

Tap Yourself Happy

Magnus

Introduction

Foreword

Everyone knows that positive thinking is very important, and they also know that positive thinking is a very difficult habit to keep up. The key is an easy and reliable way to remove negative thoughts from your consciousness.

Who would you be without a negative thought? How would your relationships be if you only saw the best in people? How would your life be if you only expected the best, and saw only the upside of any situation?

Pretty good, probably. Not only that, the gains would be incremental. Eliminating just a few of the negative thoughts most relevant to your daily life would lead to an immediately noticeable difference. Spending a few weeks or months permanently eliminating whatever negative thoughts arise will change your life forever.

This book describes how to do exactly that. A precise recipe is presented, and if you follow it, your life will improve.

No book can change you, it is up to you to change you. Help is available from internet forums, coaches and practice groups, but at the end of the day, you change you. No-one else can, nor should you trust the job to anyone else.

1. How to use this book

The first section of this book describes theory and the ideas behind improving your life with tapping. The rest of it is a guide to more specific areas you can apply tapping to.

The tapping technique takes ten minutes to learn. The instructions in the book are pretty clear and there is a video available online that takes you through the process.

Some people will read the book and begin applying the technique presented on their own; they may not notice results immediately but when they persist they will experience dramatic changes. Other people will read the book, but wait until they can find a one-on-one tapping coach or attend a practice group. Both approaches are equally valid; I would suggest a combination of both.

Once you are adept in the technique, each negative belief takes about 10 seconds to remove. There are two ways in which most people remove negative beliefs. The first is to tap each belief away whenever it arises in day-to-day life. You think a negative thought, spot it, and tap it away. The second way is to sit down and spend an hour discovering your negative beliefs through simple questions, and tapping one after the other. You may also write down or remember negative beliefs as they arise, and tap them in a session later if you are unable to tap them at the time.

This book suggests questions you might ask in your tapping sessions. You ask the question, and whatever answers come up, you tap them away. You literally remove the negative programming from your mind, usually for good. The questions you ask depend on which area of your life you want to work on at the time.

Some wild, exaggerated claims

This is no less than a rapid, reliable route to Enlightenment. ‘Enlightenment’ can mean a lot of different things. In this case it means freedom from suffering, having no problems in life, and detachment from your ego. It doesn’t mean being in an ecstatic state of bliss all the time, or even being completely happy all the time – only most of the time.

It doesn’t mean you won’t have an ego at all; it just means you’ll realise that your ego is not you. Your ego is your negative beliefs, as you tap each belief, you literally tap your ego away.

If you keep tapping you’ll understand what I mean. How much tapping it will take varies from person to person. If you tap for an hour each day, we’re talking a matter of weeks or months, not years or decades.

Along the way, you can tap yourself happy, confident, and to feel great more of the time. You can lift depression, eliminate stress and clear addictions.

You can achieve any goal that you want to, simply by tapping away any negative beliefs standing between you and that goal.

Everyone wants more money. Tapping can help you. Aside from tapping towards your creative goals, you can tap away all your limiting beliefs around valuing yourself and charging people.

If you're in a relationship, tapping away whatever irks you about the other person will make it healthier. If you're not in a relationship, tapping on the right things will almost magically bring the right person into your life.

It's your belief system that stops you exercising more and eating better. Believe it or not you can even lose weight just by tapping away your body's beliefs that it needs to store fat. You can also build muscle just by tapping away beliefs that you are weak.

For any skill you want to learn, whether it's playing the piano, public speaking, or computer programming, if you tap around the subject you will find yourself able to learn it faster than you ever felt possible.

Be warned, there are some side effects of doing a lot of tapping. These can include better orgasms, a stronger immune system, and a life that other people view in awe.

Test it for yourself

Don't take their word for it. The evidence for techniques like this will only ever be anecdotal. You should always view things with a critical eye, but this means testing them for yourself, not dismissing them outright. If you do not try what this book suggests, it is not because the book is false, it is because it conflicts with your negative beliefs.

Most people have beliefs that self improvement should take a long time and a lot of hard work. People believe that their negative beliefs are a part of them and if they remove them they will lose a part of themselves. This simply is not true. Your negative beliefs are just something you choose to carry with you. We hold each belief for a reason, and that reason may seem to make sense or be completely irrational. At some point each belief was helpful in protecting us, but when you find a belief getting in the way of the person you want to be, it's time to remove it.

The instructions in this book worked for me and they have worked for many others, it is your choice whether or not they work for you.

2. Negative Beliefs are your only problem

Your only problem in life is your negative beliefs. It's easy to think that it's your situation that is the problem, but it is our beliefs which give situations meaning, and that is where the problem is. Give the situation a different meaning and it is no longer a problem.

When you have difficulty achieving your goals, it is not other people or their rules which stop you, it is you, and your rules or beliefs.

I met a girl who was working as a journalist in a junior role. She took press releases off the newswire and re-wrote them into articles. She wanted to write feature articles for the Sunday papers. I asked her why she didn't, and she said "It's a man's world". That may or may not be true, but because she believes it is, she doesn't even try.

When you procrastinate, it's because negative thoughts tell you something is going to be more of a pain than it is. When you finally get round to it, you wonder why it took you so long to start. When you have difficulty concentrating on a task and get distracted, it's not because the distraction is so appealing, it's because a negative belief comes up during the task and triggers a bad feeling. The distraction is just a way of masking that feeling.

For example as a student I always had difficulty studying. I'd sit down at my desk, and within a few minutes I'd find myself thinking "I'll never understand this" and "There's too much for me to ever learn". These negative thoughts made me feel bad, and to distract myself I'd check my email, go and grab some food, or drop in on a friend.

Get the point? Good.

Beliefs are Thoughts we are emotionally attached to

So what stops you simply thinking something different? Emotion!

