

# Your First Tapping Miracle



## EFT TAPPING POINTS

Side of eye

Eyebrow

Under eye

Under nose

Chin

by Frauke Moebius

# Your First Tapping Miracle

A Step by Step Guide to Releasing  
Negative Emotions with EFT

by

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# Introduction

Welcome to Your First Tapping Miracle!

It is your miracle, because you will do the work, following the step by step process I will lay out for you in this guide.

First, however, a word about EFT. The letters stand for “Emotional Freedom Techniques”. The inventor of EFT, Gary Craig, wanted to offer his discovery to the whole world with no strings attached. That's why he named it Techniques, even though EFT is a powerful tool for self-help, coaching and even in therapy.

EFT is optimized for simplicity. The tapping part uses the body's meridian system known from Traditional Chinese Medicine to effect change. This is like acupuncture, but EFT doesn't use needles. Instead, we simply stimulate acupoints by tapping them gently with our fingertips. The words we use are based on modern psychology.

With EFT, you don't need to figure out what is wrong. You also don't need to figure out which meridian to tap on. We just treat them all, for a general overhaul. That's what makes EFT so useful in self-help – you always use the same protocol, no matter what the problem.

I want to add a little note of warning at this point: I'm teaching you EFT solely for self-help here. While EFT can be a great help, it does not substitute for medical attention or treatment, or a visit to your doctor if you have medical problems. Also, if you are taking prescription doses, do not change the routine without talking to your doctor first – even if you feel much better.

Having said that, it's time to get started. You'll need a pen and some extra paper (especially if you're reading this as ebook) in order to be most efficient.

Let's go!

# 1. The Set-up Phrase

The Set-up Phrase is the first part of a tapping round. In the Set-up Phrase, we state the problem and then add a positive affirmation to let our subconscious know we're not attacking it. It always helps to have the subconscious on our side, after all.

Part one of the Set-up Phrase names the problem, and it follows a specific format:

*Even though I [insert the problem], ...*

Now, it is important to be specific, and to tune in to your emotions.

Let's look at typical problems:

- *I'm angry, because the kids don't listen to me.*
- *I'm sad because someone did something to me.*
- *I'm scared of giving a presentation at work.*
- *I feel sad and lonely.*

You can see that most of those are rather unspecific. In order for EFT to be effective, you need to hone in on the problem some more. For example:

- *I'm angry because Max didn't do his homework yesterday.*
- *I'm sad because Aunt Polly forgot my birthday.*
- *I'm scared of having to give that presentation at work in front of 20 people.*
- *I feel sad and lonely because I couldn't find anyone for my online role-playing game session tonight.*

This is much more specific. Write up your problem right here (or on your piece of paper), being just as specific:

.....

Now we need the second part of the Set-up Phrase, the affirmation.

Gary Craig's original affirmation was: *... I deeply and completely love and accept myself.*

That is a wonderful affirmation full of self-love and acceptance.

Unfortunately, many people feel uncomfortable saying that about themselves. In order for EFT to work well, however, we need an affirmation that you feel comfortable with. I often use one of these:

- *..., I am okay the way I am.*
- *..., I'm doing my best anyway.*

- ..., *I'm still a good student.*
- ..., *I'm the best mom I can be.*

Think along those lines and write down which one feels best for you.

.....

In fact, write down your whole Set-up Phrase again right here. Choose your own problem, your own emotion and your own affirmation:

Even though .....

I'm .....

Well done!

Now we just have to rate the intensity of your emotion, on a scale of 0 to 10. Zero is no intensity at all, 10 equals maximal intensity and discomfort. Write down the intensity for your emotion right next to your Set-up Phrase – and don't worry about being exact. It just indicates how we're doing. Put it down here:

.....

Set-up complete! Congrats!



## 2. The Tapping Round

Now you will learn the nine tapping points I like to use and what to say while you tap on them. I will take you through them one at a time.

Some preliminary words about tapping:

You'll see that some of the points exist twice, once on the left side of your face and body, and once on the right side. It doesn't matter which side you use, as the meridians run on both sides of the body, but it's helpful to switch sides once in a while.

There is also no fixed order to tapping the points, but the one I use here is the most logical and thus easiest to remember.

You tap on each point about seven times with your finger tips. The exact number doesn't really matter, so don't clutter your brain counting the taps. Also, you tap hard enough to feel the tapping, but gentle enough so you don't hurt yourself.

It would be a good idea to practice just tapping the points while I take you through them. That way, you'll get a sense of how it feels to tap the points in EFT.

