



The Tapping Formula

You can use the following simple formula to know what to say every time you feel a certain negative emotion in a situation and you want to tap to release the negative emotions.

It gets you to be specific about what is bothering you; it allows you to FOCUS intently on what is going on. This causes your system to focus in on the “problem” with laser beam precision.

NOTE: This formula is used for emotions that come up and you do not know what to say. It gives you the formula so you know what to say. It definitely is not all there is about EFT or tapping, it is a technique you can use to feel a bit better; to get some relief. But the tapping is symptom tapping, rather than tapping on the cause of the symptoms being there. With the Tapping Formula you are merely cutting the weeds, instead of pulling out the weeds, so to speak.

So when you are not getting optimum results, there is simply some deeper stuff in the way that needs addressing. But it's a great technique to know what to say and feel at least a tiny bit better, and sometimes feel a lot better from some simply tapping.

Step I:

When you feel any negative emotion in a situation, ask yourself:

- *What emotion do I feel most strongly?*
- *Why do I feel this negative emotion? (if you don't know, guess. If you can't even guess, just say "don't know why")*

With the answers to these questions you now know how you feel and you also know the reasons for it. Now use the below tapping formula and calm yourself down ☺

Step II:

This is the formula:

X = Emotion (Fill in the emotion that you feel)

Y = The reason (Fill in the reason WHY you feel that emotion)

Z = Location where you feel the emotion in your body (say “in my body” if you can't notice the specifics, though generally, there is a place where you feel it most strongly in your body)

*For the first 'round' of tapping (one round equals all the tapping points once) do the following:
While you continuously tap on the karate-chop point, you say:*

Even though I feel **-X-** because **-Y-** and I feel this emotion in my **-Z-**
I deeply and completely accept myself, and this emotion
Even though I feel **-X-** because **-Y-** and I feel this emotion in my **-Z-**
I deeply and completely accept myself, no matter what
Even though I feel **-X-** because **-Y-** and I feel this emotion in my **-Z-**
I deeply and completely accept myself and all my feelings

Now say the following phrase at each of the tapping points (See attached Tapping points PDF)
“I feel -X- because -Y- and I feel it in my -Z-”

For the second and subsequent 'rounds' (if you still experience negative emotion after a full round -all the tapping points once-) you continuously tap on the karate-chop point and say:

Even though I still feel some/a little -X- because -Y- and I feel this remaining emotion in my -Z-
I deeply and completely accept myself.
Even though I still feel some/a little -X- because -Y- and I feel this remaining emotion in my -Z-
I deeply and completely accept myself.
Even though I still feel some/a little -X- because -Y- and I feel this remaining emotion in my -Z-
I deeply and completely accept myself.

And you then say the following phrase at each of the tapping points (See attached Tapping points PDF)

"Remaining -X- that I feel because -Y- in my -Z-"

Example:

Say that you feel embarrassed because you tripped over your shoe lace and you feel that embarrassment in your neck and face.

You then tap like this. On the Karate Chop:

Even though I feel -embarrassed- because -I tripped over my shoe lace- and I feel this emotion in my -neck and face- I deeply and completely accept myself, and this emotion
Even though I feel -embarrassed- because -I tripped over my shoe lace- and I feel this emotion in my -neck and face- I deeply and completely accept myself, no matter what
Even though I feel -embarrassed- because -I tripped over my shoe lace- and I feel this emotion in my -neck and face- I deeply and completely accept myself and all my feelings

And then you tap over all the points saying at each point:

I feel -embarrassed- because -I tripped over my shoe lace- and I feel it in my -neck and face-

Note: Make sure that you don't just say these words, but that you really focus on the feeling.
Tapping + Focus= Relief