

eft tapping worksheet

EFT Tapping Worksheet: A Practical Guide to Emotional Freedom Technique

eft tapping worksheet is an incredibly useful tool for anyone interested in exploring Emotional Freedom Technique (EFT) as a method for reducing stress, managing anxiety, or overcoming emotional blocks. Whether you're a beginner or someone already familiar with tapping, a worksheet can help guide your practice, making the process more structured, reflective, and ultimately effective. In this article, we'll dive deep into what an EFT tapping worksheet is, how to use it, and why it can enhance your tapping sessions.

Understanding EFT and the Role of a Tapping Worksheet

EFT, often called tapping, is an alternative healing method that combines gentle tapping on specific meridian points on the body with verbal affirmations. The technique is rooted in ancient Chinese acupressure and modern psychology. The goal is to release negative emotions and reduce physical discomfort by balancing the body's energy system.

A tapping worksheet is essentially a guided template that helps you pinpoint your emotions, articulate your issues, and follow the tapping sequence systematically. It acts as a roadmap for your session, making sure you don't miss important steps and helping you track your progress over time.

What Makes an EFT Tapping Worksheet Effective?

An effective EFT tapping worksheet typically includes sections that prompt you to:

- Identify the specific issue or emotion you want to address
- Rate the intensity of your feelings on a scale (usually 0 to 10)
- Write down reminder phrases or affirmations to use during tapping
- Follow a structured tapping sequence on the body's meridian points
- Reflect on changes in your emotional or physical state after tapping

By organizing your thoughts and feelings this way, you're more likely to experience noticeable shifts and maintain consistency in your practice.

How to Use an EFT Tapping Worksheet for Best Results

Using an EFT tapping worksheet doesn't require any special training, but a bit of guidance can go a long way. Here's a step-by-step approach to maximize its benefits:

Step 1: Identify Your Target Issue

Start by focusing on a specific problem or feeling that you want to work on. It could be anxiety about an upcoming event, lingering sadness, physical pain, or even self-doubt. Writing it down clearly on your worksheet sets the intention for your tapping session.

Step 2: Rate the Intensity

Next, rate how strongly you feel about the issue on a 0 to 10 scale, with 10 being the highest intensity. This helps gauge your progress as you tap because you'll be able to compare your initial rating with how you feel afterward.

Step 3: Craft Your Setup Statement

The setup statement is a key component of EFT. It usually follows the format: "Even though I have this [issue], I deeply and completely accept myself." Your worksheet might prompt you to create this phrase, which you will repeat while tapping on the "karate chop" point on your hand.

Step 4: Follow the Tapping Sequence

An EFT tapping worksheet often includes diagrams or lists of the meridian points to tap on, such as the eyebrow, side of the eye, under the eye, under the nose, chin, collarbone, under the arm, and top of the head. As you tap on each point, you repeat reminder phrases that keep your focus on the issue.

Step 5: Reassess Your Intensity

After completing the tapping rounds, rate your feeling's intensity again. You'll often find it has decreased. If not, you can repeat the process or adjust your focus based on what you wrote on your worksheet.

Benefits of Using an EFT Tapping Worksheet

Using a worksheet adds structure and mindfulness to your tapping sessions, which can lead to deeper emotional breakthroughs. Here are some notable benefits:

- **Enhanced Clarity:** Writing down your feelings helps you understand what's truly bothering you.

- **Consistency:** A worksheet encourages regular practice, which is key for lasting change.
- **Progress Tracking:** You can visually track your emotional shifts over time.
- **Focus:** Reminder phrases and prompts keep your mind from wandering during tapping.
- **Customization:** Allows you to tailor affirmations and tapping points to your unique needs.

Popular Types of EFT Tapping Worksheets

EFT worksheets come in many formats, depending on your preference and goals. Some common types include:

Printable PDF Worksheets

These are convenient for those who like to write by hand. They often include pre-printed tapping points and space for notes.

Digital Interactive Worksheets

Apps and online platforms offer interactive worksheets that can guide you through tapping with audio cues and timers.

