

Energy Psychology Tapping Protocol

Five Step Protocol

I - Choose a Target Focus - Identify a problem or emotion that is bothering or blocking you - state it

II - Calibrate the Intensity of the Emotion/Problem - From 0-10 Subjective Units of Distress - how much is it a problem for you (7 or above is significant to deal with)

III - Develop a Set-Up Statement - of a) the problem and b) acceptance of self - to focus and acknowledge. Tap together Karate Chop points - outside edge of hands while repeating focusing statement 3 times.

IV - Tap on the Face and Body Points - 5-7 times for each set of points while stating reminder phrase to keep focus on issue/problem.

EB - Between EyeBrows

SE - Sides of Eyes

UE- Under Eyes

UN- Under Nose

CP - Chin Point mid chin

CB - Collar Bones outer sternum

UA - Under Arms at chest

TH - Top of Head

KP - Knuckle Point 3-4 knuckle

V - Recheck the SUDS of Problem - Check the intensity level - should have gone down from initial - goal is when thinking of the problem to have it a 0-2 level of SUDs. If it is same -

a) Try another - *Round of Tapping*

b) Make statements while *Rolling Eyes in Fig-8 Pattern* - one direction then opposite

c) Use *Tapping Tree* to Identify different aspects of problem and apply protocol to each

Leaves = External symptoms - Even though I have 'X' ...

Branches = Emotions related to 'X' - Negative emotions= fear, anger, shame, guilt etc

Trunk = Events of Past - Story, Elements, Pieces, Fragments in memory....

Roots = Beliefs - About what happened and your condition - Limiting Beliefs = keep you stuck or hold you back from moving forward.

Once Negative Stuck states is shifted enough - you can usually (PASS) - ie - begin moving towards change using choice Positive Action Statements to create the kind of future actions behaviors you want.

Choices Trio -Being at choice is more powerful than being the effect of past emotions, events, beliefs.

1st round - Make statements of what you want to get rid of/ not have in your life

2nd round - Statements in positive terms what you want in your life - Self Directed terms.

3rd Round - alternate negative with positive statements to more completely break patterns.