



# Tapping, Test, Rehearse, Reality

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## Have I Done a Good Job?

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- How do we know when our work is complete?
- Its tempting to do a couple of rounds of tapping calm things down and stop there
- Cross your fingers and hope that all will be well
- But what if you want to do a thorough job?



## T - T - R - R

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- **Tapping** – deal with what emerges, do all you can
- **Test** – go back to where you started
- **Rehearse** – try it out in your imagination
- **Reality** – take it out into the real world for “the proof of the pudding”



## Begin at the Beginning

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- "I'm nervous"
- "how do you know you are nervous"
- "There's a knot in my stomach"
- "What do you have to think about to feel that knot most strongly?"
- "The concert next week"
- "What specifically?"
- "Walking up to the piano"



## Start with the Test

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- Thinking about walking up to the piano = knot in stomach
- Measure that?
- “Think about walking up to the piano and score the knot on a scale of 0 to 10”
- “It’s an 8!”
- Now we have our End at the Beginning Test



## Tap for all the aspects you can find

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- Even though I'm so nervous walking up to the piano....
- Even though I'm scared of being nervous....
- Even though I'm afraid I won't be able to play at my best....
- Even though there may be someone important in the audience....
- Even though I always get nervous....



# Tap and Tap and Tap

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- As each aspect clears
- Measure
- Look for more
- Ask “what is the worst thing about it?”
- Or “what is it that still makes it a five?”
- Keep tapping until you can't find any more to tap on



## Now End at the Beginning

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- “So think about walking up to the piano and what happens in your stomach now?”
- “Its calm, I’m OK, I’m thinking about the piece and feeling excited, I love this piece”
- So something is different...



## Now for the Rehearsal

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- “Start the week before and run through in your mind in vivid detail, like its really happening, all the lead up to the concert and the concert itself. Take the time you need and let me know if there is anything that could bring back that old nervous feeling. Anything at all. Have a really thorough check, see it, hear it, touch it”



# Ask the Rehearsal Questions

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- “How are you different now?”
- “I’m calm and a bit excited”
- “And what has changed?”
- “I’m looking forward to playing”
- “What can you do now that you couldn’t do before?”
- “I can smile at the conductor as I walk to the piano”
- “What don’t you have to do now that you didn’t do before?”
- Take a beta blocker



## Ask the Rehearsal Questions

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- How are you different now?
- And what has changed?
- What can you do now that you couldn't do before?
- What don't you have to do now that you didn't do before?



# Rehearse for Confidence

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- The Rehearsal is designed to flush out any aspects you have missed
- If it does, go back to tapping and then test again
- The Rehearsal gives you confidence that all anticipated aspects have been cleared
- The Rehearsal gives confidence that the reality can be faced
- If it can't happen in your imagination then it can't happen in reality (and v.v.)



## Aim for Zero

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- Why do we want to aim for zero?
- Simple, reality is at least a factor of a hundred times the intensity of imagination
- $2 \times 100 = 200$
- $0 \times 100 = 0$



# Reality

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- How do we know when we have done a thorough job
- When thought, feeling and behaviour are different in reality
- Change doesn't happen in therapy
- Change happens in reality
- Jay Hayley said: "Therapy is not a solution it's a problem"



## Prepare for Reality

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- Ask your client (or yourself if you are your own client)
- How are you going to know if something really has changed?
- Can you imagine doing that? (If not then here are more aspects so more tapping)
- When are you going to do that?



# Reality Does It

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- Doing It
- Does It
- It Does It
- It Just Does It
- Doesn't It?
- And when you've Done It
- You've Done It
- And there's no going back



## T-T-R-R

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- Begin at the Beginning
- Tap, Tap, Tap
- End at the Beginning
- Test, Test, Test
- Rehearse
- Tap, Tap, Tap (if you need to)
- REALITY!



## Just Do It!

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- Gwyneth Moss EFT Master
- Loves teaching EFT at all Levels
- [www.Emotional-Health.co.uk](http://www.Emotional-Health.co.uk)
- Tap Along with her on DVDs
- [www.EFT-Helps.com](http://www.EFT-Helps.com)
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