

Total Transformation: Taking a Client from Neutral to Feeling Fantastic **By Tania Prince, EFT Master**

(Although I have written this article as if you are working with a client, it can easily be adapted for working on your own issues)

Knowing When to Stop Tapping

Often when you work with clients they will say they no longer have emotion around an issue, however their body language may well contradict their words. Rather than take the clients words solely for knowing when to stop I always also evaluate the client's body language to gauge when the tapping is a done deal.

How do you do that?

Simply ask the person, *"If there were positive learnings to be had from that event what might it be?"*

Typical examples of the learnings that may have come from events are:

- "I am very resourceful"
- "I learnt compassion and to care for others"
- "I learnt that they love me no matter what"
- "I am brave"
- "I have wonderful abilities for dealing with stress"

Once you have the answer to this question you can set the EFT up as follows:

"So even though I might still have some emotions around that event, maybe I can begin to appreciate all the positive things that I learnt from it"

So even though I might still have some emotions around that event, I learnt many good things, I learnt to be compassionate and care for others"

"So even though I might still have emotions around that event, maybe I can begin to appreciate all the good things that I have learnt that can begin to help me in a very positive way in my future"

Top of the head: *"Any remaining emotions"*

Eyebrow: *“Maybe I can begin to appreciate all the good things I learnt because of this event”*

Side of the Eye: *“I learnt about compassion”*

Under the Eye; *“I learnt about caring for people”*

Under the nose: *“I wonder how that might help me in my future in a very wonderful way”*

Chin: *“I think it made me a better person”* (Adding this in you might like to check the client agrees with you by saying, is that true)

Collar Bone: (If they agree that it is true, reinforce it) *“Yeah, I think that made me a better person, I care for people”*

Under the Arm: *“I love having compassion for people”*.

The best end point for tapping is when you can literally see the shift occur in their body language.

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