Customized Journals

Some practitioners combine EFT tapping worksheets with journaling prompts to encourage deeper self-reflection.

Tips for Creating Your Own EFT Tapping Worksheet

If you prefer a personalized approach, making your own worksheet can be empowering. Consider including:

1. A section for your emotional intensity rating before and after tapping.
2. Space to write your setup and reminder phrases.
3. A diagram or list of tapping points for easy reference.
4. Questions to explore underlying beliefs or triggers.
5. A notes area for insights or changes you notice.

Custom worksheets can adapt as your practice evolves, making them a dynamic tool for emotional healing.

Integrating EFT Tapping Worksheets into Your Wellness Routine

Incorporating tapping worksheets into your daily or weekly self-care routine can support emotional resilience and mental clarity. Many find that pairing EFT with mindfulness techniques like meditation or deep breathing enhances the overall effectiveness.

Whether you're dealing with stress, trauma, or simply want to improve your emotional well-being, using an EFT tapping worksheet makes the process accessible and intentional. Over time, this practice can empower you to manage emotions more skillfully and cultivate a greater sense of peace.

Exploring different worksheets and adapting them to your unique needs can keep your tapping sessions fresh and impactful. Remember, the key is consistent practice combined with honest self-reflection. With the right worksheet, tapping becomes not just a technique but a journey toward emotional freedom.

Frequently Asked Questions

What is an EFT tapping worksheet?

An EFT tapping worksheet is a guided tool that helps individuals practice Emotional Freedom Techniques (EFT) by outlining tapping points, affirmations, and prompts to address specific emotional or physical issues.

How do I use an EFT tapping worksheet effectively?

To use an EFT tapping worksheet effectively, identify the issue you want to work on, follow the tapping points illustrated, say the suggested affirmations or customize your own, and tap gently on the designated acupressure points while focusing on your emotions.

Can I create my own EFT tapping worksheet?

Yes, you can create your own EFT tapping worksheet by listing the basic tapping points (such as the side of the hand, eyebrow, side of the eye, under the eye, under the nose, chin, collarbone, under the arm, and top of the head), along with personalized statements related to your specific emotional or physical concerns.

Are EFT tapping worksheets suitable for beginners?

Yes, EFT tapping worksheets are suitable for beginners as they provide clear instructions and a structured approach to learning and practicing EFT tapping techniques.

Where can I find free EFT tapping worksheets?

Free EFT tapping worksheets can be found on wellness blogs, EFT practitioner websites, and platforms like Pinterest or Etsy where some offer free downloads to help you get started with tapping sessions.

What issues can EFT tapping worksheets help address?

EFT tapping worksheets can help address a variety of issues including stress, anxiety, pain management, phobias, cravings, and emotional traumas by guiding users through targeted tapping sequences.

How often should I use an EFT tapping worksheet?

You can use an EFT tapping worksheet as often as needed, typically daily or several times a week, especially when dealing with ongoing emotional challenges or physical discomfort to help reduce symptoms over time.

Do EFT tapping worksheets include emotional assessment sections?

Many EFT tapping worksheets include sections for emotional assessment, allowing users to rate their distress levels before and after tapping to track progress and effectiveness of the tapping session.

Additional Resources

EFT Tapping Worksheet: A Practical Tool for Emotional Freedom and Stress Relief

eft tapping worksheet has emerged as a valuable resource for individuals exploring Emotional Freedom Techniques (EFT), commonly known as tapping. This self-help method combines elements of cognitive therapy and acupuncture by tapping on specific meridian points on the body. As EFT gains traction in mental health and wellness circles, the worksheet format offers a structured, accessible way to guide both novices and seasoned practitioners through the tapping process. This article delves into the utility, structure, and effectiveness of EFT tapping worksheets, analyzing their role within broader

therapeutic contexts.

Understanding EFT Tapping Worksheets

An EFT tapping worksheet is essentially a guided template designed to facilitate the tapping process. It typically includes sections for identifying the issue at hand, rating the intensity of distress, scripting reminder phrases, and noting progress post-tapping. By organizing the steps, worksheets help users maintain focus and consistency, which are crucial for achieving tangible benefits.

