

# The Toilet 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.

The formula is: **focus + tapping = relief**

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 and allows you to quickly release the negative emotion.

You can use this in the moment when you are by yourself, or you can go to the toilet after you get triggered and use the opportunity to calm yourself down and reduce/clear a trigger.

I recommend you tap every single time you get emotionally triggered by something and you experience an excessive emotional response.

Check below how to do this.

*Note: Your goal should not be to eliminate all negative emotions completely, because this is simply not possible.*

*Negative emotions are healthy as they help us realise what we don't like, and they serve as a compass through life. However, when we experience excessive negative emotions to a situation, this limit our normal functioning in life, and prevents us from enjoying life.*

*These exercises and formulas are intended to have you gain emotional control, and experience healthy emotional responses. Every time you tap, you are healing (parts of) old wounds and current triggers. Each time you tap you get one step closer to emotional freedom.*

### 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? (likely, something happened, like someone entered the room, or you said something stupid, or so on. If you don't know why you feel the negative emotions, either guess or simply say "I don't know why")

With these answers you now know how you feel and you also know the reasons why.

### Step II:

Start tapping on your Karate Chop (KC) point continuously and say:

Even though I feel **X** because **Y** and I feel it **Z** I want to consider accepting my feelings.

**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)**

Now start tapping over your tapping points and say at each tapping point:

"I feel **X** because **Y** and I feel it **Z**"

*Example:*

On the KC: Even though I feel **humiliated** because **John made fun of me in front of everyone** and I feel **heat in my neck and face** I want to consider accepting my feelings.

On each tapping point say: I feel **humiliated** because **John made fun of me in front of everyone** and I feel **heat in my neck and face**

### Step III:

After one round of tapping (one round is all the tapping points once) assess how you feel.

If you feel some relief, but you are still dealing with negative emotion, tap some more rounds.

No need for tapping on the Karate Chop (KC), simply go over all your tapping points saying:

"Remaining **X** because **Y** and that I feel **Z**"

*Example:*

Remaining **humiliation** because **John made fun of me in front of everyone** that I feel **in my neck and face**

## **TROUBLESHOOTING TIPS:**

1. Make sure that you don't just say these words, but that you really focus on the feeling.

The words you say are no magic words, they're merely intended to keep you laser focused on what evokes the emotion in you.

Remember: **Tapping + Focus= Relief**

2. When your emotional intensity did not come down, you are likely dealing with resistance. Check the EFT and EFT FAQ for instructions on how to overcome resistance.

This resistance can in most cases be neutralised by simply verbalising it. Below are some of the most common resistances. Simply state the resistance phrases out loud, one after the other, while tapping over the tapping points.

Resistance clearing phrases:

I don't believe I can let go of this belief/emotion

I don't deserve to let go of this belief/emotion

It's not safe for me to let go of this belief/emotion

I'll be a different person if I let go of this belief/emotion

It's too hard for me, I can't really let go of this belief/emotion

I can never let go of this belief/emotion

This belief/emotion is part of me

I haven't got what it takes to let go of this belief/emotion

I can't let go of this belief/emotion completely

If I let go of this belief/emotion I'll lose my excuse

I refuse to let go of this belief/emotion

I can't let go of this belief/emotion for whatever reason, whether that's conscious or subconscious

I can't let go of this belief/emotion because... -fill in what you *guess* might be a reason-

*Example:*

EB: I don't believe I can let go of this belief/emotion

SE: I don't deserve to let go of this belief/emotion

UE: It's not safe for me to let go of this belief/emotion

UN: I'll be a different person if I let go of this belief/emotion

CH: It's too hard for me, I can't really let go of this belief/emotion

CB: I can never let go of this belief/emotion

UA: This belief/emotion is part of me

LP: I haven't got what it takes to let go of this belief/emotion

WR: I can't let go of this belief/emotion completely

TH: If I let go of this belief/emotion I'll lose my excuse

EB: I refuse to let go of this belief/emotion

SE: I can't let go of this belief/emotion for whatever reason, whether that's conscious or subconscious

UE: I can't let go of this belief/emotion because -fill in what you *guess* might be a reason-

After having mentioned all of the resistance phrases once, focus back on the belief/emotion and continue to tap until you are at a 0.

3. If the belief/emotion is not neutralising completely after the resistance tapping, there might be a, or some S.E.E.'s (Significant Emotional Experience; a negative life experience) that need to be treated with tapping in order to let go of all the negative emotion/belief.

You can ask yourself:

- What does X (negative emotion) remind me of?
- When is the earliest time I can remember feeling this way?

You then might come up with an experience from earlier in life where the negative emotion got stuck. You will then clear this memory completely (see instructions in the EFT section).

Use the "Clearing a S.E.E." articles to neutralise the S.E.E.'s and then come back to the negative emotion you can't release. There might be more than one S.E.E. that needs to be released. Use the clearing statements again if need be. Keep in mind that when you cannot get an emotion down, it's in nearly all cases due to either resistance or S.E.E.'s.

Once the memory is healed completely, you will likely be able to neutralise the emotion completely (take note: you might need to clear the resistance again before you're able to).