

Quick Tapping Tips for Stress

Dr Peta Stapleton

Tapping – The 5 Steps

1. Acknowledge there is something to change and rate distress/discomfort out of 10

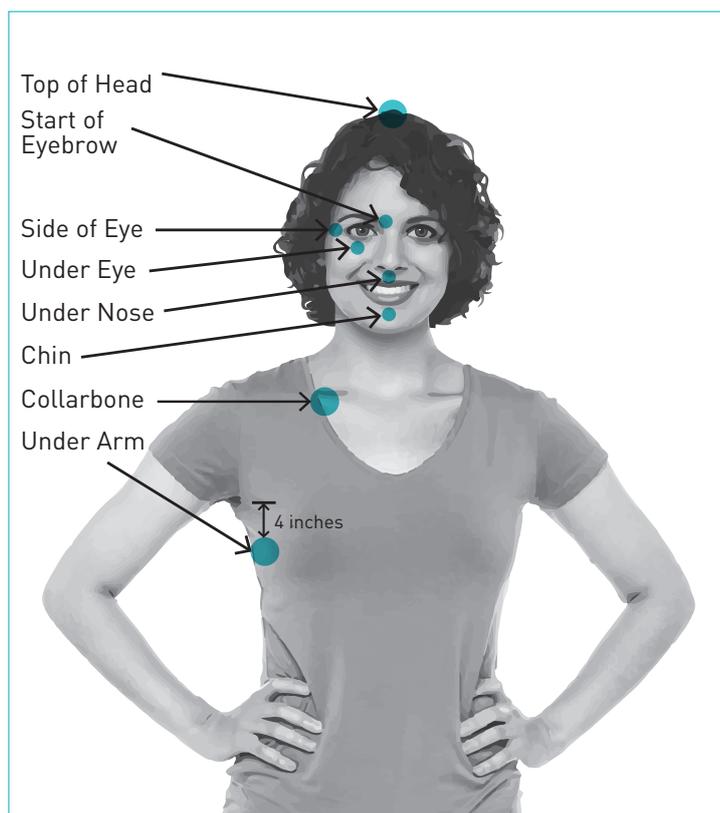
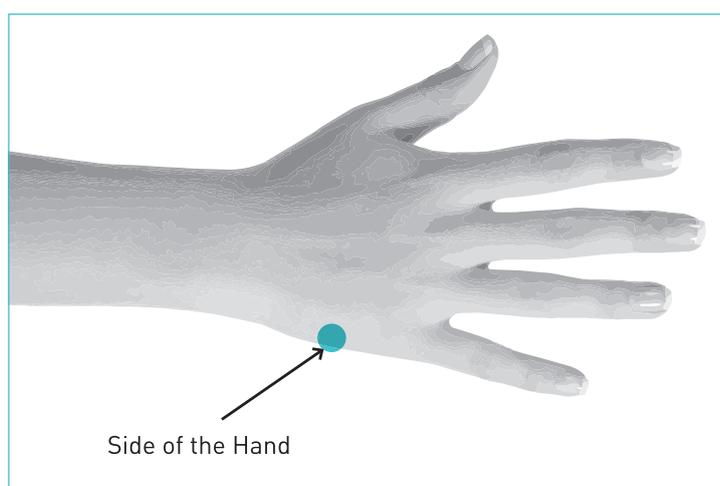
Your ratings are subjective – you can guess the number out of 10, or you just may feel a difference after tapping. The aim is to tap until you feel calmer, the number is 0–1 or you have achieved the shift you want for that tapping time.

2. State problem in setup statement while tapping on side of hand point (3 times).
3. Tap through all 8 EFT points **while saying a short reminder phrase, which is usually the main feeling or body sensation, or thought. This is to stay engaged and not drift off in your thoughts.**
4. Take a breath and re-rate your distress out of 10.
5. Tap again from the eyebrow point until rating is 0. You only need to start again with the setup statement if you want to change the topic you are tapping on.



(10 = most distress, 0 = no distress).

Tapping Points



Quick tips for Tapping on Stress

Always remember to be specific to your own physical sensation, words to describe your situation or feelings/ thoughts. Tapping works best when you are VERY SPECIFIC.

If you are feeling stressed right now (or have recently) think about how it makes you FEEL. If you can feel it in your body, where is that? If it is in your stomach, solar plexus area, head – write that down:

What do you TELL YOURSELF when you feel stressed? What thoughts are in your head (e.g. I can't cope, I am overwhelmed, There is so much to do). Write these down:

Write the level of intensity on the ideas above out of 10.

10 = most distress/feeling/sensation and 0 = completely calm.

Now let's tap.

While tapping the side of the hand point (on either hand), repeat these phrases out loud, (or change the words to fit your exact situation).

"Even though I feel completely overwhelmed at the moment, I accept myself anyway."

"Even though I feel stressed with the thought of everything I have to do, I accept how I feel."

"Even though I feel sad, depressed, lonely, overwhelmed, tired, exhausted....., I accept this is how I feel right now."

Now for the reminder phrases

Tap through each of the points from the image:

Eyebrow: "I feel so tired"

Side of Eye: "I'm feeling overwhelmed."

Under Eye: "I feel angry."

Nose: "I feel stressed."

Chin: "This is overwhelming."

Collarbone: "I am SO exhausted."

