

**Be Limitless Hypnosis Presents**

**Emotional Freedom Technique  
AKA Tapping  
AKA EFT**

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# Free Bonus!

## Emotional Freedom Technique AKA Tapping Made Easy

Tapping is an extremely simple yet superbly effective tool for releasing negative emotions and feeling better in just minutes. It is performed by tapping on various meridian points similar to acupuncture points in Chinese medicine. I'm not sure if anyone knows exactly how tapping works. It has been studied and it appears to deactivate signals in the amygdala. What we do know is that it does work and it works very well.

When we have a negative thought or experience, our brain creates a negative emotion which corresponds with that thought. We may get upset with our boss or feel worried about a doctor's appointment. When we are experiencing a negative emotion, the energy of the emotion travels the energy system of the body and we may feel the emotion in our chest or stomach etc. Our brain then perceives anxiety or fear or anger in our body and begins a search to find the cause of the disturbance. It may then pull in other thoughts which match the emotion and the cycle kind of snowballs. We do know that tapping on energy meridian points dissipates the energy of the emotion. I believe it breaks the feedback loop as well.

The process is very simple. Have the client close their eyes and think about a negative or upsetting situation. Ask them what emotion they are feeling. Ask them where they feel it in their body. Ask them to rate the severity on a scale of 1 to 10 with 10 being the highest. Ask them if they have any specific thoughts coming up related to the situation.

Next, begin tapping. Below is a chart which shows you the various spots to tap on. You can add the top of the head. Some others use additional points. I can tell you from experience that it works whether you add the additional points or not and it works just as well.

As you are guiding your client to follow you as you tap, you will be saying out loud what you want their mind to process and let go of. This can be as simple as tapping while saying "letting go of the fear". However, it can be very useful to talk about any specific thoughts they have shared with you. This helps to deactivate or rewire the thought itself and not only the negative emotion it is generating. You can't mess up tapping. It just works so don't be afraid of saying the wrong thing. You may want to give your client permission to disregard anything you say that doesn't land for them. Addressing their specific thoughts or memories creates a much more targeted approach and gives them not only faster but deeper, more comprehensive relief.

What I have found to be much more effective especially in terms of lasting results to intersperse other techniques in with the tapping. If you think back to the beginning of

this course, I spoke about subconscious strategies. Subconscious strategies refer to “how” your subconscious mind creates a reaction, habit or belief. It is referencing many memories to figure out how you should react in a certain situation. For example, someone’s unconscious mind may remember a time when they got spanked for laughing in church, and a time when they were made fun of, and a time when their high school girl friend cheated on them. All of these memories may swirl around together and lead to social anxiety. It’s not always one root cause, it’s often a series of experiences with the ultimate conclusion being “I’m not safe in social situations or I’m not good enough.”

So we tap and we also ask the client for clues as to how their subconscious mind is creating this problem in the first place. By addressing those memories or clues, we begin to quickly unravel their strategy or formula for HOW to create the problem. If we successfully screw up their formula for how to feel bad, their subconscious mind literally forgets how to do it and can never recreate it the same way again. Bam! One very useful tool in changing memories with their correlating pictures and movies is to use sub-modalities. Sub-modalities as you recall are the distinctions within modalities such as visual, auditory and kinesthetic. Near or far, color vs. black and white, loud vs. silent all have a different energy and emotions associated with them. For example, if I held up a big, hairy spider right in front of your face, you would probably feel scared. If I put that same spider at the end of a football field, you probably wouldn’t feel much at all. So as you can see, changing the pictures and sounds has a huge impact on how you feel. By changing pictures, sounds and feelings, we can permanently change the subconscious strategy or formula which completely changes our reaction now and in the future.

### **Some Options to intersperse with tapping:**

**Note\*** Do a round of tapping first and in between each other process.

**Change the picture / Visual sub-modalities** - have client imagine moving the image further away, place image on a movie screen, turn the picture to black and white, make it fuzzy and dim, float high above (change perspective)

#### **Change the Sounds / Auditory sub-modalities:**

Have client identify where the sound is “located” i.e. behind them, to the left, right or in front. Turn the volume down on the troubling sound. Have them think of a peaceful sound. Have them identify where that sound is located. Turn the volume up on the peaceful sound. Have them imagine moving the negative sound, now very quiet, to the location of the peaceful sound which is now louder. The peaceful sound washes out the negative sound so they can now only hear the peaceful sound. This has the same effect as collapsing of anchors which you learned earlier.

**For a sad or painful memory:**

If the client's younger self is feeling scared or sad, have the client comfort their inner child and make them feel safe. Additionally, you may have them anchor one or two positive emotions and "give" these to the younger self while hugging them.

I created the following verbiage which allows the subconscious mind to identify and rewire the client's subconscious strategy even if they don't have any specific memories or thoughts that they are consciously aware of. Add this in anywhere during the tapping process. It really is a catch all and marvelously effective.

"I invite and allow my subconscious mind to disconnect, dissociate and disentangle all the pictures, movies, thoughts, emotions, conversations, things I made it mean, ideas and anything else from this anxiety now. I cut apart all the connections driving this formula and begin to forget now how to even feel or create anxiety ever again."

## **Tapping / Emotional Freedom Tapping Spots**

**\*Add in top of the head**

