

# ESSENTIAL EFT TAPPING TIPS

Have Greater Success With Your Own  
Self-Tapping Practice Whether You're New Or Advanced

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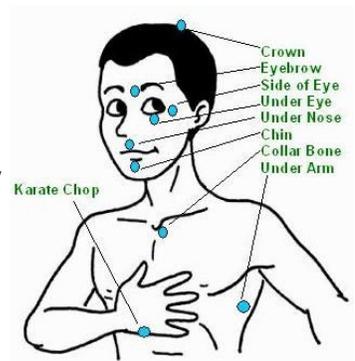
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I'm definitely an **Emotional Freedom Technique** enthusiast and have been ever since I discovered this simple releasing technique back in 2007. I learned everything I could about Tapping and I immersed myself in it for well over a year. I have proved to myself that it works over and over again in *any* situation. It was especially helpful when I was grieving the loss of my beloved English Pointer Seymour as I had to say goodbye to him in 2010.



**It's the easiest, most effective tool I have ever used to help clear out emotional blocks, relieve the pain of trauma,** raise my energy, and even expand feelings of gratitude. Happily in recent years, news of this self-healing technique has spread & more and more people are happily embracing this and getting the relief they have longed for.

Over the years I have listened to hours and hours of radio programs & podcasts, tapped along with YouTube videos, worked with practitioners one on one, read articles & blogs, and bought countless products like books, DVDs and audio recordings. I do it because I like connecting with the Tapping community and I definitely gain new benefits *every* single time I tap.

I've found *a lot* of information and I've taken *a lot* of notes so **I decided to compile the best tips that I've come across so far into this ebook** . I know you'll discover something here that will help to improve your Tapping results as well!

This book is intended for those who already have a working knowledge and personal experience of Tapping and are **looking to have a break-through** . However, if you're just getting familiar, then start by visiting these pages on my website first so you can get caught up. It doesn't take long to figure out the basics, just jump in!

**[Click here for an Introduction to EFT](#)**

**[Click here for Learning The EFT Tapping Technique](#)**

5 Steps of EFT's Basic Recipe

1. Assess your SUD level.
2. Insert the name of your problem into the Setup Statement:  
"EVEN THOUGH I HAVE [PROBLEM], I DEEPLY AND COMPLETELY ACCEPT MYSELF"
3. Tap continuously on the Karate Chop Point while repeating the Setup Statement 3x.
4. While repeating the Reminder Phrase, tap about 7x on the other 7 tapping points.
5. Test your results with a 2nd SUD level rating.

www.EFTUniverse.com

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By using EFT or other energy clearing technique on yourself or others, you must agree to take full responsibility for your own well-being. [Medical Disclaimer](#)



## Tips Before You Tap

**Drink a full glass of water** before tapping to stimulate and prepare your body's electrical system

**You can tap down either side** of your body with the first 2 fingers of either or both hands, or try crossing over

**Don't tap too hard.** Use the same amount of pressure you would as if you were drumming your fingers on a table.

**Take a slow deep breath** after you complete a round of tapping to help move the energy through your body

**Yawning during tapping** is a sign that you are releasing energy, so let out the yawns and keep going

**Tap along with a group** of others (either live or via recording), you will experience "borrowing benefits" whether or not you are the "primary tapper".  
So always tap along.

**The key to tapping is to "tune in"** and always ask yourself "How does this feel? and what's happening in my body now?" and that will be your guide.

"The best question to ask yourself to find out why you're blocked is... What's the downside?"



## Identifying The Downside The key to unlocking your blocks

I give credit for this question to EFT Master, Carol Look. She has been practicing EFT with clients for over 20 years and has found this to be THE most useful question to ask when trying to reach core issues with Tapping. Another way to say it is,

**"How does it serve you to stay where you are?"**

Let's take an example of someone who wants to quit smoking. Intellectually, *of course* they want to stop - but something is keeping them from successfully quitting.

The same is also true for:

*Losing weight,  
Procrastinating on a task,  
Achieving success in your business,  
Healing yourself from illness,  
Improving your athletic performance...*

So when you ask yourself, **"What's the downside?"** In other words, "What would you be losing or risking if you were to accomplish this task or goal (ie: quit smoking)?"