A thought is just a thought, you can easily change it. If I tell you I have a painting of a house on the wall in my living room, that's a thought that you can easily accept. If I now tell you that actually, it's a painting of a boat, you can easily change the thought that it's a house.

However, when emotion gets involved, thoughts become more difficult to change. It's like our brain uses emotion as a label to say "You need this thought for survival, don't change it – if you do, you'll feel bad".

Now, negative thoughts give us bad feelings. So we have the thought, get the bad feeling, and our brain thinks "Aha! That information is necessary for survival". The thought and the emotion become connected, they become a belief.

Your Beliefs are your Perceptual Filters

I apologise for using long words. A Perceptual Filter is a filter or a limitation on the way you perceive or see the world.

If you hold a belief, your brain automatically rejects any thought that conflicts with that belief. It collects and stores thoughts that reinforce your beliefs.

This is why treatments like counseling, psychotherapy, and cognitive behavioural therapy are very slow and limited in their effectiveness. All they do is explore your negative beliefs. They try and present alternative thoughts, but because those thoughts conflict with your existing beliefs, your brain rejects them.

The Matrix

We do not live in the Real World, we live in the world in our heads. That is the Matrix.

The Matrix is our beliefs. Not only do they control our behaviour, they also control the way we see the world. On the occasions that we encounter something that does not resonate with our existing beliefs we tend to disregard it. When we are forced to experience something that conflicts with our beliefs we feel uncomfortable.

Our beliefs affect us far more than anything in the real world does. Sometimes it's hard to see this, when external events apparently take over our lives and control us. Other times it's obvious, when we are fully aware that the only thing stopping us is ourselves.

A useful concept here is *Cognitive Dissonance*. Cognitive as in 'Thinking', and 'Dissonance' as in a difference or inconsistency. The theory of Cognitive Dissonance states that all stress is a result of the world in your head being different from reality. Therefore all stress, all your problems, are rooted in false beliefs.

Tapping is the answer. Any time you spot a negative belief you can tap it away. Your personal Matrix becomes that much bigger and you become freer to do what you want to do and more able to perceive the world as it truly is.

3. Tapping is the solution

Tapping removes the emotion from the belief. When this happens, you are left with a thought that you can change, merely by thinking something different.

How Tapping Works

When you tap, you repeat a phrase, basically voicing the negative belief. This brings your brain's attention to the thought, and the emotional component of the belief rises in your body.

An emotion is held in the nervous system. That's why we feel different emotions in different parts of our body. For example you might feel nervousness in your hands, stress in the back of your neck, fear in your stomach, etc.

Positive emotions are felt when nervous energy flows freely throughout the nervous system. Negative emotions are caused by blocked energy. Each different negative emotion is a particular configuration of blocked energy in the nervous system.

As you repeat the phrase you may find yourself feeling the corresponding emotion. It may be a strong emotion or it may be hardly noticeable. Either way, your nervous system is in the state it was when you had the original thought that became a belief.

As you tap particular points on your body, you send shockwaves through the nervous system that clears the blocked nervous energy. Your body literally forgets how to feel that way. The belief no longer contains emotional charge, and it becomes a thought.

This is as detailed and thorough an explanation as I have. If you hold the belief that you must know how something works in order to use it, or that it should have a scientific explanation, this book is not for you. You should also have a serious think next time you switch on an electric light.

Emotional Freedom Technique

The official name for Tapping is 'Emotional Freedom Technique'. It was invented by Gary Craig in the late eighties. It draws on Gary's experience with similar therapies including TFT (Thought Field Therapy) and Psychotherapy.

EFT has slowly gained a worldwide following over the last twenty years. It's a therapy whose time has come.

A Word on Energy

EFT is an Energy Psychology therapy. The points on the body that you tap are Meridian points as described by Chinese Medicine. Chinese Medicine describes Meridians as channels through which flows vital life energy known as Chi.

Personally I prefer to think of EFT as working in terms of the nervous system and nervous energy. Once you understand how it works there is no need to think of it as New

Age, Energy Medicine, and it is certainly not a placebo. You don't have to believe in it for it to work.

The Tapping points are detectable by measuring electrical resistance. You can buy an Electro-Acupuncture pen quite cheaply that will demonstrate this. As you run the pen over your skin it beeps, and when it hits the tapping point it beeps faster to indicate a lower resistance. There is an increased concentration of nerves at these points that conduct electricity better than the surrounding skin.

Energy Medicine is an interesting field. A great book on the subject is "Energy Medicine" by Donna Eden. I would also recommend relevant titles by Caroline Myss. There may or may not be a vital life energy. It is certainly a useful map for understanding the territory of the body.

One thing I have certainly noticed is that when this subtle energy flows, not only does nervous energy flow, also that more measurable substances like blood, oxygen, lymph and cerebral-spinal fluids tend to flow in the same or the opposite direction.

Equivalent Therapies

The process of releasing blocked energy to turn beliefs into thoughts is Letting Go. It is a natural function of the mind and body. Emotional Freedom Technique simply activates this process easily and reliably.

You'll probably find yourself Letting Go at the end of each day naturally. When your mind starts to quieten just before you sleep, your brain reviews the emotional 'traumas' that are foremost on your mind. The idea is that by examining them in a relaxed state, the emotion is naturally released. However it doesn't always work like this. The system was not designed for the emotional rollercoaster of modern life. So it needs a little help.

Any effective therapy accesses the same emotional healing mechanism.

Some therapies are more effective than others. To remove the same amount of emotional baggage, you could probably spend forever having a Reiki practitioner wave their hands around you, a decade or two in psychotherapy, your life savings on Dianetic auditing (Scientology), or a few hours of EFT.

Literally, I have been told by more than one person that two or three 3 hour sessions of Tapping was equivalent to five years of psychotherapy – by people who have had that amount of psychotherapy.

