

EFT TAPPING CHECKLIST

- 1. Specific Enough- Am I being too global i.e. "My mother makes me angry" versus "I feel angry that my mother forgot my birthday last month"?
- 2. Shifting Aspects - Is there another aspect that is part of the puzzle? What part of the event am I focused on or is it another emotion or different event entirely?
- 3. Negative Statements - "Even though I feel angry" is infinitely more powerful than denying that the negative emotion is really there. What you resist persists!
- 4. Persistence - One minute miracles are rare with complex issues and you may need to tap regularly for a period of time
- 5. Dehydration- Drink water
- 6. Secondary gains present- The downside of getting over the issue may be: fear of change, loss of identity, not feeling deserving of healing
- 7. Professional help needed - There are some issues that should never be attempted without the expert guidance of a qualified EFT coach. There are also times when there are underlying physical issues that need to be addressed by a medical doctor.



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