

A computerized TAP ALONG

This Tap-Along deals with a common tappable issue for many. Often a trauma revolves around what someone did to you – or didn't do for you. Focus on that 'something' and tap along. Repeat until the event is neutralized. If the intensity is moving slowly or not at all pick a smaller 'piece' of the issue to focus on. If your issue could make your intensity very high start imagine your situation is safely in a box and start by tapping for 'what's in that box.'

Karate Chop: Even though I remember that person did that to me, I deeply and completely accept that this did happen and it affected me somehow.

Karate Chop: Even though it happened that that person did that to me, and I wish I could do something about it whatever 'something' is, and I deeply and completely accept that I have these feelings about that person did that to me.

Karate Chop: Even though it happened that that person did that to me, I deeply and completely accept that I deserve to have feelings because of all that happened and all that it meant to then and now.

Eyebrow: that person did that to me

Side of Eye: I remember that person did that to me

Under Eye: I really feel what it was like when that person did that to me

Under nose: Sometimes I remember that person did that to me and it's overwhelming

Chin: Sometimes I feel so much emotion when I remember that person did that to me and it makes me feel out of control

Collarbone: But I can't help but feel this because of that person did that to me

Underarm: I wish I could NOT feel anything when I think of that person did that to me

Top of Head: But I do feel it because that person did that to me

Eyebrow: I acknowledge that I feel these feelings because that person did that to me

Side of Eye: even if I don't like it

Under Eye: I still really feel these feelings because I have every right because of that person did that to me

Under nose: But I wonder what it would be like NOT to be effected by that person did that to me

Chin: But I don't know right now how this could happen

Collarbone: because I still feel all these feelings

Underarm: that person did that to me

Top of Head: that person did that to me

Karate Chop: Even though that person did that to me still makes me feel like this and I have lots of good reasons to feel like this because it happened, I deeply and completely accept that I have these feelings, that I have the right to feel these feelings and that they are my feeling and that's OK... and maybe I can choose my feelings in the future instead of my feelings choosing me.

Karate Chop: Even though I have these remaining feelings because of that person did that to me which I deserve to feel - I know that deep down I really wish I could let go of all these feelings so I don't have to carry them around with me all the time and I completely and totally accept myself anyway.

Karate Chop: Even though this terrible thing happened to me of that person did that to me, and I have these remaining feelings because it happened, I know that deep down I want to let it go and I don't need all this baggage, so I am proud of myself for wanting to let all this go - even if I don't do it until I am good and ready.

Eyebrow: I still feel these feelings about what happened, even though they are changing now.

Side of Eye: I still have these remaining feelings about that person did that to me

Under Eye: I have many reasons to NEVER let go because of that person did that to me

Under nose: But I am soon willing to let this go because I really don't want all this anymore

Chin: I know that when I remember that person did that to me, what is makes me feel holds me back - and I want to let it go.

Collarbone: Even if I believe someone should be punished, it's not me I want to punish.

Underarm: I am open to learning how to let go of all the bad things I feel about that person did that to me

Top of Head: I accept I feel these feelings about that person did that to me, I have every right to feel like this because of that person did that to me and I am now willing to let go of all this

Eyebrow: Even if I still don't understand

Side of Eye: and even if I don't feel like its fair

Under Eye: I still really feel like not having to carry this around with me

Under nose: Even if I have lots of reasons, I'm tired of carrying this around with me

Chin: I know that when I feel like this about that person did that to me, it holds me back - and I want to finally let it go.

Collarbone: I have endured this long enough. I have survived and I am proud I have survived.

Underarm: I am open to learning how to let go of that person did that to me

Top of Head: I know this really happened, but that was then and this is now, and I am now willing to let go of this and FINALLY NOT have to feel these strong emotions about that person did that to me.

Eyebrow: Even if I really deserve to feel strongly about that person did that to me and I have all these reasons to feel like I do because anyone would...

Side of Eye: I now can choose to let them go now

Under Eye: I am happy I can let them go when I am ready.

Under nose: I have the right to choose NOT to feel like this anymore.

Chin: I don't have to punish anyone right now and I can choose to let go all of the hold this that person did that to me has over me

Collarbone: I can release this now when I feel like it.

Underarm: I have better things to do with all that emotion.

Top of Head: I am worthy of having a choice.

Karate chop: Even though I have felt this for so long, I appreciate that I felt that because I was trying to protect myself somehow.

Karate chop: Even though it happened that that person did that to me, and it's obvious that I should feel all these emotions, I now choose to let all this go because it doesn't serve me anymore.

Karate chop: Even though I used to feel all this about that person did that to me, I know that there is a better way and I appreciate that in me.

Eyebrow: This whole thing that happened of that person did that to me, is starting to feel less troublesome now

Side of Eye: I now can choose to let this go when I am ready.

Under Eye: I am worth the freedom that NOT feeling this anymore can give me.

Under nose: I now choose NOT to feel so much when I think of that person did that to me anymore.

Chin: I know this used to be important to me and I am grateful that this somehow protected me

Collarbone: But it is time to move on and I can release this now

Underarm: I have better things to do with all that emotion

Top of Head: I am worthy of letting this go and I am happy I can finally let this go.

Eyebrow: I am safe to let this go when I am ready

Side of Eye: I now choose to let this go and feel safe

Under Eye: I am worth letting this go

Under nose: I now choose NOT to feel so much pain because of that person did that to me

anymore.

Chin: I choose not to feel so emotional when I remember that person did that to me anymore

Collarbone: I am grateful I don't need this feeling any more

Underarm: I am grateful this feeling doesn't control me any more and I choose to feel happy and free for letting this go

Top of Head: I am happy to be free of this

One of the most common concerns of 'newbies' to EFT is how to get the 'right words.' To address this concern, Karin Davidson, web master for www.EFTMastersWorldwide.com, after hundreds of hours of videoing and editing the EFT Masters (not to mention other hundreds of hours studying EFT), created a helpful – and f r e e web page where you can enter your issue – and magically have all the 'words' of a tap along created for you. What fun! Try it.
<http://www.eftwords.com/>