A friend of mine in Vienna, the home of psychotherapy, was told her eating disorder would take at least two years of treatment, and she may not even feel any better for it. Her mother wisely took her to a Kinesiologist for a second opinion, who said it might take two sessions. It took one.

So whether you are looking to relieve depression or unlock the limiting beliefs that hold you back from your full potential, the question is, how long do you want it to take?

4. The Convincer

The idea behind this chapter is to demonstrate to you that Tapping works. You should notice it doing *something*. Don't go past this chapter until you see that, and are prepared to invest further time tapping.

If you can't get to that point from studying this chapter, there are other resources available to help you. There is a video available online, you can hire a one-on-one Tapping Coach or attend a practice group. You can also ask for help in the forums at www.tappingforum.com.

It is not sufficient to just read this chapter. Stop whatever you are doing and sit up and work through the instructions.

Look at your body

First make yourself comfortable and free from distraction. Make sure you are feeling good, awake and clearheaded, and don't have anything interfering with the way you are feeling, such as a recent heavy meal or pharmaceuticals in your system.

Find a negative feeling you would like to be free of. Maybe a recent stressful memory, or something about someone close to you that annoys you. It could be something phobia-related, like the way you feel when you see a spider or are up high. Perhaps you want to find a strong emotion, like anger, hate, or fear, and think of something related to that.

Focus on the memory or thought that brings that feeling up in your body. Realise that you are sitting safe and comfortable right now and allow that feeling to come up and sit with it.

Write down or make a mental note describing the feeling, and be very precise:

- Where do you feel it in your body?
- On a scale of 1 to 10, how intense is it?
- If it had a colour, what colour would it be?
- Does the feeling have a shape?
- Is there a texture or sensation to it?
- Could you choose one word to describe it?

If you are unable to find a feeling, clear your emotional system using the 9-Gamut Clearing Procedure, described later in this chapter. Then try again.

Tap it away

We will use EFT to tap the feeling away. Focus on the feeling as you follow the instructions. It doesn't matter which hand you use or which side of the body you tap on.

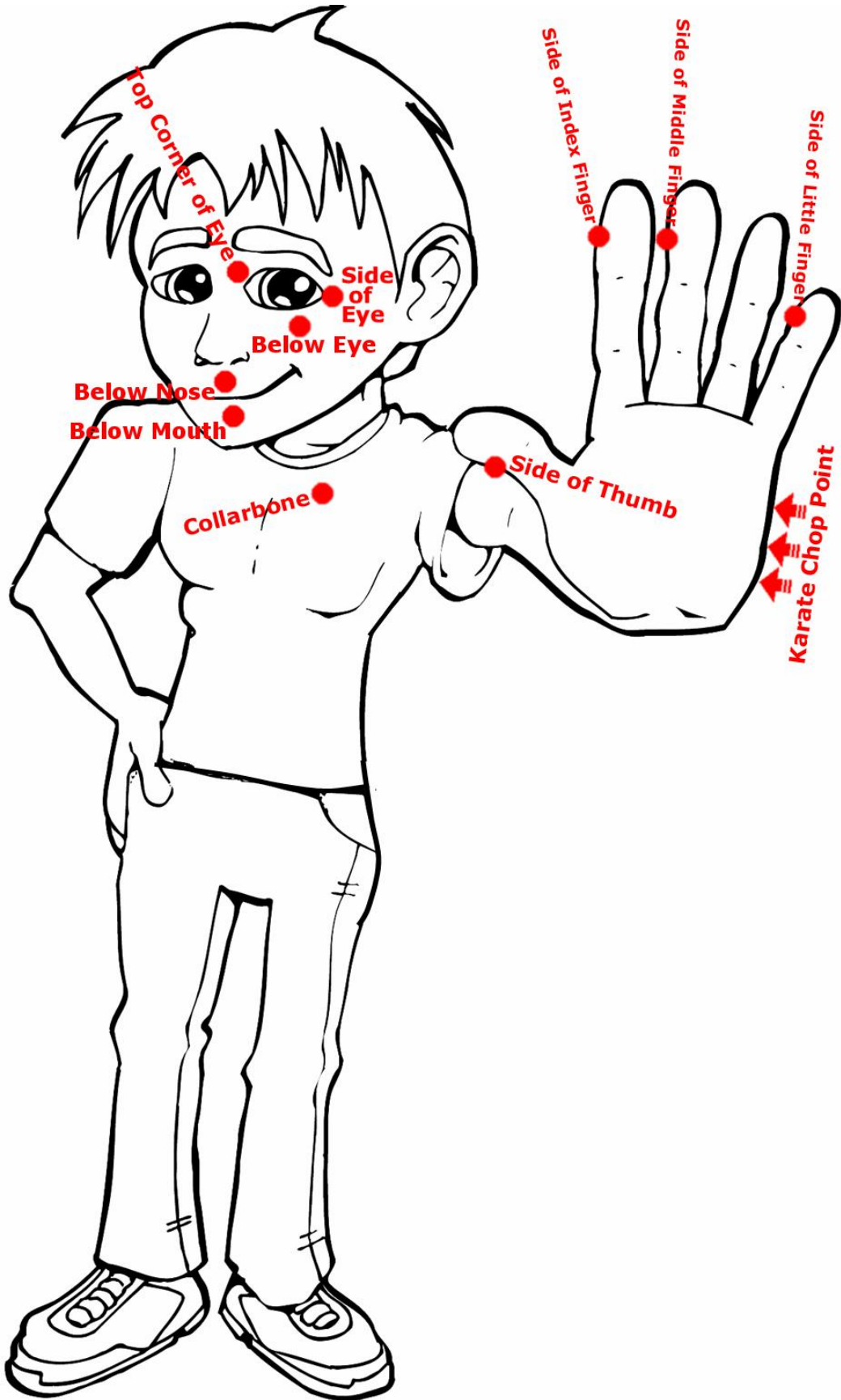
- i. Find the Karate Chop point – the point on the side of the hand where you would Karate Chop something.