The worksheet acts as a bridge between abstract therapeutic concepts and practical application. Unlike free-form tapping sessions, where individuals might struggle with direction or recall, the worksheet offers a systematic approach. This structure aids emotional processing, allowing users to pinpoint specific feelings, thoughts, or memories that evoke discomfort.

Components of an Effective EFT Tapping Worksheet

A well-designed EFT tapping worksheet incorporates several key elements:

- **Issue Identification:** Encourages users to articulate the precise problem, whether it's anxiety, pain, trauma, or a limiting belief.
- **SUD Scale (Subjective Units of Distress):** Users rate their emotional intensity on a scale from 0 to 10 before and after tapping, providing measurable feedback.
- **Setup Statement:** A phrase combining acceptance and the problem (e.g., "Even though I feel anxious, I deeply and completely accept myself"). This is repeated during tapping setup.
- **Reminder Phrases:** Short, focused phrases used while tapping on specific points to maintain concentration on the issue.
- **Tapping Points Diagram:** Visual guidance on where to tap, commonly including points on the face, hands, and upper body.
- **Reflection Section:** Space for journaling insights, emotional changes, or physical sensations experienced during the session.

Such detailed worksheets not only streamline the process but also serve as a record for tracking progress over multiple sessions.

The Role of EFT Tapping Worksheets in Therapeutic Practice

While EFT is often practiced independently, therapists increasingly integrate worksheets into clinical or coaching settings. These tools assist clients in adhering to treatment protocols and enhance self-awareness. The documented progression through worksheets can also inform therapists' interventions, making therapy more collaborative and data-driven.

Research on EFT's efficacy points toward benefits in reducing anxiety, PTSD symptoms, and chronic pain. However, the method's success heavily depends on consistent and focused practice. Worksheets bolster these aspects by offering reminders and structure, mitigating common pitfalls such as drifting attention or inconsistent phrasing.

Comparing EFT Tapping Worksheets to Other Self-Help Formats

Self-help tools abound in the wellness industry—from guided journals to meditation apps. Compared to these, EFT tapping worksheets are uniquely interactive. They combine cognitive reflection with somatic action, engaging both mind and body.

Unlike meditation scripts, which rely primarily on mental focus and breathing, EFT involves physical stimulation of acupressure points. Worksheets help users remember the sequence and wording essential for tapping efficacy, which can be challenging without guidance.

In contrast to free journaling, which encourages expansive writing, EFT worksheets are concise and goal-oriented, designed to elicit direct emotional shifts. For individuals seeking tangible relief from specific stressors, this can be an efficient alternative.

Benefits and Limitations of Using EFT Tapping Worksheets

Benefits

- **Structured Guidance:** Helps beginners navigate the tapping process without feeling overwhelmed.
- **Progress Tracking:** Enables users to measure emotional intensity changes over time, fostering motivation.

- **Customization:** Worksheets can be tailored to various issues, such as trauma, addictions, or performance anxiety.
- **Accessibility:** Printable or digital formats allow easy incorporation into daily routines.
- **Self-Empowerment:** Encourages autonomy in emotional healing outside clinical environments.

Limitations

- **Potential Oversimplification:** Complex psychological issues may require more nuanced therapeutic approaches beyond worksheets.
- **Reliance on Self-Motivation:** Effectiveness is contingent on user commitment and honest self-assessment.
- **Risk of Misapplication:** Without proper guidance, users might misinterpret tapping points or phrasing, reducing efficacy.
- **Limited Emotional Depth:** Worksheets may not fully capture or resolve deep-seated trauma without professional support.

Recognizing these limitations is vital for users and professionals when integrating EFT worksheets into wellness or therapy plans.

Optimizing EFT Tapping Worksheets for Better Results

To maximize the utility of EFT tapping worksheets, certain best practices can be employed:

1. **Personalization:** Adapting the worksheet language and focus areas to individual needs increases relevance and engagement.
2. **Regular Use:** Consistent application, ideally daily or several times per week, reinforces emotional regulation skills.
3. **Combining with Professional Guidance:** Using worksheets alongside therapist-led sessions can deepen insight and safety.