## Point 1: Inner Eye (IE)

You'll find this point where your eyebrows start, at either side of the bridge of the nose. Tap it gently, with two fingertips. I like to use the index and the middle fingers for that.



## Point 2: Outer Eye (OE)

This point is just on the outside of your eye, again on either side of the face. Be careful to tap on the bone itself, to protect your eye. This might be difficult for people wearing glasses. See if you can tap around the frame, but you might have to take them off.

## Point 3: Under the Eye (UE)

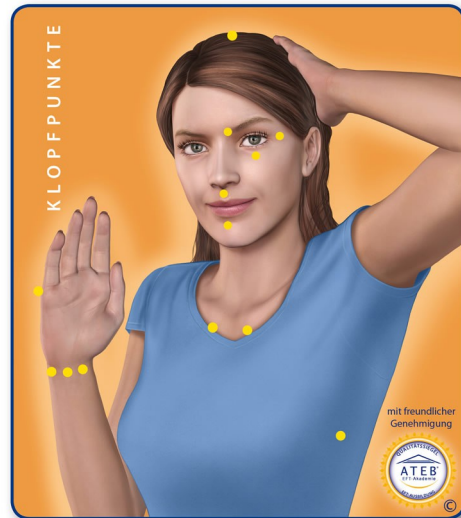
If you imagine a vertical line through your eye, the point is on that line below your eye, on either side of the face. Once again, make sure to tap on the bone, not on the soft part close to your eye.

#### Point 4: Under the Nose (UN)

This point is very easy to find: just tap on the soft part under your nose and above your upper lip.

#### Point 5: On the Chin (CP)

You can easily find the small groove below your lower lip and just above the little point of your chin.



#### Point 6: Collarbone (CB)

For these points, follow your collarbones down from the shoulder towards your breastbone. Find the round knobs that are the ends of the collarbones. Then move your fingertips down slightly so you sense the little groove just below the end knobs and to the left and right of the breast bone. Those are the collarbone points. You can tap them with two fingers each, but I like to use the index finger and thumb of one hand to tap on both of them at the same time. Try out what feels best for you.

## Point 7: Under the Arm (UA)

This point is one that is tapped by using the whole hand. Just slap the area about one handspan below the armpit.



## Point 8: Across the Wrist (AW)

You use all your fingers to slap gently across your wrist for this point. For those of you who already know EFT: This point substitutes for all the finger points and is thus a nice shortcut.

Warning: This point should be avoided during pregnancy, as it is used in some procedures to induce labor.

## Point 9: Top of the Head (TH)

This is an additional point that Gary Craig did not use in his basic recipe. I don't always use it either, but it feels nice. You tap this point by gently flicking your fingertips around the small, round flat part just beyond the crown of the head (this is not the crown chakra point).

## Words for the Tapping Round

Now that you know all the tapping points, let's do a tapping round together. In addition to the point, you need to say some words while tapping each one of them.

Let's go back and look at your Set-up Phrase again.

Find the outer side of your hand, the part a karate master would use to karate chop some bricks. That's why it's called "Karate Chop Point".

Got it? Say your Set-up Phrase three times out loud while tapping the Karate Chop Point. That's how we get the subconscious on board.

Now you have to choose your Reminder Phrase. That's created from the part of your Set-up Phrase where you mention your problem and your emotion. We need those words to stay focused while tapping.

An example would be: *This Aunt Polly Sadness*

Write down your own Reminder Phrase right here:

.....

Let's get tapping! This is going to be really easy. Just keep your Reminder Phrase where you can see it.

Move to Point 1, Inner Eye. Tap it gently and say your Reminder Phrase once.

Move to Point 2, Outer Eye. Tap it and repeat your Reminder Phrase once.

Move to Point 3, Under the Eye. Tap it and ...

I won't bore you by repeating this for all points – I'm sure you got the idea here. Go through all the tapping points on the list, tap them and say your Reminder Phrase. I'll wait for you.

If you are as quick as I think you are, you probably got bored with your Reminder Phrase at Point 4, at the latest. I hereby give you permission to change your Reminder Phrase and say something different at each point. However, it is important that you stay on topic and with the emotion you identified in your Set-up Phrase.

So, to make it more fun, exaggerate. Moan and groan. Or if you're angry, fume, hiss and cuss. Go over the top! Act out the emotions.

That'll bring you closer to your emotion and make the tapping process even more efficient.

It's possible that you might tear up a little. Just keep tapping, the intensity will go down very quickly. It's also possible you'll have to yawn. That's a sign that your body is relaxing and releasing tension – it's a good thing!

