

# EFT TAPPING

**KARATE CHOP POINT**

(Can tap with 1 finger or many)



**EYEBROW ("INSIDE")**

**"OUTSIDE"**



**UNDER EYE**

**ABOVE LIP**



**BELOW LIP**

(Can tap with 1 finger or 2)



# EFT TAPPING

**COLLAR BONE**



-OR- "Butterfly" for bilateral stimulation



**UNDERARM**



**TOP OF HEAD**



## Example EFT Tapping phrases by Chakra

**Root Chakra:** Even though I sometimes feel unsafe and unstable, I deeply and completely accept myself. I release this feeling of insecurity and choose to feel grounded. I am safe, secure and stable.

**Sacral Chakra:** Even though I sometimes feel shame around my needs, I accept myself completely. I allow myself to feel deserving of pleasure and abundance. My desires are healthy and valid.

**Solar Plexus Chakra:** Even though I sometimes doubt myself, I know that I am worthy. I let go of feelings of inadequacy and embrace my inner power. I am confident, capable and strong.

**Heart Chakra:** Even though heartbreak has caused me pain, I forgive and open my heart again. I release the energy of past hurts and choose to receive love. My heart is open and I am ready for healthy relationships.

**Throat Chakra:** Even though it's hard to speak my truth, I trust I have an important voice. I open my throat to express myself with clarity and compassion. I communicate my truth with ease.

**Third Eye Chakra:** Even though I sometimes feel confused about my path, I trust my inner wisdom. I release overthinking and embrace intuitive clarity. I am guided by divine insight.

**Crown Chakra:** Even though I sometimes feel disconnected from spirit, I know I am always connected to source. I open fully to guidance, inspiration and my divine nature. I am one with the divine flow of life.

# Advanced: *tap & tell* with IFS



## How do we add IFS?

Remember, it's key to keep a stream of tapping and vocalization going rather than over-analyzing. The idea is to step through the 6F's of IFS while using **Tap and Tell**. These steps are flexible and not always linear. The 6 F's are:

1. **Find:** Identifying a part within oneself that is seeking attention or is active.
2. **Focus:** Concentrating on this part to understand it better.
3. **Flesh Out:** Delving deeper to comprehend the full nature of this part, including its emotions, thoughts, and physical sensations.
4. **Feel Toward:** Assessing one's feelings towards this part, which helps to gauge the presence of Self-energy.
5. **Befriend:** Establishing a positive, understanding relationship between the Self and the identified part.
6. **Fear:** Addressing any fears or concerns that the part might have, particularly about what might happen if it changes its behavior.

# Advanced: *tap & tell* with IFS



## **What is *Tap and Tell*?**

The *Tap and Tell* process in EFT involves tapping on the standard EFT acupressure points while verbally sharing your thoughts, feelings or story. Rather than using set statements or affirmations, you simply talk openly about what is coming up for you in the moment. The goal is to tap continuously while expressing whatever you are feeling or thinking, even if it seems random or disjointed. This allows the process to unfold organically, following the flow of associations and insights as they arise.

- It's key to keep a stream of tapping and vocalization going rather than over-analyzing.
- You may notice new perspectives and emotions surfacing as you tap and tell.
- Stay with whatever is present, using the tapping to release negativity and deepen self-understanding.
- Let the tapping help the narrative flow, both expressing and transforming the emotions.
- Keep going until you feel a shift and sense of relief around the issue.
- End by taking a deep breath and bringing yourself back to a grounded, centered state.

**BETTER & BETTERER**

# Advanced: *tap & tell* with IFS



## **Root Chakra:**

I welcome the part of me that feels unsafe and unstable, I deeply and completely accept accept all of my parts. (Use "tap and tell" to focus and flesh out from the part). I feel compassion for this part. I will do my best now to befriend this part. (Use tap and tell as you befriend the part). I will do my best now, with permission from this part to find out it's fears. (Use "tap and tell" to listen to the part's fears and have a conversation about what this part would rather be doing?). My part is releasing this feeling of insecurity and choosing to feel grounded.

## **Sacral Chakra:**

I welcome the part of me that feels shame around my needs, I deeply and completely accept accept all of my parts. (Use "tap and tell" to focus and flesh out from the part). I feel compassion for this part. I will do my best now to befriend this part. (Use tap and tell as you befriend the part). I will do my best now, with permission from this part to find out it's fears. (Use "tap and tell" to listen to the part's fears and have a conversation about what this part would rather be doing?). My part is releasing this feeling of shame and choosing to feel deserving of pleasure and abundance.

**BETTER & BETTERER**

# Advanced: *tap & tell* with IFS



## **Solar Plexus Chakra:**

I welcome the part of me that feels insignificant or self-doubting, I deeply and completely accept all my parts. (Use "tap and tell" to focus and flesh out from the part). I feel compassion for this part. I will do my best now to befriend this part. (Use tap and tell as you befriend the part). I will do my best now, with permission from this part to find out it's fears. (Use "tap and tell" to listen to the part's fears and have a conversation about what this part would rather be doing?). My part is releasing this feeling of inadequacy and embracing my inner power.

## **Heart Chakra:**

I welcome the part of me that feels hurt, rejected or betrayed, I deeply and completely accept all my parts. (Use "tap and tell" to focus and flesh out from the part). I feel compassion for this part. I will do my best now to befriend this part. (Use tap and tell as you befriend the part). I will do my best now, with permission from this part to find out it's fears. (Use "tap and tell" to listen to the part's fears and have a conversation about what this part would rather be doing?). My part is releasing this heartbreak and opening to love.

# Advanced: *tap & tell* with IFS



## **Throat Chakra:**

I welcome the part of me that feels like my truth wasn't heard, I deeply and completely accept all my parts. (Use "tap and tell" to focus and flesh out from the part). I feel compassion for this part. I will do my best now to befriend this part. (Use tap and tell as you befriend the part). I will do my best now, with permission from this part to find out it's fears. (Use "tap and tell" to listen to the part's fears and have a conversation about what this part would rather be doing?). My part is releasing this feeling of being silenced and choosing to express my truth.

## **Third Eye Chakra:**

I welcome the part of me that feels confused about my path, I deeply and completely accept all my parts. (Use "tap and tell" to focus and flesh out from the part). I feel compassion for this part. I will do my best now to befriend this part. (Use tap and tell as you befriend the part). I will do my best now, with permission from this part to find out it's fears. (Use "tap and tell" to listen to the part's fears and have a conversation about what this part would rather be doing?). My part is releasing this uncertainty and embracing intuitive clarity.

# Advanced: *tap & tell* with IFS



## **Crown Chakra**

I welcome the part of me that feels disconnected from spirit, I deeply and completely accept all my parts. (Use "tap and tell" to focus and flesh out from the part). I feel compassion for this part. I will do my best now to befriend this part. (Use tap and tell as you befriend the part). I will do my best now, with permission from this part to find out it's fears. (Use "tap and tell" to listen to the part's fears and have a conversation about what this part would rather be doing?). My part is releasing this feeling separate and connecting to source.

**BETTER & BETTERER**