4. **Integrating Mindfulness Techniques:** Pairing tapping with breathing exercises or meditation can enhance emotional grounding.
5. **Feedback Loops:** Reviewing previous worksheet entries to observe patterns or progress fosters self-awareness.

Such strategies not only improve the tapping experience but also support long-term emotional resilience.

Digital vs. Printable EFT Tapping Worksheets

The availability of EFT tapping worksheets in both digital and printable formats caters to diverse user preferences. Digital worksheets often include interactive elements—such as dropdown menus, audio guides, or video tutorials—that can enrich learning. Mobile apps provide convenience, allowing users to tap and record emotions on the go.

Conversely, printable worksheets appeal to those who prefer tactile engagement or limited screen time. Physical copies can be annotated freely, fostering a more intimate connection with the process. Choosing between these options depends on individual habits and accessibility considerations.

Future Trends in EFT Tapping Worksheet Development

As awareness of EFT expands, worksheet design is evolving to incorporate emerging trends in mental health support. Integration of artificial intelligence, for example, could tailor tapping scripts dynamically based on user input and emotional data. Virtual reality environments might simulate guided tapping sessions, enhancing immersion.

Moreover, interdisciplinary approaches combining EFT with cognitive-behavioral therapy, somatic experiencing, or neurofeedback are influencing worksheet content. This convergence aims to address complex emotional challenges with multifaceted tools.

In addition, community-based sharing platforms are enabling users to exchange customized worksheet templates, fostering a collaborative spirit within the EFT tapping community.

In essence, the EFT tapping worksheet is more than a simple form—it is a strategic instrument empowering individuals to engage actively with their emotional wellbeing. Through structured prompts and reflective spaces, it bridges theory and practice, enhancing the accessibility and effectiveness of tapping as a self-help method. As the field continues to innovate, these worksheets will likely become increasingly sophisticated, personalized, and integrated within holistic approaches to mental health.

Eft Tapping Worksheet

eft tapping worksheet: Trauma Recovery and Empowerment Workbook Cecil Cedric Larson, 2025-01-20 Recovery begins with clear thinking and rational action. Trauma Recovery and Empowerment Workbook provides over 200 worksheets and techniques rooted in CBT, DBT, and EMDR, designed to address PTSD, anxiety, and complex trauma. This resource empowers individuals to take charge of their mental health with practical, evidence-based tools that This workbook focuses on identifying irrational thoughts, replacing them with rational beliefs, and applying actionable strategies to confront challenges head-on. What this workbook offers: Proven CBT frameworks to dismantle unhelpful thought patterns and build constructive behaviours. DBT tools for emotional regulation, mindfulness, and distress tolerance. EMDR-inspired exercises to reprocess trauma and reduce its emotional charge. Techniques to reduce avoidance, address anxiety, and foster self-compassion. Clear steps for setting goals, tracking progress, and sustaining long-term recovery. This workbook is more than just theory—it's an interactive toolkit that requires active participation to challenge destructive habits and develop healthier ways of thinking. Every exercise is a step toward confronting fear, managing emotions rationally, and reclaiming control over your life. Take the first step to recovery by engaging with strategies that focus on practical results. If you're ready to embrace a life free from trauma's grip, this workbook is the tool to guide you.

