Day 1:
Carol Look
Introduction to Tapping

By Carol Look

(Key points from Carol Look's interview)

http://www.tappingworldsummit.com/carol_look

Tapping stands for “Emotional Freedom Techniques.”

Tapping is a stress relief technique that is based on traditional Chinese medicine and acupressure.

Theories behind Tapping:

- All negative emotion is due to a disruption in the energy system.
- Your emotions contribute to your health.

How To Tap

1. Pick a target. Be very specific about what you want to work on.
   - Don’t pick something broad like “low self esteem.” Be specific, for instance: “this hurt feeling I have about what my friend said to me.”

2. Scale your emotion or physical discomfort on the scale from 1 to 10. 10 represents the most discomfort and 1 means that you barely feel the discomfort.
   - This is important because it helps you measure your progress.

3. Create your setup statement. “Even though I (have this problem), I deeply and completely accept myself.”

   Even though I have this throbbing aching pain in my lower back, I accept myself.

   Even though I’m really angry because my boss didn’t approve my idea, I accept myself.

   - When trying to formulate your setup statement, use the same words you might use in your head to describe the problem to yourself.
   - The more specific you are with your setup statement, the better.
   - If you are new to Tapping and have trouble remembering your setup statement, we recommend that you write it down.
4. Tap on the Tapping points while using the reminder phrase.
   - The reminder phrase contains the words you use while Tapping on the points on the face and body.
   - The reminder phrase helps you stay focused on the energy you need to clear.
   - Remember, it’s not about your wording. The words should just reflect your emotions.
   - Example, “this throbbing back pain” or “this frustration over not getting the promotion.”

5. Be persistent! Keep Tapping until you clear the problem.

**What to do when it’s “not working”:**

Make sure you are tuned into the problem.

- You need to bring up the emotion you want to clear. If you want to clear anger and you aren’t tuned into it, you are not accessing the “file” you want to clear.

**Create a safe space**

- Find a quiet place to tap for a few minutes without distractions. Not creating a space to tap might prevent you from feeling comfortable enough to access what you want to clear and interfere with awareness of how you are really feeling.

Ask yourself, “Do I really want to solve this problem?”

- What is the upside to having this problem?
- What would be the downside to resolving this problem?
- Tap on any resistance or revelations you have when you answer these questions.

Are you being specific enough?

- Ask yourself the 3 Ws to be specific; WHO, WHAT, WHEN
- Example: WHO said something? WHAT did they say? WHEN did they say it?