Tap it while repeating “Even though I have this feeling, I deeply and completely accept myself”. Say this calmly and with feeling, two or three times while tapping the Karate Chop point.

- ii. Now just say “This feeling” once for each of the following points, which you should tap about 7 times in a row each. Don't worry about getting the precise point, as long as you get the general area, that will be fine.

1. The side of your thumbnail (on the outside of your hand)
2. The side of your forefinger nail
3. The side of your middle finger nail
4. The side of your little finger nail
5. Your collarbone
6. The indent on your chin
7. Just under your nose, above your lip
8. The corner of your eye, by the bridge of the nose
9. The opposite corner of your eye
10. On the bone under your eye

- iii. Take a deep breath and relax



Top Corner of Eye

Side of Eye

Below Eye

Below Nose

Below Mouth

Collarbone

Side of Thumb

Side of Index Finger

Side of Middle Finger

Side of Little Finger

Karate Chop Point

Look for any change

Now go back to the same feeling you had before. Think of the same thing you thought of to bring the emotion up in your body. At this point some people often say “Well I’m thinking of something different now”, which is a clear sign that the Tapping has worked.

Look for any change in the precise details you noted down before, particularly the intensity and where you felt the feeling in your body. Any change is good, it shows that the Tapping has done *something*.

For example, you may have had an intensity 8, ‘hard, red feeling’ in the front of your head, and now you have an intensity 5, ‘brown, furry feeling’ throughout your whole skull. Or maybe it was like there was a wall in front of your chest, intensity 7, and now the intensity is still 7 but it is a small stabbing feeling in the centre of your chest.

This is an indication that the original negative emotion is in fact completely removed from your mind and body. Like peeling layers of an onion, when you remove one emotional layer, the next is exposed. For any particular subject there may be many layers, but they cannot last forever. Once you tap all the layers away, that situation or person or whatever it was you were tapping on will hold no negative emotion for you.

Tapping on Beliefs

The other way to use Tapping is on the thought, instead of just on the feeling. The best way to explore this is really with another person asking you questions, but this description may help.

Think of a goal you would like to work on. Perhaps you would like to double your salary, or be able to walk up to a group of girls in the street, or just be happy. Hold your goal in mind and give the **first answer that comes to mind** when I ask you this simple question:

“What’s stopping you?”

Just go with the very first answer that comes to mind, even if it doesn’t make sense. Follow the tapping instructions as above, but instead of saying “Even though I have this feeling”, make up a phrase based on the very first answer to your question.

When you have tapped, ask the question again – you’ll come up with a different answer. Again, there may be many layers to the onion, so tap again and again until the answer is ‘Nothing’, and then that will be the truth.

For example,

Q: “What’s stopping you be comfortable public speaking?”

A: “I worry what the audience is thinking of me”

→ Tap “Even though I worry what they are thinking of me”

Q: "What's stopping you be comfortable public speaking?"

A: "There are usually people there who know more than me about a particular subject"

→ Tap "Even though they know more than me"

Q: "What's stopping you be comfortable public speaking?"

A: "I don't like the way everyone sits there looking at me"

→ Tap "Even though they sit there looking at me"

And so on, until

Q: "What's stopping you be comfortable public speaking?"

A: "um... Nothing really... the idea doesn't seem to bad any more"

5. Manual

There is no right or wrong way to use Tapping. The basic idea is

- i. Find something to tap
- ii. Tap it

You should do this as much as possible until you are getting the results you want in life.

In a focused session you can do about 100 rounds in an hour. A normal, reasonably happy person will see dramatic results in their life after about 500-1,000 rounds. A chronically depressed person may require a few thousand rounds to reach a level of functioning that most people consider normal, it is just a matter of perseverance.

The worksheets in this group describe how to find things to tap in sessions, whether you do them sitting down on your own, with a partner, or in a group. This is the best way to start tapping. As you become experienced in this and start to be more aware of how limiting beliefs hold you back, you will start to spot things to tap in your daily life. If you can, tap it there and then. If it would be inappropriate to tap it at that time, write it down or remember it, and tap it later.

Asking the right Questions

With a goal in mind, if you ask the question “What’s stopping you?”, your mind will find precisely the right answers. Sometimes when you actually find yourself in a situation where you are working towards the goal, more things to tap will turn up, but generally your imagination is good enough to find everything you need to tap. In fact, if you are thorough and specific with your question you will probably find yourself tapping more than you need to, and when it comes to real life, you will not only achieve your goal but do so effortlessly.

Making the Goal Stronger

We are so used to struggling in our lives, sometimes when we answer the question our line of thought is “well, it won’t be easy, but I guess I’ll achieve my goal”, and the conclusion is that nothing is stopping us. But this is missing out a whole load of things to tap.

The easiest way to be thorough is to make the goal stronger. For example “What’s stopping you do it *faster*?” or “What’s stopping you do it *effortlessly*?” or “What’s stopping you *be completely relaxed* when you do it?”

Breaking the Goal into Steps

Sometimes you need to make the goal more specific in order to find the right things to tap. There may be a few things stopping you move towards the overall idea of something, but just tapping those won’t be sufficient if there are beliefs stopping you achieve the first step towards the whole.

Say you are a photographer who wants to get higher paying jobs. You might break this down into several goals; Become Better at Networking, Put my Portfolio Together, Get a New Agent, Buy Better Equipment. Note that circular beliefs may show up at this point. For example you might not be able to afford better equipment until you get the higher paying jobs, but to get the higher paying jobs you feel you need better equipment. The truth is that neither belief is true – you could put the equipment on your credit card, and you don't actually need it for the higher paying jobs. But you'll only realise this after you've tapped both beliefs away. In this example, it would probably be worth splitting 'Become Better at Networking' into further component goals.