eft tapping worksheet: It's Your Choice Annie Capp, 2010-10 Subtitle: Rapid, powerful and effective strategies for health, wealth and happiness - Learn to use The Iceberg Process, Emotional Freedom Techniques, the Law of Attraction and more. Only every once in awhile does something new come along that can really make a difference - this is it, don't miss it! Whether your life needs a radical overhaul or just a little tweaking, this book is for you. Often it's the simplest things which we overlook that can create miraculous change. Change doesn't have to be difficult given the proper tools and guidance. When you let your language reflect your dreams and not your limitations you too can discover your brilliance and your natural power. This book is filled with insightful, effective and easy to use techniques and exercises. Annie Cap explains clearly how to use her strategies; The Iceberg Process or TIPs, for rapid improvements in your life. She offers you fresh new twists on using the very popular Law of Attraction and the transformative tool of EFT (Emotional Freedom Techniques) so you can use them successfully for yourself. With her own tried and tested shortcuts and included worksheets you can expand your conscious awareness and uncover the opportunities surrounding you. This will allow you to move forward, unobstructed, into an abundant life of wonderful experiences of your choice. As you recognise your own personal icebergs and iceberg words, it becomes your choice to change your destructive patterns and beliefs uncovering your intrinsic inherent brilliance. Both individuals and fellow coaches will benefit from the many ideas and strategies presented here. What if every day, or even a hundred times a day your mind was clearly and concisely telling you what was keeping you from achieving your dream life, having true abundance and vibrant health? What if you knew your very words were contributing to your lack of success, depression, anxiety, pain or even ME, wouldn't you want to know about it, so you could do change it? A new amazing connection has been made between your language and the events in your life offering you the awareness and power to release yourself from vicious cycles of sabotaging negative patterns. Your good and bad experiences, beliefs, intentions and expectations are continually being reflected in your everyday choice of words. Becoming aware of these clues or signposts your mind is providing can dramatically improve your life. Using this incredibly powerful discovery and the author's strategies referred to as The Iceberg Process (TIPs) you can easily isolate both effective and negative patterns subconsciously creating or shaping your behaviour and experience. Then It's Your Choice to embrace or resolve them for good. This book offers fascinating

yet easy to apply concepts making transformation accessible and understandable to everyone. It provides real opportunity for success, healing and miraculous change. Annie Cap's discovery bridges the gap between our human day to day experience and what's now being proven in science, medicine, modern energy psychology (EP) and spiritual, universal communities (in epigenetics, quantum physics, molecular biology, neuro-science, Chinese Medicine, Acupuncture). You'll learn how to use popular EFT (Emotional Freedom Technique aka 'tapping' or MTT, Meridian Tapping Techniques) with Cognitive Therapy (CBT)) and NLP (Neuro Linguistics Programming made popular by Paul Mckenna and the universal concept the Law of Attraction for fast and efficient results.

eft tapping worksheet: The Art of Tapping Monika Marguerite Lux, 2017-05-25 The BalanCHing Method presents emotional release through The Art Of Tapping by Monika Marguerite Lux. If there were self-help techniques available that could aid in overcoming your life's obstacles, would you like to learn them? Have you been searching for a gentle way of self-healing at a deeper level? Imagine you could live your life to the fullest and find inner peace and happiness! This book is a manual on how to release even deep-seated, hidden, and trapped emotions in a very gentle and easy way. Get ready to explore the world of emotional freedom technique (also called tapping or acupuncture without needles), expressive art therapy, applied kinesiology (meridians and muscle testing), and more. Get ready to reclaim your personal power and embrace who you really are!

eft tapping worksheet: EFT: EFT Tapping Scripts & Solutions To An Abundant YOU: 10 Simple DIY Experiences To Prove That Your Mind Creates Your Life! Janet Evans, 2013-11-02 Tapping is one of the fastest and easiest ways to address both the emotional and physical problems that tend to hamper our lives. Using the energy meridians of the body, practitioners tap on specific points while focusing on particular negative emotions or physical sensations. The tapping helps calm the nervous system to restore the balance of energy in the body, and in turn rewire the brain to respond in healthy ways. This kind of conditioning can help rid practitioners of everything from chronic pain to phobias to addictions. In EFT: EFT Tapping Scripts & Solutions To An Abundant YOU 10 Simple DIY Experiences To Prove That Your Mind Creates Your Life!, the book lays out easy-to-use practices, diagrams, and worksheets that will teach readers, step-by-step, how to tap on a variety of issues. With chapters covering everything from the alleviation of pain to the encouragement of weight loss to fostering better relationships, Janet Evans opens readers' eyes to just how powerful this practice can be. Throughout the book, readers will be provided with EFT tapping scripts to overcome top 10 fears they face in life.