It may not be obvious...but then dig a little deeper and see what comes up when you answer these questions:

***Who wouldn't like it if...?***

***What things would you not be able to do anymore if...?***

***What other kinds of changes might occur if...?***

***What would you be afraid would happen if...?***

***What happened the last time you did this?***

***Who else might be affected if...?***

***What excuse for not quitting would you have to give up?***

***What good thing might happen if you didn't do this? (upside)***

***What new thing would you have to do that you may not like if...?***

## **You might start to think of real examples like:**

- *My friends who still smoke may not treat me the same*
- *I might gain weight after I quit*
- *I might fail again and disappoint myself and my family*
- *I remember last time I quit, that was around the same time that I lost my job*
- *I wouldn't have to work hard and feel pressure to succeed*
- *I'd get to keep using smoking to relieve my stress*
- *I don't feel safe doing it because I don't like change*
- *I won't be able to go to my favorite places because it'll be too tempting*
- *It's too hard and I don't even want to try*
- *If I finally succeed at quitting smoking, then I'll have to tackle other challenges that I've been avoiding*

Do you see how underneath the superficial idea of quitting smoking there are other limiting beliefs that could be in the way of your success? Each of these aspects holds a new opportunity for Tapping to peel away the layers getting you closer and closer to reaching your goal.

## **There is always some benefit that we are receiving by hanging onto a perceived block or problem .**

Now, you can actually flip the question and ask:

### **"What's the upside?"**

What benefits do you get if you don't succeed?

Often, just with Tapping on the underlying issues that you uncover, it melts away your resistance and your feelings and results will change.

## **Other questions to ask to bring up issues to tap on:**

What's one thing you want to change or wish were different?

What do you go to bed thinking about?

What do you wake up worried about?

What makes you stress out?

What beliefs do you have about yourself? About life? About your family? About your friends?

What does your mom/dad always say to you that bothers you?

What is something that you always heard growing up that really bothered you?

What happened in the past that hurt you that still hurts when you think about it?

What memory do you have that still hurts you when you think about it?

**One of best techniques for memories is "Tell the Story" technique [Read more here](#)**

## Tell The Truth With Your Tapping

The main focus with tapping is to **identify your true feelings and give yourself a voice.**

It's natural for us to feel our emotions. They are just energy in motion (e-motions) that we perceive and then either judge as "good" or "bad". Realistically, it's still a part of your energy system whether you talk about it or not so why not tell the truth about it?

You might be confused thinking that it's not good to bring up your "negative" thoughts because you're often being told to "think positively."

**Thinking *only* positive thoughts isn't realistic or even possible.**

We can't and shouldn't deny that we will *always* have both sides of our emotions, that's the beautiful part that makes us human. We each have the *capacity* and *gift* to experience ALL emotions. So by identifying and saying your true feelings out loud, you allow yourself to acknowledge your fears, doubts, pain, hurt, disappointment, etc. that are a subconscious part of you anyway.

Then what you're doing is matching your conscious thoughts with the energetic vibration you *already* have in your body. Tapping gives you the tool to be able to release your negative thoughts and subconscious limiting beliefs and replaces them with ones that serve you better and open yourself up to experience your natural joyful state and neutralize the emotional triggers.

## Trouble Getting Started with Your Tapping

### **TRY THESE SET-UP PHRASES:**

**If you can't identify your issue specifically start with:**

**Even though I:**

*...have this conflict,*

*...am not clear on my issue,*

*...don't know what to tap on,*

*...am not sure why I feel this way*

*...have this uncomfortable feeling in my stomach and I don't know why*

**You might even need to tap on your anxiety about Tapping:**

**Even though I:**

*...am afraid I'm not doing it right,*

*...am convinced that it'll never work for me,*

*...don't want to make a mistake,*

*...don't believe this is going to work,*

*...don't know what words to use*

## **HERE ARE VERY POWERFUL "EVEN THOUGH" PHRASES:**

**1<sup>st</sup> round: Even though a part of me wants/doesn't want to:**

**2<sup>nd</sup> round: Even though a part of me still wants/doesn't want to:**

*...hang onto this problem,  
...let this go,  
...sabotage/protect myself,  
...continue to feel this way,  
...stay here because it feels safe...*

**Even though I'm convinced....**

*...that it can't possibly be this easy,  
...that this is what/all I deserve,  
...that this is the way it is and it won't change,  
...that I won't be safe if things change*

**By saying "still" in the second round helps to acknowledge that small part of you that may be left when you're at a 3 or 4 level so keep tapping more rounds.**

## **I Don't Know What Words To Say**

**\*If you simply struggle with just coming up w/ the words to say then tune into your body and notice where you feel any discomfort.** Close your eyes and see if you can identify *where* you feel the discomfort. Your body is communicating with you. Listen to it and don't over analyze it, just choose a sensation and start tapping.