Forking off new lines of questioning

Sometimes an answer will indicate that you need to fork down a new line of questions. There are two reasons this may happen.

The first is that you are tapping away something you are worried about, without actually solving it. From the example above, "What's stopping you Become Better at Networking?" might elicit the response "I don't like approaching people". Tapping "Even though I don't like approaching people" would stop you worrying about that, but you really need to fork off a new goal "What stops you approaching people?".

The second, similar reason, is that the answer you give might just be a label for a whole collection of limiting beliefs. In this case, the answer will often come up twice in a row.

For example "What's stopping you from being Happy?" → "I'm depressed" → "Even though I'm depressed..." → "What's stopping you from being Happy?" → "I'm still depressed!"

There is no point in tapping "Even though I'm depressed" again. Instead, just ask the Tapper to "Be more specific". A new answer will arise, like "No-one likes me" or "I'm useless" etc.

Another repeat offender in this area is 'Procrastination'. Tapping "Even though I procrastinate" is pretty useless even the first time. The only reason we procrastinate anything is because there are negative feelings associated with doing it. But we label that collection of negative feelings as 'Procrastination'. The solution is to be specific, find those feelings or beliefs and tap them.

Identity

As well as removing negative beliefs that stop you *doing* things, it's also important to remove the relevant beliefs stopping you *being* what you want to be.

The biggest issue here is when you want to be something that you subconsciously don't like. For example, say you want to be wealthy. What are your actual feelings about wealthy people? When someone drives past in an expensive car do you think it's cool or are you jealous? If you have any negative feelings at all for people who are in the

position you want to be in, your sub-conscious mind is moving you away from being like them.

Another example, say you want to become more successful at Networking, but you see people who are successful at that as being manipulative and false. That is your mind's representation of charisma, and it is not a healthy one.

So it is essential to tap away any answers to "What's stopping you be X?" and also "What don't you like about people who are X?"

Eliciting the right Answers

It is important that people tap using their own words. If your Tapping partner is having trouble finding the right words, give them time, do not put words in their mouth.

Sometimes 2 or 3 things to tap will come up in one sentence.

e.g. A: "Sometimes people don't listen to me and it makes me feel ignored"
→ "Even though people don't listen to me"
→ "Even though I feel ignored"

Hold the belief that anything can and should be tapped. You can't tap away anything positive, it simply doesn't work like that. Even if a problem seems unsolvable, tap it anyway. Ask more questions about how you feel about it, and break it down and tap specific components of it. Even if you are stuck in a particular uncomfortable situation, Tapping can help you feel better about it.

Avoiding moaning

In sessions I like to say "we're either Tapping or wasting time". During a Tapping session, or indeed in all of life, you should never say anything negative without Tapping it.

So if you find yourself or your partner starting to dwell on negativity, push the train of thought towards finding something to tap.

Feeling Good

In any work with the emotional system, feelings will be moving through the body. Allowing these feelings to hang around may make you uncomfortable and can disturb the work.

Start and end every session by asking "How do you feel?" and tapping away everything that doesn't sound totally positive. Be specific even with this question – ask "What's stopping you feel good right now?" You may want to do this mid-session as well.

Sometimes the emotion you tap away was covering another emotion, which has now arisen in the body. If you notice this, simply tap it away.

Drink lots of water before, during and after sessions. I have known one client to literally get through 5 litres of water in 2 hours. Your brain uses lots of water to work and emotional integration is particularly intensive.

Emotional Integration

Tapping releases stored emotional energy, and afterwards your mind will have a lot of reprocessing to do. You may notice that you have crazy or intense dreams when you sleep after a session. Particularly when strong beliefs or emotion has been shifted, this may result with a cloudy or tired feeling in the session that can't be tapped away. In this case, try the following Brain Gym™ breathing exercise, called 'Hook-Ups'.

- i. Cross your legs.
- ii. Hold your arms out in front of you, palms facing away from each other.
- iii. Cross your arms and clasp your fingers.
- iv. Turn your arms downwards and 'inside out' until your clasped fingers are against your chest.
- v. Take around 5 deep, slow breaths.

Clearing the System

When you still have negative feelings after Hook-Ups, and tapping away any feelings, try the 9-Gamut procedure as designed by Gary Craig, inventor of EFT. Find the Gamut Point, on the back of the hand between the ring finger and little finger. Tap this continuously while you:

- i. Close Your Eyes for a few seconds (and then open them)
- ii. Look hard down to the left (just with your eyes – keep your head still)
- iii. Look hard down to the right
- iv. Roll your eyes
- v. Roll them the other way
- vi. Count out loud: "1, 2, 3, 4, 5"
- vii. Hum a few bars of "Happy Birthday to You"
- viii. Count out loud: "5, 4, 3, 2, 1"
- ix. Take a deep breath

Using the Worksheets

Every person is different and has different things they want to achieve in life or different areas of themselves that they want to work on. The worksheets cover the main areas that most people want to look at.

Once you have understood how the worksheets work you should start asking your own questions to discover your limiting beliefs. Use your intuition in asking the questions, and be careful to keep them positive. Focus on asking about goals, rather than asking about problems, where possible. Where it is absolutely necessary to ask about a problem, ensure that you ask about a goal afterwards to keep the focus positive.

A worksheet section looks like this:

This marks a particular group of questions

These are questions you might actually ask.
Feel free to paraphrase them.
But always ask them as they are printed as well.

