**EFT Tapping Routine**

**Subjective Unit of Distress (SUD)**

On a scale of 0 to 10 identify the level of stress that the issue is giving you at present. Where 0 is no stress to 10 where the level is particularly high. This should be conducted before starting tapping and repeated after tapping procedure has been completed.

**Designing a set-up phrase.**

Be as specific as you can be when doing this e.g. using the name of a person or place, or describe the location where you have the feeling. The first part of the phrase acknowledges the problem and how you feel about it and the ending is your acceptance.

Set-up usually starts with “Even though…..” and ends with “I deeply and completely accept myself”.

Examples could be:

Even though I have this pain in my left hand, I deeply and completely accept myself.

Even though Tom’s behaviour upsets me, I deeply and completely accept myself.

Even though I am anxious about (*identify issue*), I deeply and completely accept myself.

Just think about how you feel and give it a brief description.

**Applying the sequence.**

Having identified the set-up phrase repeat it (out loud if you feel comfortable with that) three times whilst tapping on the Karate chop point (the outer edge of your hand).

Tapping on the rest of the points you use what is called the “reminder phrase”, this is a shortened version of the set-up phrase and could for example be, “pain in my left hand”. This keeps you focused on the problem and should be repeated as you tap on each of the points. Tap on each of the points approximately seven times.

**Sequence:**

1. Top of the head
2. Inner edge of eyebrow
3. Side of eye
4. Under eye
5. Under nose on upper lip
6. Between lip and chin
7. Collarbone (soft area where collarbone starts to curve)
8. Under arm (approx. four inches down from armpit)
9. Outside edge of thumb
10. Outside edge of index finger
11. Outside edge of middle finger
12. Outside edge of little finger

**Gamut Procedure:**

This procedure although it seems strange, is a useful brain balancing exercise. Rolling your eyes stimulates parts of the brain such as memory, imagination and internal dialogue. Counting engages the left brain and humming engages the right brain.

The gamut point itself is located on the fleshy part on the back of the hand approximately ½ inch from the knuckles of the pinkie and ring finger.

While continually tapping on the Gamut Point carry out the following steps:

1. Close your eyes
2. Open your eyes
3. Look hard down to your right (without moving your head)
4. Look hard down to your left (without moving your head)
5. Roll your eyes clockwise
6. Roll your eyes anti-clockwise
7. Hum approximately 5 seconds of any simple song
8. Count out loud and fast from 1 to 5
9. Hum another five seconds of the song

The song can be any simple song you are familiar with, such as row, row, row your boat.

Having completed the Gamut Procedure repeat stages 1 to 12 of the first part of the sequence.

At this point you should identify where on the Subjective Unit of Distress scale you are now. The whole process may be repeated until you arrive at a comfortably low point e.g. 4 or less. Some people gain a very rapid result from the procedure whereas in others it may take somewhat longer (more repetitions required) to achieve the desired result. If the first round of tapping does not resolve the issue you can use a Remaining-Phrase for subsequent sequences e.g. for the pain in my left hand Set-Up phrase the Remaining-Phrase would be, “Even though I still have some remaining pain in my left hand, I deeply and completely accept myself”.