

Tapping Sequence for if you REALLY don't know where to start

After you have read the Basic EFT Introductory Guide this sequence might help you use EFT

Using your Awareness, tune into the emotions related to not knowing where to start (for example: sadness / anger / fear / anxiety / frustration / depression etc.) notice any physical/emotional mental stress, tension, suffering or pain.

Repeat the setup phrase; *"Even though..."* 3 times while continuously tapping the Karate Chop point or rubbing the Tender Spot



Even though I REALLY don't know where to start, and this all seems just too complicated, I deeply and completely love and accept myself.

Then tap about 7 times on each of the following energy points while repeating the **Reminder Phrase** at each point.

Top of Head: *Feeling really overwhelmed*

eyebrow: *Just don't know where to start*

Side of Eye: *All seems too complicated*

Under Eye: *What if I don't get it right?*

Under Nose: *Feeling really overwhelmed*

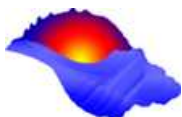
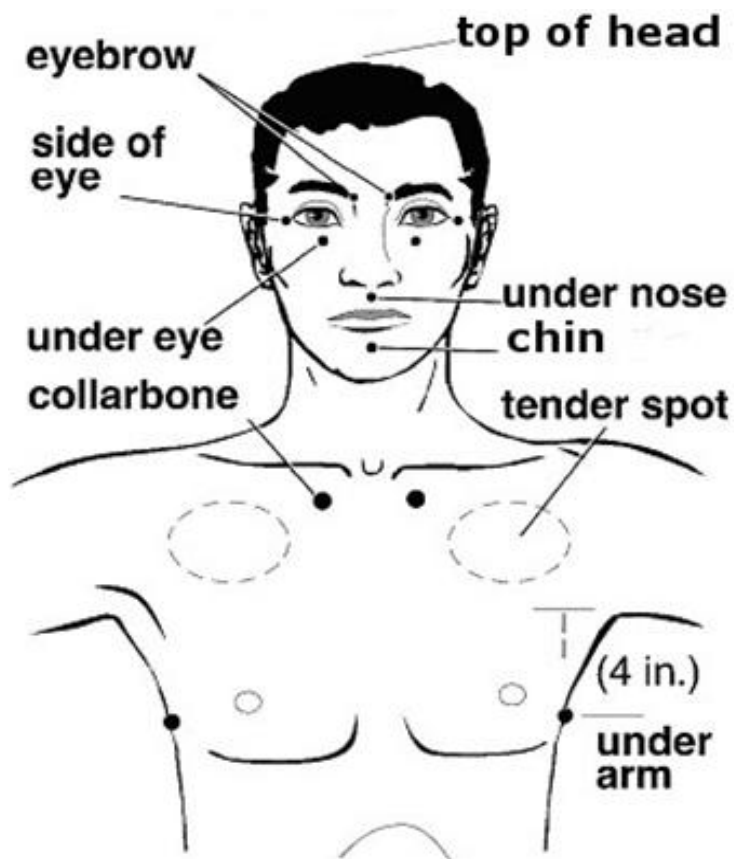
Chin point: *Just don't know where to start*

Collarbone: *Worried it won't work*

Under Arm: *It's all just too complicated*

If anything came to mind while you were tapping that is more specific, make a note of this and of any emotions that are associated with that thought before continuing.

Repeat the next setup phrase; *"Even though..."* 3 times while continuously tapping the Karate Chop point or rubbing the Tender Spot



Even though this all seems too complicated, I choose to relax and see that any time I pick up a new skill, it can seem a bit overwhelming at first. When I first started to learn to drive a car, it was unbelievable –all those things to remember, and yet now I can drive without even thinking about it. I choose to trust that once I've done a bit of EFT it will be as easy as driving the car.

Top of Head: *All seems too complicated*

Eyebrow: *Just don't know where to start*

Side of Eye: *All seems too complicated*

Under Eye: *What if I don't get it right?*

Under Nose: *Feeling really overwhelmed*

Chin point: *Just don't know where to start*

Collarbone: *Worried it won't work*

Under Arm: *It's all just too complicated*

Top of Head: *I choose to relax*

Eyebrow: *And see that any time I pick up a new skill*

Side of Eye: *It can seem a bit overwhelming at first*

Under Eye: *Driving was like this at first*

Under Nose: *There was so much to remember*

Chin point: *And now I can drive without really thinking about it*

Collarbone: *I choose to trust that I can do this*

Under Arm: *I choose to trust that I can do this*

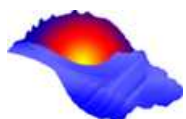
Top of Head: *I choose to relax*

Eyebrow: *And trust that I can do this*

Side of Eye: *I choose to relax*

Under Eye: *And go with the flow*

Under Nose: *Driving was this difficult once too*



Chin point: *And now I can drive without really thinking about it*

Collarbone: *I choose to trust that I can do this*

Under Arm: *I choose to relax and go with the flow*

Now take a deep breath, and re-assess how you are feeling about trying some tapping on another issue. If you are still feeling concerned, ask yourself what your earliest memory is of feeling really uncomfortable learning something new and try tapping on that using the Tapping Protocol for freeing yourself from being stuck by negative events on www.emotionalhealthcentre.com/eft

If you are feeling really stuck do book a session with an [AAMET](http://www.aamet.org) qualified EFT Practitioner. Some of them give free half hour consultations. (www.aamet.org)