Continue asking each question until the answer is 'Nothing' or equivalent. If the same answer comes up twice, ask for a more specific answer. If there is a particular recurring issue or theme to the answers, this may indicate you need to work on a different area or worksheet first, in which case do that and then return to the current worksheet.

How to mark the worksheets

Each time you tap something, count it on a tally chart: **||||** **||||** **||||** **||||** **|||**
Then mark a tick when you answer nothing: **||||** **||||** **||** ✓
Always go back until you have two or three ticks: **||||** **||||** **|||** ✓ **|||** ✓ ✓

6. Charting Your Progress

The first thing I encourage people to tap towards is being happy about yourself, just the way you are. Some people think that if they do that they will lose motivation to improve, but actually you restore the freedom to change yourself, as you are no longer emotionally attached to your problems.

Either way, hold the thought that you are perfect as you are now. You don't *need* to change, you don't *need* to tap anything. Nevertheless, somewhere deep inside all of us is the desire to grow. The most powerful state of being is to be completely happy with your current situation, and also to have no blocks on your future growth. That is really the message of this book.

In order to get where you want to go, you need to know where you are. That means taking an honest look at yourself. As you do this bear in mind that until you read this book and started Tapping, you really weren't in control of your own programming, so any problems you may feel you have are a product of your environment more than they are conscious choice.

Keeping a Journal

One interesting thing about Tapping is that you sometimes don't notice the progress you are making. Tapping shifts your consciousness. You literally tap away current reality and replace it with a new one. So sometimes it might take some effort to spot changes.

I telephoned a client a week after a tapping session, to find out if there had been any changes. We'd worked on a variety of issues, a few goals he had been procrastinating, and also being able to sleep and get out of bed more easily. The goals had not been achieved a week later – he'd definitely made progress, but not what we had hoped for. As I'd suspected after the session, he had a few more things to tap. However he called me back five minutes later to say he'd only just realized after the call, but he'd been getting out of bed effortlessly. Previously he'd hit snooze a few times before struggling to throw himself into the shower. Now he was waking up before his alarm, and actually having to return from the shower to turn it off when it finally went. But because his consciousness had shifted so dramatically, he had completely forgotten how he was before the session. His new way of being was so effortless, and the transition into it was so smooth, he simply hadn't noticed.

So it might be useful to at least keep a note of what goals you are Tapping towards and what issues you are trying to shift. It's very satisfying to review this list after a month of daily Tapping and see how far you've come.

Personality Disorder Test

This test is really a bit of fun, however it's a great indicator of whether or not tapping has worked for you.

On the left are my test results from 2003, before I had even heard of EFT. On the right are my results from now, after 2 years of tapping, the last six months of which I tapped every negative thought I could possibly find.

Before Tapping		After 6 months of Tapping	
Disorder	Rating	Disorder	Rating
Paranoid:	Low	Paranoid:	Low
Schizoid:	Moderate	Schizoid:	Low
Schizotypal:	Very High	Schizotypal:	Low
Antisocial:	High	Antisocial:	Low
Borderline:	Very High	Borderline:	Low
Histrionic:	Very High	Histrionic:	Low
Narcissistic:	Very High	Narcissistic:	Low
Avoidant:	High	Avoidant:	Low
Dependent:	Very High	Dependent:	Low
Obsessive-Compulsive:	High	Obsessive-Compulsive:	Low

The website offers clear explanations of each term.

If you find yourself with a lot of High's or Very High's, do not worry about it (if you do, tap it!). It does not have any reflection on your value as a person, it just means you have a few things to tap.

http://www.4degreez.com/misc/personality_disorder_test.mv

Oxford Capacity Analysis

This test is used by the Church of Scientology when you walk in the door to decide which of their courses they should sell you first. I am not a Scientologist, and I would not recommend you become one. However the sort of life improvement goals you may work towards with Tapping are similar to the ones the Scientologists offer help with. Indeed, Scientology's process of 'Dianetic Auditing' is more or less equivalent to Tapping. Tapping, however, is a hell of a lot cheaper, and so far there is no related story about aliens throwing souls into volcanoes.

The test itself is discredited all over the internet, but I have found it useful in following my own progress. If you take the test and keep your scores you will see them improve as you tap.

There is an online test provided by the Scientology Freezone, who have split from the Church of Scientology. They won't ask for your name or address, they just give you the results. The questions can sometimes be a little esoteric or strangely worded. Be careful to understand them the right way round.

http://www.fzaoint.net/dofp/fca_instructs.html

Myers-Briggs

You can change your Myers-Briggs personality type with Tapping. I used to be INTJ, now I am ENFP.

Taking the Extrovert/Introvert dimension as an obvious example, an Introvert is someone who has fears around being centre of attention, being judged by people, etc. On the other hand, less obviously, an Extrovert is someone who has fears of being ignored or left behind. As you tap these fears you will become more balanced and more able to express yourself in whichever way you like.

A child who has had a comfortable upbringing is perfectly balanced. He is comfortable with attention on him and just as comfortable being left to his own devices.

Later in his childhood or adolescence he learns that being Extroverted leads to bad emotions. He gets criticized or teased and finds he is most comfortable being an Introvert. Some psychologists would argue that this is his underlying personality.

When he leaves school he still has his ambition intact and decides the way to get rich is a career in sales. So now he is highly motivated to be outgoing and he forces himself to be an Extrovert, even though it makes him uncomfortable.

This is exactly the sort of conflicting beliefs that lead people to become stressed and miserable, and that brings on early heart attacks.

<http://www.humanmetrics.com/cgi-win/JTypes2.asp>

IQ Test

It's possible your IQ will improve after a lot of Tapping. If this is important to you, Find a book of IQ tests and do one every six months or so. There are a few free tests on the internet but you will need to take a different test next time, and it is important for comparison that all the tests you take are produced to the same standard.

