

How to know what to say

Your EFT tapping statement

WORKBOOK

by

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First, you need to find your **Most Pressing Issue (MPI)** That is the issue, problem, pain or challenge that is present in your mental and emotional space all (or most of) the time. It's the answer you get when asking "What is bothering me most right now?" or "What am I most worried/upset/sad about right now?" or "Where is the pain in my body?"

A large, empty rectangular box with a thin black border, intended for the user to write their Most Pressing Issue (MPI) response.

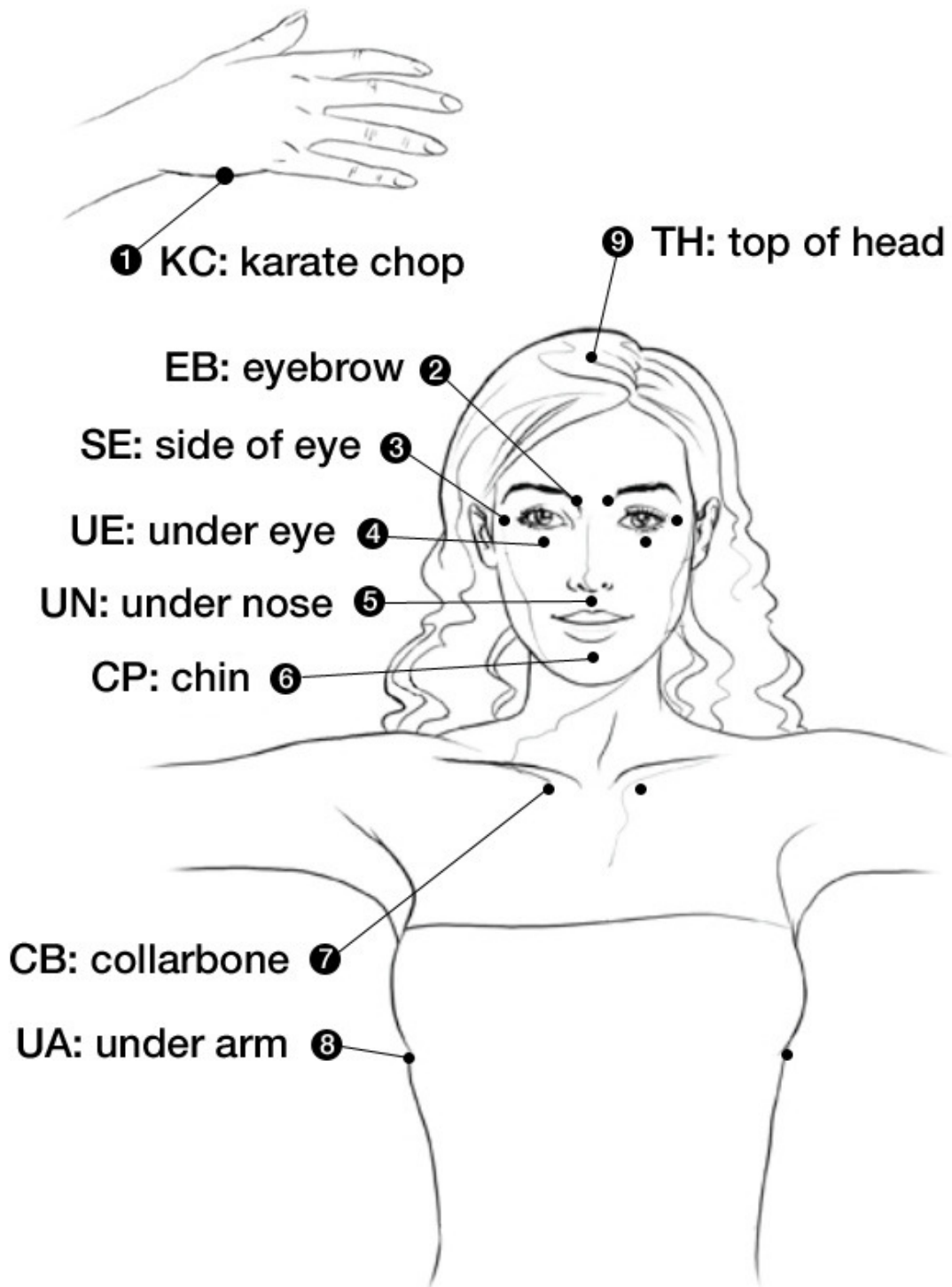
The next step is to go into a bit more detail. A very general statement would sound like this: "I'm mad at my husband." A more detailed statement would sound more like this: "I'm mad at my husband because of what he said to me last night." The more detailed your statement is, the more effective it becomes, and therefore lead to better results.

Now that you know your MPI it's time to give it a number between 0-10. This is called the SUD Scale - Subjective Units of Distress Scale, and will give you a clear picture of "before" and the "after" doing the tapping. Notice how you feel in your body and mind when you think about the issue, and give it a number between 0-10. 10 would be very distressed, very painful, or absolutely true; a 0 means no distress, pain or not true. Enter your number in the box:

And now it's time to craft your set-up statement! This is how it sounds like:
Even though _____ (enter your MPI) I deeply and completely accept myself.

Choosing a reminder phrase is simply a way for you to repeat your MPI in a shorter sentence that you will repeat while tapping the different tapping points. For example: "This anger.", "All this anger in my body.", "This anger that I'm feeling."

The next step is to say your set-up statement three times while tapping on the side of the hand. Then you repeat your reminder phrase while tapping through the 8 tapping points shown below.



Source: *The Tapping Solution* by Nick Ortner

After tapping through the points using your original reminder phrase, it's time to check in and see how you feel about the MPI right now. Write down your new number (0-10) in the box below. Maybe it has gone down, but it may also have gone up which is totally fine.

What other thoughts, emotions or scenarios showed up in your mind while tapping, if any? This will give you clues as to what to tap on next.

Tap on the issues that came up until you have reached a state of calm about it all. Keep on tapping until the SUD-number has gone down to at least 2-3. After that it's time to add the positive statements, which can sound like this:

Eyebrow: I choose to relax now.

Side of eye: I have people and resources to help me through this..

Under eye: I choose to release this anger.

Under nose: Releasing all of this anger in my body.

Chin: Letting it all go.

Collarbone: I choose to focus on the future.

Under Arm: I truly believe that I'm safe in this world.

Top of head: I choose now to let it all go.