

# My Tapping Worksheet

Date: \_\_\_\_\_

Issue/Feeling or Problem I need to work on:

# EFT

My Setup statement

My Reminder Phrases:

If you are experiencing significant distress or don't know what else to do, we recommend you consult with a qualified health professional or EFT practitioner.

Intensity rating 0 to 10 where 10 is worst can imagine and 0 is none:

Round 1 – \_\_\_\_\_

Round 2 – \_\_\_\_\_

Round 3 – \_\_\_\_\_

Round 4 – \_\_\_\_\_

Round 5 – \_\_\_\_\_

If you get stuck at any particular intensity rating for several rounds then ask yourself whether something else has come up or another aspect has become more important that you may need to focus on first.

If so start again with a setup statement for this issue.



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