Notice...do you feel a tightness in your chest? a lump in your throat? an ache in your stomach? a knot in your shoulders? a pounding headache? a soreness in your knee? a sharp pain in your neck or back? Sadness? Anger? Anxiety? Boredom? Frustration?

Now just use that sensation as your set-up statement:

Even though I have/I notice this ache in my stomach...I deeply and completely accept how I feel. Then you can use that as your reminder phrase as you tap around all the points ...tap, tap, tap... "this ache in my stomach"... tap, tap tap "this ache in my stomach" tap, tap, tap

**It's important to follow the sensations in your body and not to rely entirely on your mind to guide you.** Your body is designed to be a brilliant communicator and it *will* give you just the right guidance on where to tap when you pay attention to what is coming up.

# List of Uncomfortable Emotions

## Tapping helps release your bottled up emotions

Here is a helpful list of “negative” emotions that can be used to uncover hidden issues and traumas. Just let yourself recall moments (recent or past) when you might have felt any of these feelings and see if they trigger an emotional response that you can then tap on.

### Fill in the blanks:

“I felt \_\_\_\_\_ when \_\_\_\_\_ happened to me.”

“I felt \_\_\_\_\_ when \_\_\_\_\_ did/said that to me.”

### Dignity/Respect/Self-Worth Issues

Ashamed/Shameful	Beaten down	Cut down/Put down
Criticized	Dehumanized	Disrespected
Embarrassed	Humiliated	Inferior
Insulted	Invalidated	Labeled
Lectured to	Mocked	Offended
Pitiful	Resentful/Resentment	Ridiculed
Stereotyped	Teased	Underestimated

### Freedom & Control Issues

Bossed around	Controlled	Imprisoned
Inhibited	Forced	Manipulated
Obligated	Over-controlled	Over-ruled
Powerless	Pressured	Restricted
Suffocated	Trapped	Vulnerable

### Love/Connection/Importance Issues

Abandoned	Alone/Alienated	Brushed off
Confused	Disapproved of	Discouraged
Ignored	Insignificant	Invisible
Left out	Lonely	Misunderstood
Neglected	Rejected	Uncared about
Unheard	Unknown	Unimportant
Unloved	Unsupported	Unwanted

### Justice/Truth Issues

Accused	Cheated	Falsely accused
Guilt-tripped	Interrogated	Judged
Lied about	Lied to	Misled
Punished	Robbed	

### Safety/Trust Issues & Other Emotions

Abused	Afraid/Fearful	Attacked
Frightened	Intimidated	Over-protected
Scared	Terrified	Threatened
Under-protected	Unsafe	Violated

Cynical	Guarded	Skeptical
Suspicious	Untrusted	Hysterical
Ambivalent	Depressed	Furious/Enraged/Infuriated
Angry	Disgusted/Hateful	Guilty
Anxious	Doubtful	Insecure/Paranoid
Bitter	Dreadful	Remorseful/Regretful
Bored	Desperate	Worried

## **List of Comfortable Emotions**

**Choose the ones that best fit your mood when you're tapping in your affirmations. Sometimes when you hit *onjust the right word*, you'll really feel the relief and sense that the charge is dissipating and your level of discomfort has decreased.**

Able.. Absolved.. Abundant.. Accelerated.. Acceptable.. Accepted.. Accomplished..  
Accountable.. Active.. Adaptable.. Adequate.. Admirable.. Admired.. Adored..  
Agreeable.. Alert.. Ambitious.. Amused Appreciated.. Approving.. Assertive.. Assured..  
At ease.. Attached.. Attentive.. Attractive.. Authentic.. Awake.. Aware.. Awesome

Balanced.. Beautiful.. Believing.. Blessed.. Blissful.. Bonded.. Brave.. Bright.. Brilliant

Calm.. Capable.. Cared For.. Caring.. Centered.. Certain.. Cheerful.. Cherished.. Clear..  
Collected.. Comfortable.. Comforted.. Committed.. Compassionate.. Complete.. Composed..  
Confident.. Congruent.. Connected.. Conscious.. Content.. Courageous.. Credible..  
Daring.. Decisive.. Defended.. Delighted.. Dependable.. Desirable.. Dignified..  
Discerning.. Disciplined.. Distinguished.. Dutiful.. Dynamic..

