



How to Tap

with Jessica Ortner

1. Pick a target. Be very specific about what you want to work on. For instance, "The frustration I have over this project at work."
2. Scale your emotion or physical discomfort on the scale from 0 to 10, where 10 represents the most discomfort and 0 represents no discomfort.
3. Create your setup statement. "Even though I (have this problem), I deeply and completely accept myself."

Examples:

"Even though I have this throbbing aching pain in my lower back, I deeply and completely accept myself."

"Even though I'm really angry because my boss didn't approve my idea, I deeply and completely accept myself."

4. Tap on the karate chop point while you say the setup statement three times.
5. Move to tapping through the points (illustrated on page 2) while using the reminder phrase. A reminder phrase contains the words you use while tapping on the points on the face and the body. It helps you stay focused on the energy you need to clear. It's not about your wording, this is about being honest and saying how you feel as you tap. The words should reflect your emotions.

Examples:

"this throbbing back pain" or

"this frustration over not getting the promotion."

6. Once you've tapped through the points, Take a deep breath in and check in to see how you feel. On a scale of zero to ten, how did the feelings change?
7. Be persistent! Continue tapping until the intensity comes down. Often an underlying emotion may surface. Feel free to shift the tapping to the feeling that has the strongest charge.
The key to getting results is to be very specific when you target the problem.

Here are some questions you can ask yourself to discover the best tapping target.

What's the downside of getting what I want?

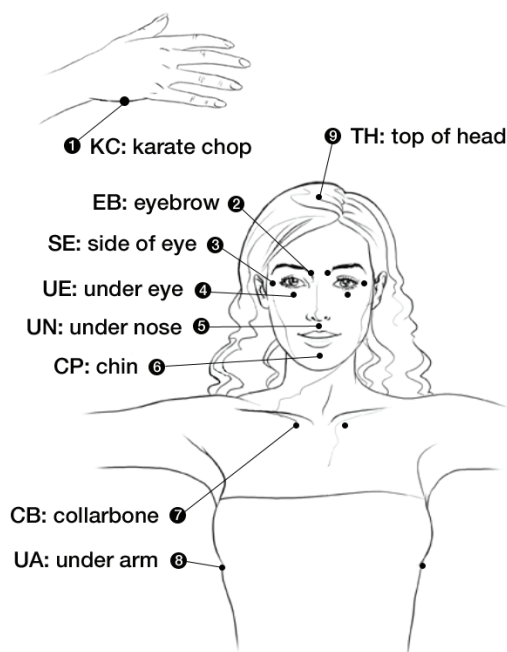
How does it serve me to stay how I am?

Whom do I blame for this problem in my life?

What might I have to deal with if this problem was resolved?

The answers to these questions then become the words you tap on.

The Emotional Door to Physical Healing



Stress and other negative emotions drain our immune system. When your body is no longer trying to survive under all the stress it can go back to doing what it is meant to do, recover and heal.

When tapping on a pain you can begin by just focusing on the symptom while you tap.

The more specific you can be the better.

Instead of saying “This back pain” you can say “This sharp pain in my lower back that I feel at night.” If that doesn’t work or you improve but still remain in pain, take the emotional door.

Ask yourself the following questions to find the emotions that may be contributing to the pain. The answer becomes your setup statement, and the feelings about it become your reminder phrase.

- What was going on in my life when this pain began?
- If this pain was a metaphor for something in my life what would it be?
- What limiting beliefs do I have about this pain?
- What would I have to do if I recovered?
- What is the downside of recovering from this symptom?

For example- I have trouble saying no. If I recover from this pain I wouldn’t have a reason to tell others I cant or don’t want to do something.

Setup statement would become, “Even though I don’t want to recover because I have trouble telling others I don’t want to do something, I accept myself and how I feel.”

Take the answers to these questions and begin tapping. Experience the results for yourself!



JESSICA ORTNER is the NY Times bestselling author of “The Tapping Solution for Weight Loss and Body Confidence” and producer of The Tapping Solution, the breakthrough documentary film on EFT tapping. She has led more than 5,000 women through her revolutionary Weight Loss and Body Confidence online program, and she is also the host of The Tapping World Summit, an annual online event that has attracted more than 1,000,000 attendees from around the world.

She has been interviewing experts in the personal development field since 2007, having conducted over 200 broadcast interviews to date. Follow Jessica on Twitter @JessicaOrtner and on Facebook at facebook.com/followingJessicaOrtner.