

Moebius Coaching



The Tapping Phrase Generator

Your Personal Tool to Easily Create
Effective Tapping Phrases

by

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Introduction

For EFT to be really effective, it helps to create both set-up phrases and tapping phrases that are precise and to the point – and that evoke your emotions well. In order to make that as easy as possible for you, I have created the Tapping Phrase Generator.

Of course, since you will tap for yourself, you will have to provide the details for your tapping phrases. That's why this worksheet has lots of spaces for you to write in.

If you still need a reference guide for how to do EFT, please read my introduction “Your First Tapping Miracle”. You can download it for free on my website www.moebius-coaching.com

Please print out the individual sheets of the Tapping Phrase Generator and sit down with them in a place where you can be undisturbed for at least half an hour. This will give you time to focus on your problem and really make a difference with your tapping.

Even though I do my very best to support you with my materials, you still have to take responsibility for your tapping and for your results. Thank you for understanding this.

One final word of caution: If you have a traumatic background, please seek the help of a trained EFT-Practitioner to release those emotions safely. Do not attempt this on your own. Since EFT can go very deep very quickly, this is in your own interest. Thank you.

The Problem Pages

This is where you describe your problem. We'll try to dig up as much detail as we can, so you can create an effective tapping round. The aim is to “connect to your emotions and tap”. Take the time to get clear and write down your answers in the spaces.

My Problem is:

.....

.....

.....

.....

If my problem were a movie, which title would it have? Make it short and to the point.

My Problem Movie Title is:

.....

Which emotions came up when you wrote down your problem?

.....

.....

.....

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How intense are those emotions on a scale of 0-10 (max)? Write them down for each emotion:

emotion: number:

emotion: number:

emotion: number:

Which of those is the strongest? My main Problem Emotion is:

emotion: number:

If the emotion could have a color and shape, which would it be?

.....

Where in the body can you feel that emotion?

.....

And one, final question:

Open your mind and try to imagine this problem were solved in a good and pleasant way, for everyone concerned. Which emotion would you feel now? Choose a juicy, vibrant one. Add a color.

.....

.....

.....

The Generator Page

And here is where we put everything together to create a really cracking set-up phrase. This will allow you to arrow in on your emotions, bring them up and help you dissolve them.

There might be tears. There might be lots of yawning. That's okay. Those are signs that emotions and internal energies are shifting.

Here we go:

Even though I have [enter your problem movie title]

.....

and I feel it as [enter your color and shape]

.....

in [enter the part of your body where you feel it]

.....

I am okay the way I am, and I'm open to the possibility that

[enter the juicy, wonderful feeling and/or solution]

.....

And that's it! Repeat this phrase three times and then enter the tapping round itself.

The Tapping Round Pages

The information you gathered in the problem pages is used here as well. Move through the rounds fast to stay focused. And even if it seems trivial to repeat all the details, it does have an effect!

Round one:

Inner Eye Point (IE): **I have this annoying** [problem movie title]

.....

Outer Eye Point (OE): **and it makes me feel so** [emotion]

.....

Under the Eye (UE): **This stupid** [problem movie title]

.....

Under the Nose (UN): **I feel it as** [color and shape]

..... **in my** [body part]

On the Chin (CP): **And I hate it!**

Collarbone Point (CB): **This awful** [problem]

Under the Arm (UA): **This** [color and shape]

in my [body part]

Across the Wrist (AW): **And that is my problem right now!**

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Round Two (just continue through the points):

IE: I have this annoying [problem]

OE: And I hate it!

UE: And I can still feel it as [color and shape]

.....**in my** [body part]

UN: It is so annoying!

CP: But maybe I can let it go a little.

CB: That would feel so much better.

UA: I allow myself to let [my problem]

go a little.

AW: Maybe it really is possible to just let it go and allow it to flow out of my body.

Take a deep breath.

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Round Three (keep going!):

IE: Actually, it would feel a lot better to let it go.

OE: I now allow this [problem]

to soften and flow out of my body.

UE: I allow this [color and shape]

to soften and flow out of my body.

UN: I choose to let go of all this [emotion].....

CP: I allow myself to let it all go, including everything this

[color and shape] represents.

CB: I can let it go now.

UA: It feels so much better to just let go of this [problem]

.....

AW: I allow myself and I choose to let it all go.

Take a deep breath.

Round Four (almost done):

IE: I still have some of this [problem]

left in my body.

OE: But I choose to let it all go now, easily and gently.

UE: This tiny little bit of remaining [color and shape]

.....

UN: I allow myself to let it go now.

CP: That bit of remaining [emotion]

CB: I allow it to flow out of my body and dissipate.

UA: All this itty bitty remaining stuff ...

AW: I choose to let it go now. And this feels so much better.

Take a deep breath.

Final Note

Please note that this is only one way of using EFT. I have chosen this process because it is safe and not likely to trigger deep and upsetting emotions. On the other hand, this method might take a little longer to dissolve stress and problems.

When I do individual coaching, I can hone in on issues much faster, because I can also hold the space for you to go through intense emotions. This is something I do not want to put you through in a self-help situation, however.

So please be patient with yourself and invest the time to do more tapping rounds along the lines I present here. You should always aim to get to a zero on the stress scale. This offers the best chance that an issue really is gone and will not surface again.