Eager.. Easy-going.. Ecstatic.. Edified.. Efficient.. Elated.. Elegant.. Elevated..  
Emancipated.. Empowered.. Encouraged.. Energetic.. Energized.. Enthusiastic..  
Euphoric.. Exceptional.. Excited.. Exhilarated.. Experienced.. Expressive.. Exuberant..  
Faith.. Fantastic.. Favored.. Firm.. Flexible.. Flowing.. Focused.. Forceful.. Forgiven..  
Fortified.. Fortunate.. Free.. Friendly.. Fulfilled..

Gentle.. Genuine.. Gifted.. Glowing.. Good-natured.. Graceful.. Gracious.. Gratified..  
Grounded.. Growing..

Happy.. Harmonious.. Healed.. Helpful.. Heroic.. High.. Honest.. Honorable..  
Honored.. Hopeful.. Humble.. Humorous..

Important.. In control.. Included.. Independent.. Infatuated.. Influential.. Innocent..  
Inspired.. Intelligent.. Interested.. Invigorated.. Invincible.. Invited..

Jovial.. Joyful.. Jubilant.. Judicious.. Kind..

Learning.. Liberated.. Light.. Lighthearted.. Loose.. Loved.. Loyal.. Lucky..

Magnetic.. Marvelous.. Masterful.. Mature.. Meek.. Merciful.. Methodical.. Mindful..  
Modest.. Motivated..

Neat.. Noble.. Non-judgmental..

Observant.. Open.. Open-Hearted.. Organized.. Outgoing..

Pacified.. Pampered.. Pardoned.. Passionate.. Patient.. Peaceful.. Perfect..  
Persevering.. Pleasant.. Pleased.. Popular.. Positive.. Powerful.. Praised.. Precious..  
Prepared.. Present.. Productive.. Proficient.. Progressive.. Prosperous.. Protected..  
Prudent.. Punctual.. Purified.. Purposeful.. Qualified.. Quick..

Radiant.. Rational.. Reasonable.. Reassured.. Receptive.. Recognized.. Redeemed..  
Regenerated.. Relaxed.. Release.. Reliable.. Relief.. Relieved.. Remembered..  
Replenished.. Resolute.. Respected.. Respectful.. Responsive.. Restored.. Revitalized..  
Rewarded.. Rooted..

Satisfied.. Secure.. Selfless.. Self-Reliant.. Sensational.. Sensible.. Sensitive..  
Serene.. Settled.. Sharing.. Simple.. Skillful.. Smooth.. Soothed.. Spirited.. Splendid..  
Stable.. Steadfast.. Strengthened.. Strong.. Successful.. Supported.. Sustained..

Tactful.. Teachable.. Temperate.. Tenacious.. Tender.. Thankful.. Thoughtful.. Thrilled..  
Tolerant.. Tranquil.. Triumphant.. Trust.. Trusting..

Unbiased.. Understanding.. Understood.. Undisturbed.. Unhurried.. Unique.. United..  
Unselfish.. Upheld..

Valiant.. Valuable.. Valued.. Virile.. Vital.. Warm.. Wealthy.. Willing.. Wise..  
Wonderful.. Worthwhile.. Worthy.. Yielding.. Zealous..

# Powerful Affirmation Phrases That Bring Great Results

## AFFIRMATION PHRASES:

Here are some of the most powerful affirmation phrases to use with your tapping:

I'm willing to...  
I'm considering...  
I'm ready to...  
I'm open to...  
I choose to...  
I prefer to...  
I intend to...  
I love feeling...  
I give myself permission to...  
I allow myself to...  
I feel excited about...  
I am grateful for...  
I wonder if I could...  
Wouldn't it be fun if...  
A part of me knows that I can...

And you can mix & match these positive affirmations with one of these many helpful phrases:

...love and accept myself *anyway*  
...love and accept myself no matter what  
...love and accept all parts of me  
...forgive myself for feeling \_\_\_\_  
...know I did the best that I could  
...accept things just as they are  
...be okay with where I am NOW  
...feel safe  
...be at peace  
...feel powerful  
...be inspired  
...feel calm and confident  
...trust my inner guidance  
...trust that everything will work out  
...release the need to \_\_\_\_  
...let it be surprisingly easy  
...let go of the guilt, the shame, the resentment, the judgment, the fear...