eft tapping worksheet: Tapping for Teachers Calabro, Elizabeth Solana Calabro Cht, 2014-03-13 Tapping for Teachers-- This workbook is for you. Elizabeth knows what it's like to have lesson plans to create and write, a classroom to organize and manage, materials to make ready and to be mentally and physically prepared to facilitate a group of children, every day. Although you love what you do and have a passion for sharing your knowledge, the amount of energy you expend and receive from your students can be overwhelming at times. Did you know that your energy sets the tone for everything you do and what happens around you? How would it feel to: walk into that interview, conference, presentation or evaluation calm and relaxed? feel in control and running on the highest energy possible? think clearly under stressful circumstances? be able to handle any of a multitude of daily interactions, events, personalities and crisis calmly and confidently? let go of limiting beliefs and mental roadblocks? be more effective in your work and in your relationships? Wouldn't it be fantastic? Wonderful? A relief? And it's so easy, you hold the tools in your hands. Based on acupressure and meridian tapping techniques, this EFT (Emotional Freedom Technique) process will restore the balance of energy in your body. Setting a positive tone in any environment, whether it's the classroom or at home, makes life flow more easily. This guide is not just for teachers but also parents, students, managers, employers, and employees. Everyone should know about this amazing technique, which will help you in dealing with a multitude of situations, personalities, emotions, temperaments and attitudes. The Tapping for Teachers workbook and guide includes: Clear instructions: Setting up the phrase(s) and tapping points Links to video instruction on-line Worksheets to create your personal tapping messages Tips and suggestions for working with kids

Resources and research links Relieve the stress, go for success

eft tapping worksheet: Heal Yourself with Emotional Freedom Technique John Freedom, 2013-05-31 Emotional Freedom Technique is a new and innovative alternative therapy that is rapidly becoming a phenomenon. It is a safe and non-invasive healing method, based on tapping acupuncture points while you focus on a particular issue. It has been shown to be effective in treating fears and phobias, performance anxiety, guilt, shame, self-sabotage, and other emotional conditions. It is also being used to enhance and improve academic and athletic performance, psychic and intuitive abilities, confidence and self-esteem, and overall health and well-being.

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eft tapping worksheet: Captive Thought Therapy Workbook Leah Lesesne, 2021-05-30 Take Every Thought Captive The struggles we face affect us body, mind, and spirit; the solutions must holistically address all parts of us as well. Captive Thought Therapy is a mind-body inner healing protocol developed by Leah Lesesne, MA. It combines elements of TFT & EFT tapping, declarations, and inner healing prayer to help you take your thoughts captive and find greater breakthroughs in emotional and spiritual health. By focusing on specific thoughts and emotions, we displace lies that have kept us stuck in faulty patterns that fall short of the abundance of health God desires for us (1 Thessalonians 5:23). We submit each thought and emotion to the authority of Jesus and allow his truth to reign over our minds, souls, spirits, and bodies. Walk Yourself through Emotional and Spiritual Healing This easy to follow workbook for personal use includes 40 individual emotion exercises, the General exercise, exercises for forgiveness and getting your head and heart to agree on truth, plus an emotional synonyms chart to help you pick an exercise and grow your emotional vocabulary. Emotions Included: General Addictive Urges Anger Anxious Thoughts Betrayal Bitterness Compulsive Thoughts Confusion Depressive Feelings Deprived Despair Discouraged Disgust Disconnect Doubt Embarrassment Fear Full Potential Frozen/Paralyzed Frustration General Grief/Loss Guilt Heightened Sensitivity Hopelessness Incompetent Insecure Jealousy Loneliness Low Self-Esteem Mood Swings Nightmares Physical Pain Powerless Rejection Resentment Self-Sabotage Shame Shut Down/Numb Stress Traumatized Vulnerable Start tapping through your feelings today! Use of this workbook does not train or certify you in Captive Thought Therapy?

