



Tapping for Emotional Freedom

These instructions are designed to go with a video demonstration by Dr. Crouch that is available [here](#).

Tapping is an easy to use self-healing tool to help you expand your emotional freedom, and it can be applied to any issue you want. Developed first in the 1970s and refined over time by many practitioners, Tapping is a foundational skill in Energy Psychology and it continues to provide results that range from encouraging to impressive. Added benefits come when you learn how to aim the tapping procedure at the richest targets, and sometimes it is helpful to have professional assistance in identifying these targets.

Tapping has only 5 brief steps and takes very little effort to learn. Once memorized, each round of it can be performed in a couple of minutes. It will take some practice, of course, but after a few tries the whole process becomes friendly and easy. You will then have a permanent tool that you can use for a lifetime.

When we have a healthy emotional response, the emotional energy flows through us and is expressed or dissipates, and then we return to a normal resting state of equilibrium. However, due to past trauma, upbringing or other factors, we can sometimes get stuck in a negative loop of thinking/feeling that is toxic or painful. Acupuncture points can be used to access the energy flows in the body and release the stuck energy so it can flow normally and dissipate, thereby returning us to greater equilibrium. Tapping is a simple process by which we focus on the disturbing thoughts/feelings while activating a specific sequence of acupuncture points to release the stuck energy. You can do it anywhere and it is free.

You may use Tapping to

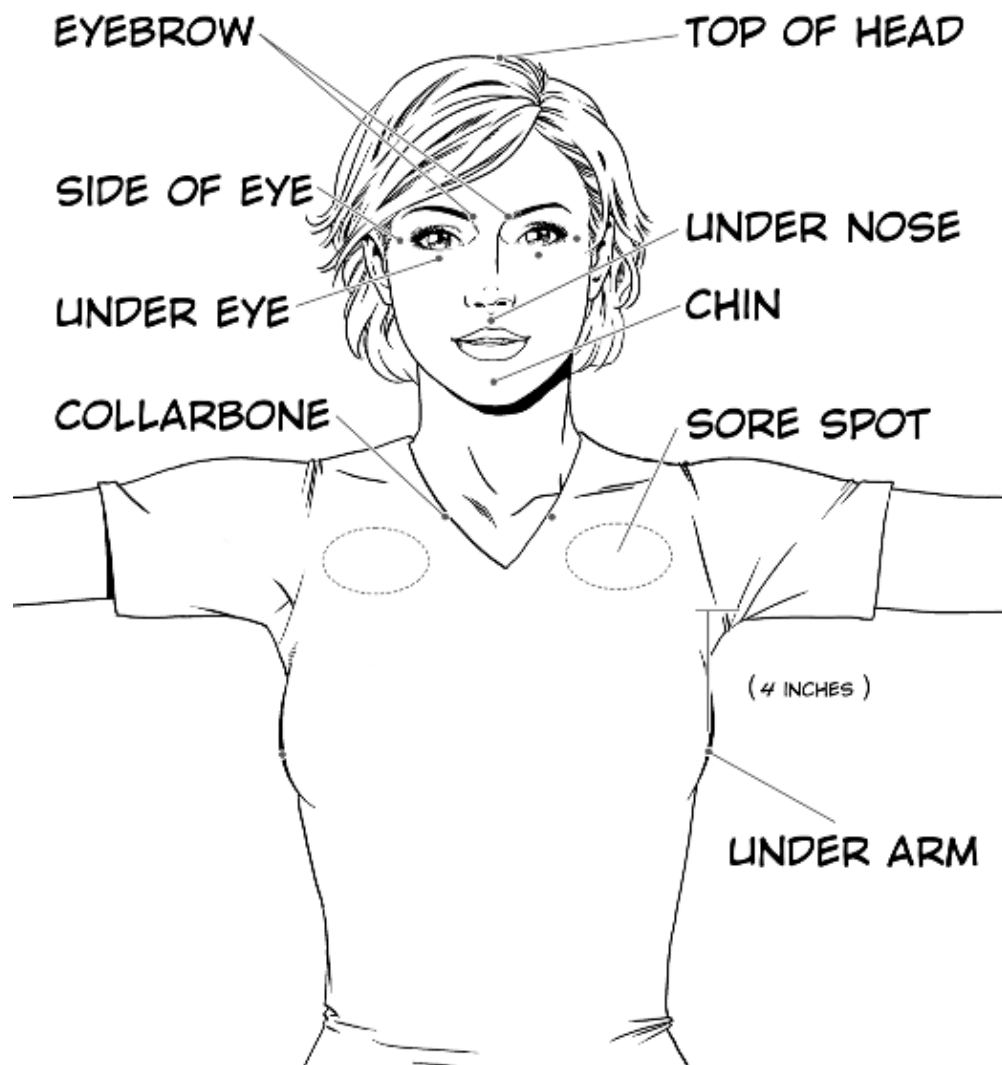
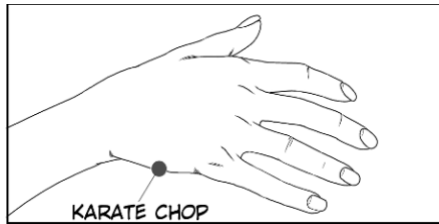
- Reduce anxiety
- Release negative thoughts/emotions
- Enhance athletic performance
- Reduce physical pain