## Will You Feel Differently After You Tap?

**Of course there's not just one answer to this question but here are a few things you might experience if you simply tune into your body.**

- Sometimes you'll feel an overall calm and peacefulness
- Sometimes you might just smile and it feels easier to breathe
- Sometimes you'll notice that you have better clarity in your thoughts
- Sometimes you might feel powerful, giddy or really optimistic
- Sometimes you'll get a tingling or warming sensation throughout your body
- Sometimes you'll feel a release of emotions & lighter and less tense
- Sometimes you won't *feel* any real shift in the moment... just know that it's working

## How Will You Know Tapping Is Working?

**Admittedly, the effects can be outwardly subtle but inwardly very profound. The best part is knowing that Tapping is always working on some level, every time you use it.**

- A fear you have had all your life..... is gone!
- A worry about your health, your work, a relationship, or another ongoing issue has decreased so radically that you see the situation entirely differently.
- You feel easier and more optimistic about things and this makes a huge difference in how well you handle similar issues.
- The traumatic after effects of a disaster, accident or shock have been diffused. Although you can remember the incident, it no longer upsets you.
- A tendency to tighten-up "freeze" at a crucial moment when participating in a sport or other public performance is..... no longer there. You can relax and let your natural abilities takeover

Well, that should be enough to keep you moving forward with your self-tapping practice. I'm happy to be able to share with you what I've learned to help you to achieve even greater results. I hope that you'll take advantage of all of the resources I have compiled on my website as a practical guide to empower your inner personal development growth by uncovering and clearing your way to a deeper conscious awareness of your self and experiencing a better way of life.

*To your health,*

**Sandy**

P.S. Don't forget to look for the special BONUS video tapping exercises and link to Top 10 Tapping Tips by Carol Look on page 15.

# Top Tapping Resources, Products & Links

## **Tapping Resources**

**Carol Look.com** - It's no secret that I think Carol Look is one of THE most talented EFT practitioners in the field. Her specialty is using Tapping for Attracting Abundance and she offers workshops, private coaching, and has also released multiple life-changing EFT products that are available on her website.

**Margaret M Lynch** - Money Tapping Expert I've had more comments from people on this link than any other. She has taken Tapping to another level and incorporated chakra work with it and has outstanding results. Grab everything you can from her, get on her list for free tapping scripts, & watch all of her free videos!

**The Tapping Solution** – There is an easy to read, step-by-step book for both beginners and advanced tappers written by Nick Ortner of the Tapping Solution. You'll learn how to get to the root causes of financial challenges, weight loss issues, emotional problems, relationship issues and also learn how to use Tapping to address them right then and there to get immediate results. Make sure you sign up for their mailing list and get the free tapping gifts.

**EFT Universe** - The #1 online resource for learning EFT tapping with thousands of articles with case studies, global practitioner lists, training & certification resources. Dawson Church puts out a weekly EFT Insights newsletter that keeps you on the cutting edge of where the tapping community is headed. Sign up to get the free EFT mini-manual and join his list.

**The Tapping Course** This is a fantastic free Tapping course by Magnus Huckvale, an extremely talented & insightful leader in the Tapping community. It has a dozen very powerful 5-10 min long specialized tapping routines. You can see more of his videos at [www.tapping.com](http://www.tapping.com)

### **Tapping with the Ho'Oponopono Forgiveness Prayer [VIDEO]**

This is an ancient Hawaiian prayer that is just four simple statements, "I'm sorry." "Please forgive me." "Thank you." "I love you.". Watch this video that explains this more and walks you through a tapping session.

## **\*BONUS Tapping Exercises**

### **Tapping With Mind Movies Videos**

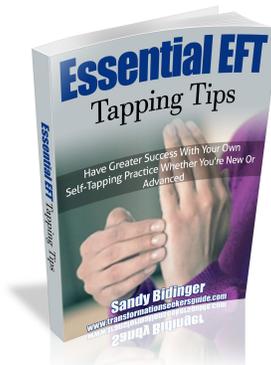
I personally was inspired to create some short tapping videos with scripts written by Margaret Lynch and Jessica Ortner. They are each under 5 minutes...ENJOY!

1. [Tapping For Money Miracles](#)
2. [Tapping Something Big Is About To Happen](#)
3. [Tapping What If?...](#)



### **Top 10 Tapping Tips by Carol Look**

Here's a link to an article written by EFT Master, Carol Look, that is available on her site. Her experience as a practitioner is unmatched and she has THE most valuable tips to offer that you won't hear anywhere else. [Read more here.](#)



Written by: Sandy Bidinger

<http://Practical-Personal-Development-Advice.com>

<http://TransformationSeekersGuide.com>