eft tapping worksheet: Free to Be Happy with Energy Psychology Robert Elias Najemy, 2004-05-15 This latest revolutionary development in psychology and pain management allows people to free themselves from physical pain and such negative emotions as hurt, anger, or fear. Najemy's work gives specific guidelines and abundant examples on how to remove these obstacles to happiness.

eft tapping worksheet: Introducing Emotional Freedom Techniques Christine Moran, 2017-07-05 This title offers simple and effective techniques for emotional health and wellbeing. Emotional Freedom Techniques (EFT) is an energy therapy that is rapidly gaining recognition as a simple, yet very effective way to aid emotional and physical wellbeing. The techniques empower individuals to make their own changes in their thinking and feeling, by combining focus on an issue whilst tapping on the body's energy system. EFT provides highly flexible, easy-to-use and practical solutions for a huge range of emotional issues across all age groups. This book is a comprehensive information resource and 'how to' guide for health professionals and adults to introduce EFT into their day-to-day lives. It provides an extensive exploration of how EFT can be successfully applied to a wide range of social, emotional, behavioural and health issues. It includes case examples of phobias, fears, issues around behaviour, confidence, health issues, speech problems, depression, stress, anger, addictions, abuse, performance issues and managing pain. It offers an overview of some of the latest perspectives within neuroscience and physiology which reflect the changes that

occur naturally when using EFT.

eft tapping worksheet: *The Power of Tapping* Margaret Munoz, 2005 *The Power of Tapping* is a guide to solving problems using Emotional Freedom Techniques (EFT). You'll be guided step-by-step first on how to do EFT and then how to apply it to many different problems from fears and phobias to insomnia. It's easy to read and easy to follow - as one reader wrote it's like having a conversation with you. If you want the freedom to create physical, emotional, mental and spiritual wellbeing and enjoy greater health, happiness and success, *The Power of Tapping* will help you do that. This how-to guide to using Emotional Freedom Techniques (EFT) supplies precisely detailed instructions of how to do EFT as well as how to apply it to different aspects of life - including ones most people never think of. EFT is very easy, gentle and simple to use by people of all ages. It is a highly effective and fast acting method of creating personal transformation that is lasting. To learn to free yourself rapidly from negative emotions, physical symptoms, limiting beliefs and unwanted behaviours so you can enjoy a happier, more relaxed and fulfilling life, follow the suggestions in this book. Learn to use EFT for yourself in many different situations and circumstances that you would usually find stressful. It is easy to learn and simple to apply. Most importantly, it works! Put EFT to work in your life - order now.

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MOT, OTR/L, 2014-02-01 Keeping children's bodies, minds and emotions on task just got easier with this new book from self-regulation expert Teresa Garland. Self-Regulation Interventions and Strategies features more than 200 practical and proven interventions, strategies and adaptations for helping children gain more control over their lives. Each chapter provides rich background and theoretical material to help the reader better understand the issues our children face. Topics include: Basic and advanced methods to calm a child and to preventing outbursts and melt-downs Interventions to help with attention problems, impulse control, distractibility and the ability to sit still Stories and video-modeling for autism, along with techniques to quell repetitive behaviors Sensory strategies for sensitivity and craving Behavioral and sensory approaches to picky eating Ways to increase organization skills using technology and apps Strategies for managing strong emotions as well as techniques for releasing them

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Freedom Technique Handbook, gives you the basics to help you easily get started on your way to wellness and a more fulfilling life. EFT is an amazingly simple technique that can reduce stress, pain, depression, anxiety and other conditions. This Handbook has been designed to help you easily get started on your way to wellness and a more fulfilling life by taking you through the basic steps to identify the root of your problems and compose a phrase that will help trigger a healing response while tapping on specific points of your body. For many people, this type of self-help is enough. However, some of you will struggle to concentrate or get to the heart of what ails you. Author, Jennifer Michaels, urges you not to give up and says, When I first began tapping, my affirmations were much too vague. It took a long time for me to realize I needed to be far more specific and that's when I began to see results.

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