document anytime you want to, so that each time you wish to tap on a new emotion or event, you can create as many new tapping journal pages as you wish.

The editable Personal Peace Procedure PDF journaling pages, are meant for you to use again and again and to serve as a reference and referral, to help you celebrate your successes and to guide you to places you might benefit from future tapping on.

Copy and paste this **LINK** into your browser window if you are having trouble with the link:

www.tappingdetective.com/ppp-journal

If you need more detailed instructions on how to download the editable PDF to your computer, how to save it and how to print it out, I have included that information on the web page that the link above takes you to.

WHAT IS MATRIX REIMPRINTING?

While EFT's effects remain remarkable, an advanced form of EFT, known as Matrix Reimprinting, (MR), can be considerably, and surprisingly, even more effective.

In MR the client is directed to travel back in time, to support your younger self during the moments of the actual traumatic events.

Your present-day self then assists your younger self in tapping on and releasing the intensity of whatever their younger self was feeling at that time.

After your younger self feels some relief, they are then guided to say or do whatever they may have wished that you had said or done, at the time of the original incident. They are encouraged to bring in resources that you did not have at the time but could have benefited from, and given new tools to change the memories of the difficult event in ways that are more empowering. The end result is that your younger AND current day selves both finish the session feeling considerably relieved, supported, safe and powerful.

Another important component of MR is to ask your younger self if they made any decisions about life, or themselves, at the time of the incident. This way you can get to the bottom of present day limiting beliefs that may not be serving you. Examples could include: *'I am not safe, I am not worthy, all men are violent and scary, all women scream and yell, I will never amount to anything, I am not good enough, I will always be sad and lonely, there will never be anyone there for me'...*

When asked to retell the original story during subsequent visits, clients are often surprised to find that while they can still remember what 'actually' happened, they frequently find themselves with a new, improved memory at the forefront of their consciousness about the event. The old story has receded into the background while the new story is the one they want to tell now.

Matrix Reimprinting has expanded to include work on birth traumas, events and feelings passed on while we were in utero, past life and ancestral/intergenerational memories as well as future envisioning and surrogate work. Fascinating work indeed!

Effective Matrix Reimprinting requires as strong foundation in EFT. This short description of it is included as the Journal also provides space for the recording of those new memories. This is for those who have taken an MR course, or who are clients of practitioners with MR training and skills.

For information on, and courses in MR go to: www.matrixreimprinting.com

‘Matrix Reimprinting brings together the power of EFT with the epigenetic understanding that negative beliefs, formed and held subconsciously during early childhood, need to be addressed if a person is to heal from stress related issues in their life.’

~Dr. Bruce Lipton: *Author of The Biology of Belief*

RESOURCES FOR EMOTIONAL FREEDOM TECHNIQUES

Complimentary EFT manuals, articles, videos, research results and training available from:

- Gary Craig (The Founder of EFT): www.emofree.com
- EFT Universe: www.eftuniverse.com - Dr. Dawson Church's site has articles on many EFT related topics as well as fascinating information on research studies proving the efficacy of EFT.
- The Tapping Solution: www.thetappingsolution.com which produced *The Tapping Solution Movie* (www.thetappingsolution.com/screening/movie/see-the-film2.html) and the annual EFT Online Tapping Summit: www.tappingworldsummit.com
- The Association for the Advancement of Meridian Energy Techniques: www.Aamet.org
- Karl Dawson, the originator of Matrix Reimprinting, co-authored a great resource on the subject: [Transform Your Beliefs, Transform Your Life: EFT Tapping Using Matrix Reimprinting.](http://www.transformyourbeliefs.com)
- The Matrix Reimprinting website: www.matrixreimprinting.com

For further resources including links, studies, videos, books and

- The Veterans Stress Project: <http://www.tappingdetective.com/resources>

The EFT Journal & Guidebook is designed to support you in your healing journey.

Like any journey there will be bumps in the road. These difficult moments can bring up resistance which could stop you in your tracks. This is one trip where you DO want to lose your baggage!

If you notice feelings of reluctance and resistance when you contemplate tapping, or tapping on a particular memory it is important to keep tapping, AND breathing. You may find that tapping directly on 'this resistance' for a round or two will significantly decrease the intensity of the resistance. Chances are you will then find yourself ready and willing to tap on the memories, feelings and limiting beliefs that have trapped you in the past.

If you need support in moving past the resistance, (which can feel very strong and immobilizing), there are many wonderful EFT Practitioners available to assist you. Continuing to suffer is now optional.

Encouraging you to take the necessary steps towards your desired destination is the ultimate goal of the EFT Journal & Guidebook.

“I now have my freedom to move on—not only from the situation, but also from the thinking that kept me from repeating the past. Now I have the opportunity to get on with my own life, to develop my own passions, and discover what truly inspires me.”

~Irene Huntley; Courtenay, BC

ABOUT THE AUTHOR



Alice Grange, EFT and MR Practitioner produced this Guidebook and Journal to help herself, her clients/recipients and others, to keep track of our EFT/MR sessions.

Alice guides adult children of alcoholics, survivors of abuse and daughters wounded by their wounded mothers to release and rewrite their past, while learning to live life in the present; free of limiting beliefs and painful memories.

Helping people to find and follow clues, (frequently from childhood), is a big part of her skill set and why she is called the Tapping Detective. Alice support her clients in resolving the mystery of what has prevented them from creating a more satisfying life and then guides them while they release what has been getting in their way.

EFT and MR often facilitates rapid changes in outlook. People CAN gently and quickly release overwhelming feelings of sadness, guilt, isolation, anxiety, fear, anger and shame. Alice encourages her clients/recipients to move towards joy, peace, self-compassion, positivity and forgiveness for themselves, and others.

Even if your mother would never have won any awards as a 'Mother of the Year' you too can come to understand that you DO deserve to give to yourself what you have always needed and wanted. **It is never too late to have a happy childhood!**

When she is not travelling the world offering [Tapping Trips for Transformation](http://www.tappingdetective.com/tapping-trips), Alice lives and works on Vancouver Island, BC, Canada. Private sessions are also available over the internet and phone. The only difference is that you get a virtual hug instead of a physical one.

It is Alice's intention that the EFT Guidebook & Journal will be a valuable tool in your healing journey, whether you undertake this process by yourself, trade EFT sessions with a Tapping Buddy, or are guided by an EFT/MR practitioner. **Happy Tapping!**

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