The Tapping Points

These illustrations are self-explanatory and are demonstrated in the video. For now, just locate each of these points on your own body and touch each of them with your fingertips.



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The 5 Steps of Tapping

Step 1. Identify the Issue

All you do here is make a mental note of what ails you. This becomes the target at which you "aim" the Tapping. Examples might be: sore shoulder, my father embarrassing me at my 8-year



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old birthday party, or hitting that high singing note. Be sure you are only targeting one issue at a time as trying to combine issues will compromise your results.

Step 2. Check the Initial Intensity

Establish a before level of the issue's intensity by tuning into the issue assigning a number to it on a 0-10 scale where 10 is the worst the issue has ever been and 0 is no problem whatsoever. This serves as a benchmark so you can compare your progress after each round of Tapping. If, for example, you start at an 8 and eventually reach a 4, then you know you have achieved a 50% improvement.

- For emotional issues, you can recreate the memories in your mind and assess their discomforts.
- For physical ailments you can simply assess the existing pain or discomfort.
- For performance issues you can attempt the desired performance level and measure how close you come to it.

Step 3. Develop Your Phrase

By designing a simple phrase and saying it while continuously tapping the Karate Chop point, you let your system know what you're trying to address.

When designing this phrase there are two goals to achieve:

- 1) acknowledge the problem
- 2) accept yourself in spite of it

We do this by saying:

"Even though I have this _____, I deeply and completely accept myself".

The blank above represents the problem you want to address, so you can just insert things like:

Fear of getting sick:

"Even though I have this fear of getting sick, I deeply and completely accept myself."

Fear of financial loss:

"Even though I have this fear of financial loss, I deeply and completely accept myself."



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Past trauma (specific details):

“Even though I have this past trauma involving (specific details), I deeply and completely accept myself.”

Difficulty making free throws:

“Even though I have this difficulty making free throws, I deeply and completely accept myself.”

By using “Even though I have this _____,” you will automatically choose something that represents your experience, your reaction, or a problem that you recognize as something that belongs to you, and that is an important feature.

Do not attempt to use EFT on someone else’s problem. For example, rather than, “Even though my son is addicted to drugs, I deeply and completely accept myself,” it’s better to focus on your own reaction which might be, “Even though I’m frustrated by my son's drug addiction.” Or instead of “Even though my partner works too much...,” better to try something like, “Even though I feel alone when _____ stays late at the office...” We want to aim EFT at our part of the problem rather than trying to fix someone else’s problem.

By identifying the problem with this phrase, you activate the issue behind the scenes so the Tapping has something to resolve.

The language that we use always aims at the negative. This is essential because it is the negative that creates the energy disruptions that Tapping clears (and thus brings peace to the system). This allows our natural positives to bubble up to the top.

Step 4. The Tapping Sequence

Tapping the following series of points on the body, while saying the phrase that keeps your system tuned into the issue, stimulates/balances your body's energy pathways.

Say your phrase while continuously tapping the outer edges of your hands together (Karate Chop point). Then continue repeating the phrase as you tap the following point 5-7 times each in the following order:

1. Top of the Head
2. Inner Eyebrow
3. Side of the Eye
4. Under the Eye
5. Under the Nose
6. Chin Point



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7. Beginning of the Collarbone
8. "Sore spot"
9. Under the Arm

Step 5. Re-check the Intensity

After completing several rounds, establish an "after" level of the issue's intensity by tuning to how you are feeling now and assigning a number to it on a 0-10 scale. Compare this with the before level to see how much progress you have made. If you are not down to zero, then repeat the process until you either achieve zero or plateau at some level.