35. Tapping for Pick Up Artists

Not many people realize that Neil Strauss had a LOT of inner game work done by hypnotists Steve Piccus and Hypnotica. He mentions it only briefly in the book, but from talking to people who were there at the time it seems he made many weekend visits over the course of a few months, for intensive hypnosis work.

They didn't use Tapping, but it is equivalent to some of the techniques they did use, and in my opinion it is all you need. Tapping removes negative beliefs, it does not install positive ones. NLP can be used to do this but it is unnecessary. At your core you are positive.

If you remove all the negative beliefs then you only need very gentle positive affirmations to get the results you need. Be very wary of hypnotherapists or products that only install strong positive beliefs. If you do not remove your negative beliefs this leaves you with a self-conflicting belief system, and this causes stress. *Eventually* the negative beliefs will work themselves out, but it is a slow process. Tapping is much faster and painless by comparison.

Recently in London a community guy had hypnosis work done that gave him such overpowering confidence that he managed to get himself an Anti-Social Behaviour Order, and banned from Leicester Square for 24 hours. My personal experience of installing powerful positive beliefs in terms of being able to open any set, and always escalate when I could, led me to kissing the girlfriend of a rather large Australian guy (again in Leicester Square) and getting a cut lip from being headbutted in the face. That is why I say that installing positive affirmations so powerful they override common sense is not a good idea.

Most guys will see dramatic results from working through the worksheets in this chapter and the ones I mention below from earlier in the book. Presumably your current situation is one where your romantic life is not where you would like it to be. You have only arrived at this point due to your negative beliefs. If you'd never had those negative beliefs in the first place you would probably have experienced different results in the past and thus never have felt the need to seek out the community in the first place. This will become your new reality after working through these worksheets.

Other recommended worksheets (in no particular order):

- Happiness
- Confidence
- Finding a Partner
- Sex

If you find any of the 'Life Repair' worksheets relevant, you should start with those, particularly Depression, Emotional Detox, and Forgiveness.

Unlocking Depression Worksheet

Barriers to Improvement

What stops you believing you can change?
What stops you believing you can get better?
What stops you believing you can be happy?

Help from Others

What stops you accepting help from others?
What stops you accepting compliments from others?
What stops you asking for help from others?

Helping Yourself

What stops you helping yourself?
What stops you looking for help?

Trying New Things

What stops you trying new ways to think?
What stops you trying new ways to help yourself?

Procrastination Worksheet

Being Tidy and Clean

- What stops you tidying your room?
- What stops you keeping it tidy?
- What stops you tidying your desk?
- What stops you keeping it tidy?
- What stops you cleaning the kitchen or bathroom?
- What stops you keeping it clean?

Repeat for every task you can think of that you currently procrastinate.

Getting Round to it

- What stops you starting it?
- What stops you finishing it?
- What stops you enjoying it?
- What would stop you doing it right now? (or when you get home)

Cravings Worksheet

It may be helpful to have the object of your addiction in front of you while you tap. You can use your imagination, but having an actual cigarette or chocolate bar in front of you will activate your senses to trigger the relevant feelings.

You might start with a box of cigarettes or a wrapped up chocolate bar, and work up to taking one drag or one bite. You are looking to reach the point where you can take it or leave it.

Cigarettes

How badly do you want a cigarette?
Can you make yourself want it more?
Where do you feel that in your body?

Identity

What stops you seeing yourself as a non-smoker?

Chocolate

How badly do you want the chocolate?
Can you make yourself want it more?
Where do you feel that in your body?

Identity

What stops you seeing yourself as someone who isn't addicted to chocolate?

This worksheet is intended to help with socially accepted addictions like chocolate or cigarettes. While the principle will work for other addictions, it is strongly suggested that you seek professional help from a practicing Emotional Freedom Technique therapist.

Forgiveness Worksheet

For those who already have a good relationship with their family

If anything, what sometimes bugs you about your mother?
If anything, what sometimes bugs you about your father?
If anything, what sometimes bugs you about your brother/sister?

Your Mother

What stops you forgiving your mother?
What stops you accepting your mother?
What stops you liking your mother?
What stops you trusting your mother?
What stops you loving your mother?

Your Father

What stops you forgiving your father?
What stops you accepting your father?
What stops you liking your father?
What stops you trusting your father?
What stops you loving your father?

Your Brother/Sister (including half/step brother/sister)

What stops you forgiving your brother/sister?
What stops you accepting your brother/sister?
What stops you liking your brother/sister?
What stops you trusting your brother/sister?
What stops you loving your brother/sister?

Your Ex-wife, Ex-girlfriend (all of them!)

What stops you forgiving your ex?
What stops you accepting your ex?
What stops you liking your ex?
What stops you trusting your ex?
What stops you loving your ex?

Emotional Detox Worksheet

Think of a time when you felt Anger.

Can you feel it now?
Where do you feel it in your body?

Think of a time when you felt Fear.

Can you feel it now?
Where do you feel it in your body?

Think of a time when you felt Sadness.

Can you feel it now?
Where do you feel it in your body?

Think of a time when you felt Pride.

Can you feel it now?
Where do you feel it in your body?

Think of a time when you felt Desire.

Can you feel it now?
Where do you feel it in your body?

Think of a time when you felt Grief.

Can you feel it now?
Where do you feel it in your body?

Think of a time when you felt Apathy.

Can you feel it now?
Where do you feel it in your body?

Think of a time when you felt Guilt.

Can you feel it now?
Where do you feel it in your body?

Think of a time when you felt Shame.

Can you feel it now?
Where do you feel it in your body?

Sleep Worksheet

Falling Asleep

What stops you falling asleep?

What stops you falling sound asleep, like a baby, as soon as your head hits the pillow?

Getting Up

What stops you getting out of bed?

What stops you jumping out of bed with joy and energy to start a new day?