Officially, a tapping round ends when you've gone through all the points, including Point 9, Top of the Head. Personally, I like tapping through all points more than just once, with lots of variance in what I say at the points. Choose what feels best for you, then stop tapping, take a deep breath and let it out gently.

Go back to the sheet with your Set-up Phrase. Re-evaluate the intensity of your feelings, and write down the new number next to the one you put down before your tapping round.

Did it go lower? Yay! Keep reading. And tapping!

Did it go higher? All right. Time for detective work, as you're on to something. Hang in here for now, I'll talk about that in Chapter 4.

### 3. Follow Up Tapping Rounds

While it is possible to get rid of some emotions and problems with just one round of tapping, most often we need a little more work. Hang in there, Your First Tapping Miracle is just around the corner.

Before launching into the next round, we need to re-evaluate your Set-up Phrase. This helps to keep our subconscious on board, and we want that cooperation. I'm assuming you're still focused on the same problem, that your emotion has gone down in intensity but it is still the same emotion. Now change your Set-up Phrase slightly, like this:

*Even though I'm still somewhat sad because Aunt Polly forgot my birthday, I'm okay the way I am.*

Thus we're acknowledging that our subconscious has already released some of the intensity. Write out your new Set-up Phrase right here. Add the number expressing the intensity of your emotion now:

.....  
.....



Now go through another round of tapping, and then check the intensity of your emotion on this problem or issue. Write down that new number next to your Set-up Phrase.

It's possible that you still have some emotion left. For the next round, we have to change the Set-up Phrase again, like in this example:

*Even though I still have a little bit of that Aunt Polly sadness left, I love myself just the way I am.*

You can even add something like “... and I'm ready to forgive her” to the phrase – if it feels good to you. Write out your new Set-up Phrase here, and add the number expressing the intensity of your emotion:

.....

.....

Of course, you don't have to write your sentences out every time you do EFT. We do it here for practice reasons, and so that you have a record of what you did. Okay?

Go for that tapping round!

All done?

Now we're checking in again. Is there still some emotion left? Keep tapping for another round or two. Sometimes, that Five-Minute-Wonder takes ten minutes. It pays to be persistent, though.

Now, is that emotion all gone? Are you still sad about Aunt Polly missing your birthday?

Probably not. I expect you'll shrug and chalk it up to her being really busy or getting old and forgetful. At any rate, it's not your fault.

Now give yourself a pat on the back. You have learned a new technique that can help you deal with the daily irritants and emotional roller-coasters.

## 4. When EFT Seems not to Work

What I'm teaching you here is very basic EFT. There are a few more tricks for those times when you think that EFT didn't work. You can still get your miracle.

So your emotional intensity went up. Here's what you can do:

### 1. Check Your Emotion

Sometimes, the intensity number goes up because a different emotion surfaced during your tapping round. Maybe you're no longer sad at Aunt Polly but you're mad at her. How dare she forget your birthday?!

What emotion are you feeling right now?

If you shifted emotions, that's fine. We just need to change your Set-up Phrase accordingly, like this:

*Even though I'm now really mad at Aunt Polly for forgetting my birthday, I'm still okay the way I am.*

Write down your new Set-up Phrase here and add the number indicating the intensity of your new emotion right next to it:

.....

.....

Then do the tapping round. Allow yourself to really feel the new emotion. When you're done tapping, take a deep breath and evaluate again. Did the intensity go down? Good! Keep going until it is zero.

## 2. A New Memory Came Up

This can happen during a tapping round. Maybe you're no longer sad because Aunt Polly forgot your birthday. Maybe you're now just five years old and sad because your Daddy couldn't make it home for your birthday. That's actually a good thing. You are closer to the real reason why it's so awful when someone forgets your birthday.

Change your Set-up Phrase accordingly. (I begin to sound like a broken record, eh?) Go back to the Set-up creation pages and write up a completely new Set-up Phrase that deals with the event that came up for you. Then tap on that event.

### 3. You Have Discovered a Core Issue

This is the moment where I have to disappoint you just a little. If you're running into deep core issues, you can get stuck using just this simple version of EFT – and not have that quick miracle. It's likely you have stepped beyond the scope of this little guide. I would suggest that you get professional help, or at least read up on more sophisticated tapping routines. Even so, discovering a core issue is something to celebrate. It's the most important step on the road to happiness.

Having said that, I don't want to leave you all alone with a problem that might have come up loud and clear now. Here are two more tricks to get you into a lighter frame of mind and feeling better before you get more help.

