

Simple Tapping Method (STM)

Exercise: Label It Feel It Dump It

Label Content (describe the problem):

What's bothering you? I am struggling with...

Now write down details and thoughts about the problem/stress. The more specific the better.

Label It: Label the Emotion that you feel in your body when you think of the struggle listed above. You can pick a general emotion; however, for EFT to be most effective, eventually, you need to uncover a core emotion.

Example of General Emotions: frustrated, overwhelmed, anxious, stressed, controlled, unheard

Example of Core Emotions: angry, sad, fear (of something), unloved, loss

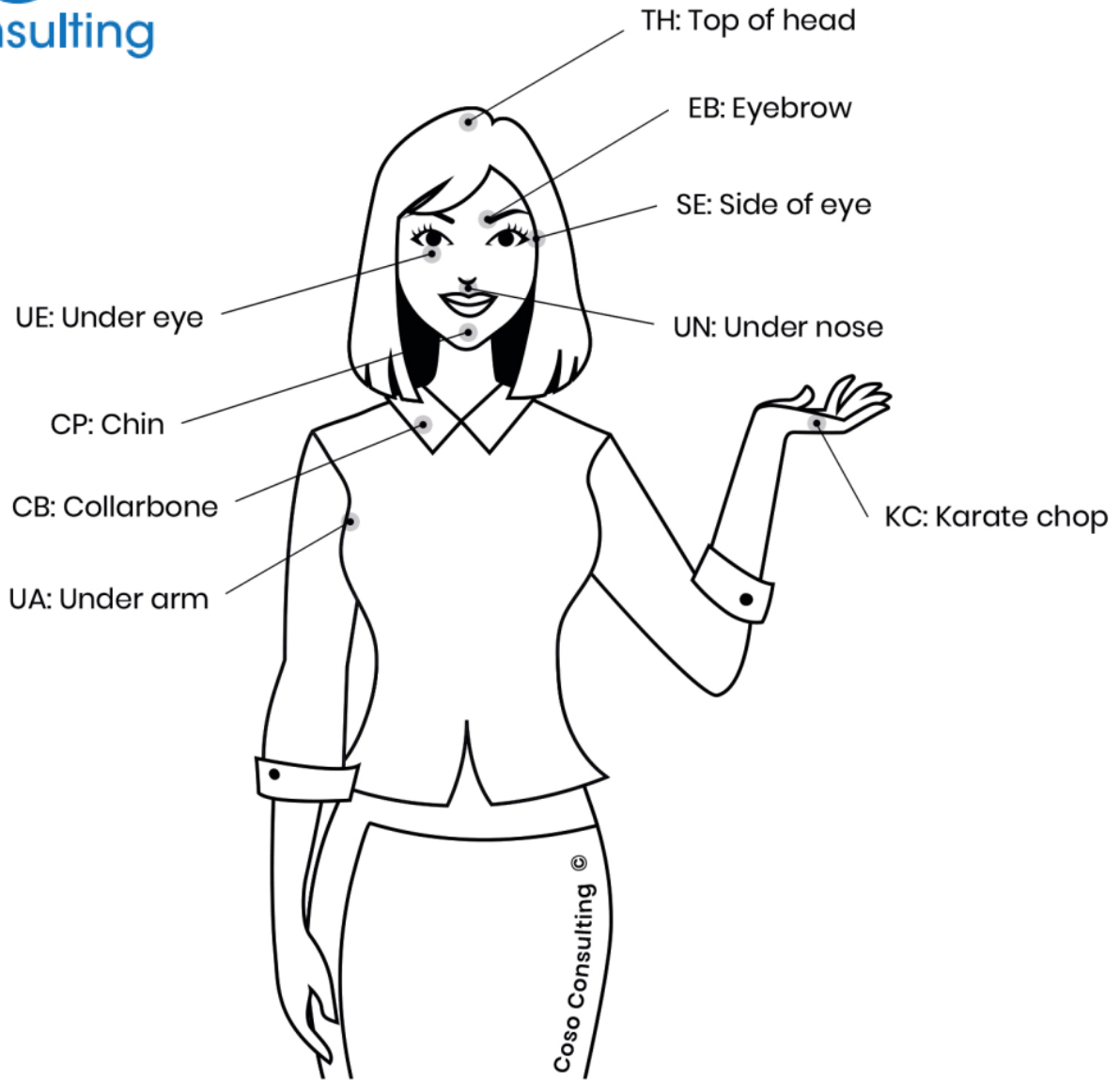
Where in the body: When I think of it (above problem) I feel a _____ (describe the sensation) in my _____ (body part: chest, heart, stomach..)

SUDS: Rate the intensity of the emotion in your body from a 1- 10 with 10 having the most charge.

SUDS number (intensity number) _____. Use this as a baseline number and then following a complete Tapping sequence compare the current intensity (SUD number) to the starting SUD.

Tapping Sequence: Now move through the tapping points (start anywhere) while reading the above details. When you are finished and if you want to end your Tapping session on positive emotions continue Tapping and say any affirmations you want: I give a voice to this emotion; I honor my feelings; I profoundly love and accept all of me; I choose to be calm and peaceful.

This is Simple EFT for Stress Relief, not Clinical EFT so it doesn't include the Set-up Statement. Simple EFT is quick, easy, and works great to get you started in self-regulation.



Want to discover the life-changing benefits of Tapping? To invite Tijana to train at your organization or to receive Tijana's newsletter, visit www.CosoConsulting.com.



About Tijana, BA, MA, EFT Certified

Tijana is a Stress Relief Expert, Speaker & Workshop Leader. Using Emotional Freedom Technique (EFT)/Tapping, She offers live experiential programs for staff-development, continuing-education and retreats. Her EFT expertise is also utilized to assist with trauma informed care, secondary trauma, unconscious bias and with those battling addiction. Her corporate work addresses unconscious bias as it relates to successful work teams, attitude and managing people. Tijana uniquely provides Continuing Education Credits across the nation, which very few EFT Trainers offer.