Under Arm: "I feel so much resistance."

Head: "I don't know how to change all of this."

Tap around and see how your body feels after a few rounds. Try and identify areas that might be holding tension, emotions or overwhelm. Keep tapping until you are a 0 or a 1 out of 10 (10 being the most overwhelm, and 0 being complete calm). Write down your notes to check in later.

2 Ways to use Tapping for Feeling Stressed

1. You can tap just to calm down in the moment – when you feel stressed, just tap on the physical sensations (e.g. headache, tight in chest, stomach) to introduce some calm. You can simply tap and breathe (tap on each point but just say the words 'breathe' or 'relax' as you tap – this is to just introduce a physiological calm, rather than address any problem). You may then be in a position to start tapping on what is actually happening to make you respond in that moment with a stressed feeling.
2. Use tapping to explore WHY you react in certain ways with stress. Have a think about earlier memories in your life when you may have felt stressed, in order to track the pattern of WHEN it started. You may have learnt your coping skills by watching others (e.g. parents) or because you were too young and didn't have the skills developed yet. You can tap on younger memories with the Movie Technique in EFT or Matrix Reimprinting.

Always seek the support of a professional and skilled EFT practitioner if you need support with this.

My Tapping Notes

Date: _____

Issue/Feeling or Problem I need to work on:

My Setup statement

My Reminder Phrases:

Intensity rating 0 to 10 where 10 is worst I 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.

Other things I became aware of during this tapping –

My Tapping Notes

Date: _____

Issue/Feeling or Problem I need to work on:

My Setup statement

My Reminder Phrases:

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

Round 1 –

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Other things I became aware of during this tapping –

Other Books by Dr Peta Stapleton

EFT for Teens –

<https://www.amazon.com/EFT-Teens-Peta-Stapleton-PhD/dp/1604152648>

EFT for Introverts –

<https://www.amazon.com/EFT-Introverts-PhD-Peta-Stapleton-ebook/dp/B07FP6D6GQ>

Your Mind Power: Strategies for Behavior Change –

<https://www.hybridpublishers.com.au/product/your-mind-power-strategies-for-behaviour-change>

Attract Money Subconsciously –

<https://www.amazon.com/Attract-Money-Subconsciously-Peta-Stapleton-ebook/dp/B004JZXQYO>

“EFT for Weight Loss,” chapter in Clinical EFT Handbook, Vol. 2 –

https://www.amazon.com/Clinical-EFT-Handbook-Eft-Handbooks-ebook/dp/B00HU3YAEC/ref=sr_1_2?s=books&ie=UTF8&qid=1469756038&sr=8-2&keywords=clinical+EFT+handbook+vol+2#navbar

The Science behind Tapping: A Proven Stress Management Technique for the Mind and Body (Hay House) –

https://www.amazon.com/Science-behind-Tapping-Management-Technique/dp/1401955738?mc_cid=80b2b02aa6&mc_eid=%5BUNIQID%5D

Important Note

This tapping tip outlines an impressive personal improvement tool. It is not a substitute for training in psychology or psychotherapy. The author does not assume responsibility for how the reader chooses to apply the techniques herein. The ideas, procedures, and suggestions in this book are not intended as a substitute for consultation with your professional health care provider. If you have any questions about whether or not to use EFT, consult your physician or licensed mental health practitioner.

This material is for your general knowledge only and is not a substitute for traditional medical attention, counselling, therapy or advice from a qualified health care professional. The information here is not intended to be used to diagnose, treat, cure or prevent any disease or disorder.

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About the Author

Peta Stapleton, PhD, has 25 years of experience as a registered clinical and health psychologist in Queensland, Australia. Peta has also spent the last 15 years in academia and is associate professor in psychology at Bond University. She is a published author, certified practitioner of Neuro-linguistic Programming, Timeline Therapy, and Emotional Freedom Techniques (and an EFT Universe Trainer, Levels 1 to 3). Peta is the Hay House author of *The Science Behind Tapping: A Proven Stress Management Technique for the Mind and Body*, and is Australasia's leading EFT researcher and academic.

Peta specializes in eating disorders and emotional eating, women's health, and adolescent issues, and she is a world leader and researcher in EFT. In 2014, she was awarded the Harvey Baker Research Award for meticulous research in Energy Psychology and also became a Gold Coast Business Events Ambassador for Gold Coast Tourism. In 2015, she received the Global Weight Management Congress Industry Professional Award of Excellence, and was named the Gold Coast Women in Business–Woman for Change Winner. In 2016, she was awarded the greatest contribution to the field of Energy Psychology by the Association of Comprehensive Energy Psychology. In 2018 Peta was named the Gold Coast Women in Business Innovation and technology winner for her online therapy trials and work.

Peta is on most social media and would love to connect!

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Twitter: <https://twitter.com/PetaStapleton>

LinkedIn: <https://www.linkedin.com/in/petastapleton>

Research publications:

<https://research.bond.edu.au/en/persons/peta-stapleton>

Dr. Stapleton's clinical food craving program based on research trials:

<http://www.weightmanagementpsychology.com.au/onlinecourses/tappingforweightmanagement>

Tap into a Better You apps:

Apple: <https://itunes.apple.com/au/app/tapinto/id991658832?mt=8>

Android: <https://play.google.com/store/apps/details?id=com.petastapleton.tapintoabetteryou>