Going to Bed

What stops you going to bed?

What stops you going to bed at the time that you choose?

Happiness Worksheet

Being Happy

What's stopping you from Being Happy?
What's stopping you be Happy all the time?

Feeling Good

What's stopping you from Feeling Good?
What's stopping you from Feeling Great?

Liking Yourself

What's stopping you from Being Yourself?
What's stopping you Like Yourself?
What's stopping you Love Yourself?

Identity

What don't you like about Happy people?

Confidence Worksheet

Faith in Your Own Ability

What stops you having faith in your own ability?
What stops you believing you can handle any situation?
What stops you handling any situation?

What you Want

What stops you making your needs clear to other people?
What stops you standing up for what you want?
What stops you demanding to have your needs met?
What stops you doing what you want?

What other people think

Why do you care what other people think?

Honesty

What's stopping you Be Honest?
What's stopping you Be Honest all the time?
What's stopping you Be Honest with everyone?

Eye Contact

What's stopping you hold Eye Contact?
What's stopping you be completely comfortable holding Eye Contact?
What stops you being comfortable being centre of attention?

Being Loud

What stops you speaking clearly?
What stops you speaking loudly?

Identity

What don't you like about Confident people?
What don't you like about Loud people?
What don't you like about people who always seem to get what they want?

Meeting Girls Worksheet

Meeting People

What stops you getting out more?
What stops you meeting more people?

Law of Attraction

What don't you like about the girls that you meet?
What turns you off about the girls that you meet?
What stops you being attracted to the girls you meet?

Your Ideal Girl

What stops you being comfortable around your Ideal Girl?
What stops you believing you deserve your Ideal Girl?
What stops you getting your Ideal Girl?

Girls you are very attracted to

What stops you being comfortable around girls you are very attracted to?
What stops you believing you deserve girls you are very attracted to?
What stops you getting girls you are very attracted to?

Showing Interest

What stops you showing interest in the girls that you like?

“There are more girls, of the kind you like, than you can ever possibly meet”

- David DeAngelo

Abundance Mentality

What stops you believing that statement?
What conflicting beliefs do you have?
Is it true? Why not?

Suggested further work:

Forgiveness (Ex-Girlfriends, Ex-Wives)

Sex Worksheet

Sex

What, if anything, makes you think sex is wrong?
What stops you believing sex is a good thing?
What stops you seeing sex as healthy?

Enjoying Sex

What stops you enjoying sex?

Nakedness

What stops you taking your clothes off in front of your partner?
What stops you being comfortable naked in front of your partner?
What stops you enjoying being naked in front of your partner?
What stops you being proud of your naked body?

For Men

What sometimes stops you becoming aroused?
What sometimes stops you having an erection?
What sometimes stops you having an orgasm?

For Women

What sometimes stops you becoming aroused?
What sometimes stops you having an orgasm?

PUA Basics Worksheet

Being in State

What's stops you feeling great in the field?
What lowers your state in the field?
Think of a different situation.

Picture a situation where you might reasonably expect yourself to start a conversation with a girl or group of girls.

Examples: A girl sat opposite you on the train. Two girls sat in a pub. A girl in a bookstore.

Approaching

What's stopping you approach?
Think of a different situation.
Think of a more challenging situation.

Picture a situation where you might escalate with a girl, during any stage of seduction.

Examples: Asking for the phone number. Venue changing. The first kiss. Taking her clothes off.

Escalating

What's stopping you escalating?
Think of a different situation.
Think of a more challenging situation.

PUA Specifics Worksheet

Opening

What's stopping you just saying "hi"?
What's stopping you using a Canned Opener?
What's stopping you using an Opinion Opener?
What's stopping you use a Direct Opener?
What's stopping you use a Situational Opener?

Attraction

What's stopping you use Routines?
What's stopping you tease girls?
What's stopping you break rapport?
What's stopping you tell her you like her?

Venue Changing

What's stopping you moving her across the bar?
What's stopping you inviting her to a new venue?
What's stopping you leading her home?

Closing

What's stopping you from getting her number?
What's stopping you from getting her email/MSN?

Trust and Comfort

What's stopping you show her the real you?
What's stopping you be honest with her?
What's stopping you look her in the eye?

PUA Kino Worksheet

Kino

- What's stopping you touch her?
- What's stopping you take her hand?
- What's stopping you high five her?
- What's stopping you put her on your arm?
- What's stopping you push her? (gently!)
- What's stopping you playfight with her?
- What's stopping you hug her?
- What's stopping you mess up her hair?
- What's stopping you spin her around?
- What's stopping you from holding her close to you?
- What's stopping you kiss her on the cheek?
- What's stopping you kiss her on the lips?
- What's stopping you kiss her on the neck?
- What's stopping you throw her on the bed?

PUA Identity Worksheet

Success

What don't you like about guys who are successful with women?
What's stopping you see yourself as someone who is successful with women?
What's stopping you be successful with women?

Getting Laid a Lot

What don't you like about guys who get laid a lot?
What's stopping you see yourself as someone who could get laid a lot?
What's stopping you get laid a lot?

Dominance

What don't you like about guys who are dominant?
What's stopping you see yourself as someone who is dominant?
What's stopping you be dominant?

Masculinity

What don't you like about alpha, masculine guys?
What's stopping you see yourself as an alpha, masculine guy?
What's stopping you be alpha, and masculine?

Sexuality

What don't you like about openly sexual guys?
What's stopping you see yourself as an openly sexual guy?
What's stopping you be openly sexual with women?

Dressing Well

What don't you like about guys who are well dressed?
What's stopping you see yourself as someone who dresses well?
What's stopping you dress well?

Fashion Sense

What don't you like about guys who dress fashionably?
What's stopping you see yourself as someone who dresses fashionably?
What's stopping you dress fashionably?