

Choose Your Life Tapping

How we are different from Traditional EFT

1. We incorporate Neuro Linguistic Programming (NLP) into the protocol.
2. Rather than just tapping on whatever comes up, we are Mapping (getting specific information about) all of the links that create the memory as well as all of the links that create the solutions.

Choose Your Life Tapping Protocol

1. Focus on IT

- Ask yourself, "*How do I know IT (the problem) is an issue for me?*"
- Notice how you know IT doesn't feel good
- Tune into what you notice yourself thinking, feeling, and/or remembering

2. Measure IT

- Ask yourself, "*0-10, how intense is IT?*"
- Write that number down (if you can)

3. Take Your Attention Away from IT

- Ask yourself to...
 - Bring your attention *away from* IT (the problem) and
 - Find something *in the present moment* to put your attention on

4. Tap through the points

- Begin tapping on the tapping points
- Fully place your attention on your fingers touching the points (*this is a present moment experience*)
- Keep tapping on the points - going from one point to the next at your own pace
- Keep the attention on the points EVEN AS you say words that reference aspects of the problem

What tapping in this manner does...

- Interrupts - confuses your *conscious* mind
- Communicates - with your *unconscious* mind
- