

## What is 'tapping'?

Tapping is a **technique** or tool that releases tension, stress, anxiety and more from your body and also has a clearing effect on the mind. It is extremely effective in reducing or eliminating anxiety & stress and works well in many different areas:

- sleep problems – getting to sleep, or waking up and not returning to sleep
- panic attacks and general anxiety/fears (e.g. flying phobias, social anxiety)
- handling workplace stress
- public speaking & performance anxiety
- addictive cravings (including for cigarettes, food, alcohol)
- children's issues (general daily worries, school anxiety, homework/activity anxiety)
- trauma (PTSD)
- physical health (IBS, migraines, pain)
- career issues and much more

I first learnt tapping as EFT (Emotional Freedom Techniques, developed by Gary Craig) back in 1999 and since then I have trained in the more simplified version developed by Steve Wells and Dr David Lake known as SET (Simplified Energy Techniques). I have used it since 1999 on myself, my friends and family as well as hundreds (if not thousands!) of clients since then and can tell you many success stories, however being such an experiential tool you really need to try it for yourself to feel the benefits. It can feel a little 'out there' at first, but once you feel the relief you may well be hooked!

### What is tapping?

The tapping technique is simply a process of stimulating (ideally tapping with two fingers, but massaging or touching/holding the point is OK too) energy meridian points on your body for relief of emotional and physical problems. These points are part of the meridian system, a system also used in acupuncture.

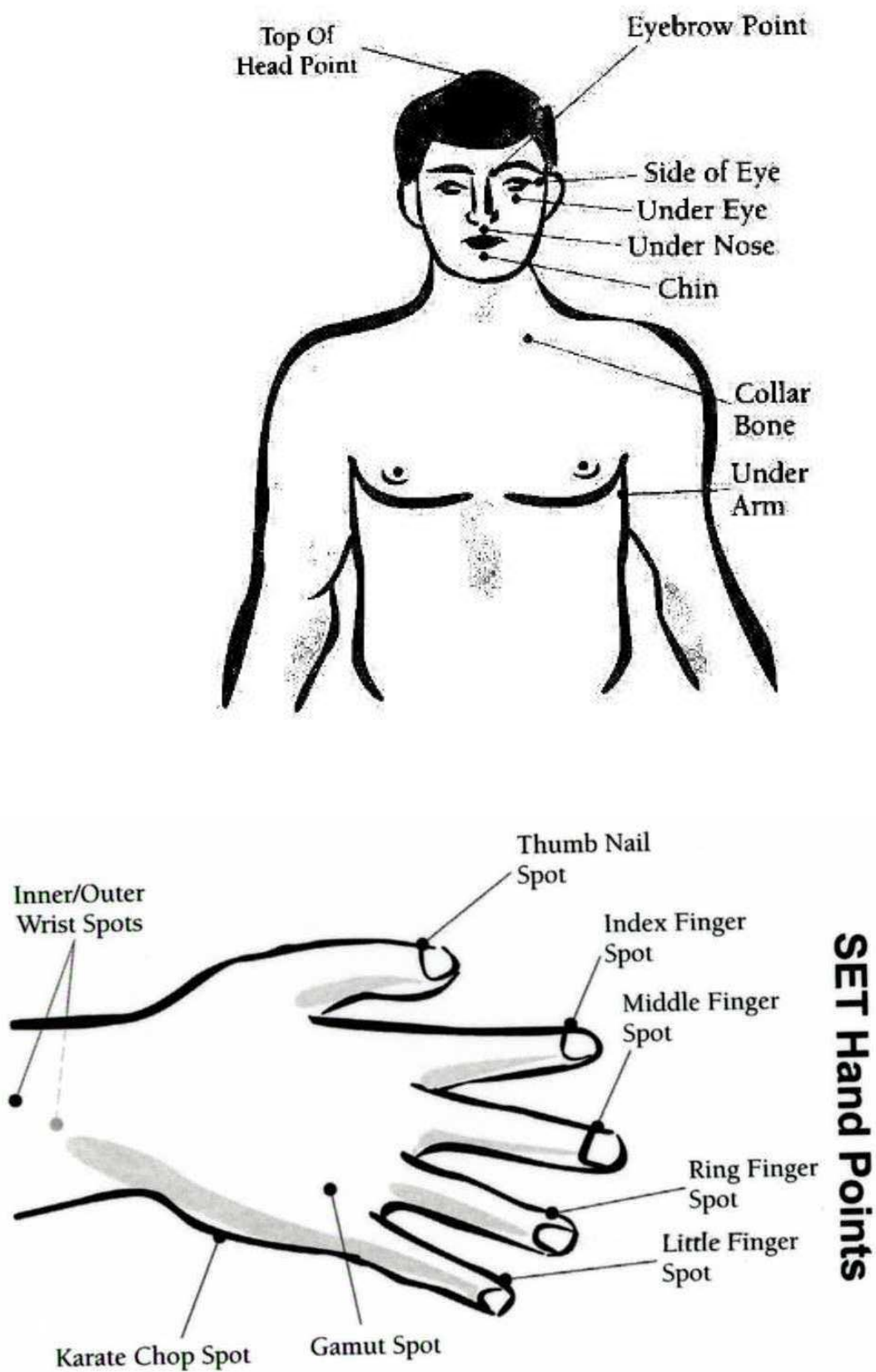
### Why use tapping?

Tapping is a wonderful tool as it helps both your body **and** your mind. Wherever the negative feeling or thought begins, you can help to unhook yourself from the problem. Sometimes we can't put words to a feeling, we just know that we feel knots in our stomach or we can't breathe properly or our head feels hot. So if this is the case, start tapping for the **feeling** in your body.

Other times, you might find yourself thinking the same negative thoughts over and over again, such as "I can't do this", or "I'm hopeless". By tapping for the **negative thought**, you will release it from your system. You don't have to have all the answers as to **why** something is there, you just treat it!

The effects of tapping are typically long-lasting and it is a safe, gentle and natural technique that you can use without any equipment or medication. It can also help with physical symptoms of pain and other problems where there is a component of stress or tension. Of course, with physical issues, always seek and/or continue with your current medical treatment and just **add** tapping into it.

## Simple Energy Techniques (SET)



## **Continual tapping**

Dr. David Lake came up with the concept of continually tapping the finger points using the thumb of the same hand. Basically you tap on all of the fingers using the thumb of the same hand going up and down as many times as you like. This is a very user-friendly version of tapping, because it is very discreet and can be used in public places easily. It is also a good one to do when you are out and about and/or waiting – for a coffee, on hold, in a traffic jam, going for a walk, even watching TV.

There seems to be a correlation to the amount of tapping you do and the relief of problems; in other words, the more you do the merrier, and finger tapping is a great way to get tapping into your day.

I tend to use the face points for acute problems and the continual finger tapping for energy 'toning'. Continual finger tapping can also be an effective way of loosening up unwanted habits or behaviours – for example, smoking, drinking too much coffee, negative thinking spirals. Just add continual tapping to the behaviour you want to change over a period of time (try a month), see if there's a change.

## **USE TAPPING CONSISTENTLY - EVERY DAY - FOR A MONTH AND TAKE NOTE AS TO HOW YOU ARE FEELING –**

**if you use it for 5-10 minutes per day you *will* feel a difference!**

**Daily tapping while you're learning is optimal, as it helps your energy system to get 'primed'.**

## **COMMONLY ASKED QUESTIONS:**

### **Q. How do I use it?**

#### **A. Flexibly, regularly and enthusiastically!**

Basically, you can start tapping at any time. If you're aware of a worry, stress or tension, begin by tapping the points (face or hand) and go around and around, repeating the sequence until you feel you have brought the intensity down to a manageable level. Spend a few seconds on each point (tapping roughly 5-10 times per point, although there is no set number of times), and if you find that you especially like some points, then spend longer on those ones.

There are no rules to how long you do it for however I have learnt from my clients that consistency and persistence is key. I recommend 5-10 minutes per day, but you can do as much as you like – you cannot 'over-tap'. Do some 'maintenance' tapping when you can too, tapping while walking, or watching TV or while waiting at the traffic lights.

To help you remember put reminders in your diary/mobile phone, stick a picture of the tapping cards on your bathroom mirror or by the kettle, establish a daily routine or pick a TV show to tap along to.

### **Q. When should I use it?**

#### **A. Before, during and after a problem.**

Let's just say you experience public speaking anxiety for example – a common problem.

I would recommend doing the following: a couple of days before your presentation, spend 5 – 10 minutes imagining yourself doing the speech. Allow yourself to feel the fear and usual problems, and think the negative thoughts that typically come – e.g. "I hope I don't freeze", "I hope I don't sound silly". You may feel a physical sensation – such as a nauseous stomach or tight throat – in which case you can focus on that part of your body while you tap.

While you think and feel this anxiety, tap around and around the face points for a few minutes or until you relax a little. Do this as often as you need to, right up to the moment you have to walk out there. If at all possible, you can also do some tapping during a problem. In the public speaking example it's a bit difficult, however the finger points are extraordinarily discreet once you're used to it, so it's not impossible (I speak from experience, having tapped on live TV!).

If you still feel some level of anxiety after the problem – in this case your speech - go to the bathroom or a quiet place and do some tapping to 'cleanse' the stress from your system as soon as you can. This

prevents the stress you've felt from getting 'stuck' in your system, which is likely to give you a better outcome next time.

Like anything, tapping will only work when you use it, so make sure you use it when you need it, as well as developing a healthy routine for your day/week to really experience the benefits.

**Q. Can I use it on my kids?**

**A. Yes please!**

I wish I knew about tapping when I was a child to deal with those childhood problems like kids being mean, or school and exams.

Children love it and easily take to it (I use it with mine) and it's useful for calming them easily. If you're tapping them just listen as you tap and notice when they sigh or breathe more calmly. Being incredibly intuitive and receptive it often works much quicker for children than adults, and remember always take care of your own feelings about their feelings by doing some tapping yourself.

**Q. Which one is better for me to use, the face points or the finger points?**

**A. Use whichever suits you best at the time.**

People's energy systems are different so what I find helpful you might not, so it's imperative to experiment to find the best way for you. I find the finger points are really useful to learn and remember because you can tap them discreetly anywhere without being noticed. Alternatively, there is usually a bathroom to get to for a few minutes if you'd like to tap the face points.

**Q. How can it help my sleep?**

A. Many sleep problems in our modern world are anxiety-based, in that your body is going into 'fight or flight' response regularly and producing large amounts of cortisol and adrenalin. Tapping works to firstly calm down that stress response, and then to induce the 'relaxation response'. It also helps combat the cycle of stress-based thinking which is often the culprit that wakes you up at 2am. I encourage clients to do some tapping in the evening before they go to sleep to break their negative sleep patterns, and then if they wake, to do more massage-based point stimulation to take them back to slumber.

**Q. I'm not getting results – what should I do?**

**A. Consult an experienced practitioner (in EFT or SET – the acronyms for tapping)**

A. It's difficult being your own best coach/therapist so if you've got to a point where you're 'stuck', or you feel you'd like some guidance and support, book in for a session with an experienced practitioner.



**Jacqui Manning - The Friendly Psychologist**

[www.thefriendlypsychologist.com.au](http://www.thefriendlypsychologist.com.au)

**Practice location: Darling Street Health**  
**Tel: 02 9555 8806**

**1/51 Darling Street East Balmain NSW 2041**  
**Email: [info@jacquimanning.com.au](mailto:info@jacquimanning.com.au)**