



# How To Make Excellent Tapping Phrases That Are Significant

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1. What's bothering you? What's the problem? What's causing you stress?
2. Describe how it feels in your body. Where do you feel it?
3. Do you remember the first time this happened or the first time you felt this way? If so, describe the event.
4. Does the event or problem or issue remind you of something that happened to you in your past?
5. Is there an emotional reason for your problem or situation?
6. Why do you think this is happening to you?
7. Are there certain times or situations that you notice your problem is worse?
8. How would you feel, or who would you be, if you no longer had this issue?
9. Are you using this problem as an excuse for avoiding something else?
10. List the things that are holding you back from living a happy, healthy, relaxed, fulfilled, etc. life.

### **Sample Set Up Statements**

When designing the set up statement acknowledge your problem and accept yourself in spite of it.

“Even though I have this \_\_\_\_\_(your problem), I deeply and completely accept myself.”

Examples:

- For a sore body part: “Even though I have this sore back, I deeply and completely accept myself.”
- For a fear: “Even though I have this fear of snakes, I deeply and completely accept myself.”
- For a humiliation: “Even though I have this humiliation at the high school dance, I deeply and completely accept myself.”
- For something you find difficult: “Even though I have difficulty using an Excel program, I deeply and completely accept myself.”
- For general anxiety or stress: “Even though I feel this anxiety, I deeply and completely accept myself.”

- “Even though I’m anxious about my interview, I deeply and completely accept myself.”
- “Even though I’m feeling this anxiety about my financial situation, I deeply and completely accept myself.”
- “Even though I panic when I think about \_\_\_\_\_, I deeply and completely accept myself. ”
- “Even though I’m worried about how to approach my boss, I deeply and completely accept myself.”
- “Even though I’m having trouble breathing, I deeply and completely accept myself.”
- Even though I have trouble starting \_\_\_\_\_, I deeply and profoundly accept myself.”
- Even though I have trouble finishing \_\_\_\_\_, I deeply and profoundly accept myself.”

### **Sample Reminder Phrases**

During the sequence, use reminder statements. Insert your problem or issue into the blank.

- "This sore \_\_\_\_\_."
- "\_\_\_\_\_ embarrassed me."
- "This difficulty \_\_\_\_\_."
- "This fear of \_\_\_\_\_."
- "I have this \_\_\_\_\_."
- "This feeling \_\_\_\_\_."
- "My painful \_\_\_\_\_."

### **Tapping To Positive Statements Or Affirmations**

I love tapping to the positive upbeat phrases. It is another powerful way to use positive affirmations and it feels really great! You could use the list of positive affirmations provided in the or write your own. Here are some ideas to get you started:

- What do you want?
- How do you want to be?
- What direction(s) do you want your life, your situation, etc, to take?
- What do you like?

- Write the opposite of the negative statements or problems you used to do your tapping.
- If you could wave a magic wand and change anything, what would it be?
- Describe your perfect \_\_\_\_\_(life, situation, etc.).
- How do you want to feel?
- What do you want to accomplish?

## Sample Positive Set Up Statements

- “I feel \_\_\_\_\_.” (“I feel excited about my first day at my new job.”)
- “I am \_\_\_\_\_.” (“I am loved and accepted by my friends just the way I am right now.”)
- “I have \_\_\_\_\_.” (“I have a meaningful relationship with my boyfriend that is full of fun and joy.”)
- “I know \_\_\_\_\_.” (“I know I can succeed at anything I try.”)
- “I can \_\_\_\_\_.” (“I can eat healthy and nutritious food.”)

So try writing or using the sample phrases in your tapping session. Still having trouble writing your tapping phrases? I found an EFT tapping generator. Just fill in the blanks and phrases pop right up: <http://tappingqanda.com/2012/06/eft-script-generator/>