#### 1. Take the Edge Off

The first thing you can do is to go even more simple. Be less specific. Yes, it goes against what I said before but it's helpful when an issue is too big and painful to look it straight in the eye. Use a Set-up Phrase like this:

*Even though I have this problem, I'm on a good path to feeling better.*

The Reminder Phrase would then be just *"this problem"*. Don't go into detail, don't try to get even more upset. Just stay with this simple phrase and tap it again and again.

EFT does work every time you tap. With a core issue, you need more time, especially if you're on your own and don't have an experienced therapist guide you through releasing that core issue. So keep the tapping simple and let EFT do its work gently and over time. I would still strongly suggest getting professional help.

## 2. Simple Energy Techniques (SET)

This version of tapping was developed by Steve Wells and Dr. David Lake. It's even simpler than what I described before. SET is tapping without words. That's right. Just tap round after round after round in silence. Don't bother with a Set-up Phrase. Don't clutter your mind with thinking up a perfect Reminder Phrase. Just tap those points again and again.

This works very well, but it takes longer than normal EFT. We just don't have the focus the words give us. Even so, EFT does its work,

soothing the meridians, easing your body and mind. It just takes some determination and persistence.

Please remember: EFT cannot replace a doctor's visit. Be responsible and take good care of yourself.

## 5. How EFT Helped Others

Now it's time to relax and read a few tales about how EFT helped a couple of people.

### 1. The Poor Mashed Toe

I enjoy riding horses and do so in a teaching stable. One day, a lady came up to me limping and unable to put one foot down firmly. I asked her what happened. She told me a horse had stepped on her toe. We sat down, she removed her boot (uh-oh!), and we started to tap.

*Even though my toe hurts like hell because that stupid horse stepped on it, I'm okay the way I am.*

The pain went down. I did a second round, and the pain went down further. I checked for other emotions, and found that some anger had surfaced.

*Even though I'm so angry at this stupid nag for stepping on my toe and hurting me like that, I'm okay the way I am.*



I led her through the tapping, exaggerating the anger, cussing at the horse, even though I know she loves that particular gelding dearly. Soon she was laughing. So we did one final round to remove the last bit of pain.

*Even though I still have a tiny bit of pain left, I choose to let go of it now.*

The lady had a hard time believing the result. But the pain had gone completely, she could put her boot back on without any problems (pew, sigh of relief!), and she could walk normally again.

## 2. John and his Fear of Public Speaking

John came to me for something else, but he wanted proof that EFT actually works for him. So we started tapping on his fear of public speaking.

*Even though I'm so afraid to speak in front of people, I'm okay the way I am.*

After two rounds the fear went down, but something else came up. He suddenly remembered how he had been humiliated by his father in

front of a large audience when he was just a teenager. And now John was angry.

*Even though I'm so angry at my father for doing this to me, I'm okay the way I am.*

The anger went down quickly. John realized his father had had no idea what he had done to his son. We tapped another round easing the memory of that incident.

*Even though it was a horrible experience to be exposed like that, I know now that I survived it and that I can, in fact, speak in front of people and enjoy it.*

John's feelings about public speaking completely changed. He went from being scared and nervous to feeling confident and happy when he thought about speaking to a larger group. And it took only 15 minutes.

### 3. The Migraine That Wasn't

My friend Peter came over for cooking dinner together. We started cooking, but then he sighed and said he felt a migraine coming on and

that it would ruin the evening. I sat him down in my armchair and started tapping with him.

*Even though I have this migraine coming up, I'm still a great guy.*

It didn't help much. So I asked him how he knew that a migraine was coming. He told me he could feel it rising up from his stomach.

*Even though I have this icky migraine rising up from my stomach and I hate that, I'm okay the way I am.*

We did a double round on that, and then he cocked his head in surprise. The migraine feeling was completely gone and didn't come back. We went on to enjoy a nice dinner. (This is also a nice example of how being specific really helps.)

## Share Your Own Experiences

I'd love to hear from you about your own experiences with EFT. Feel free to contact me:

Email: [fm@moebius-coaching.com](mailto:fm@moebius-coaching.com)

Blog: [www.moebius-coaching.com/wp](http://www.moebius-coaching.com/wp)

## 6. Closing Words

With this little guide, you have entered the world of EFT. But you've barely wet a toe. I would like to encourage you to practice EFT as much as possible, and to learn more.

Here are some more resources:

[www.eftuniverse.com](http://www.eftuniverse.com) (lots of case studies)

<http://www.garythink.com/> (Gary Craig's website)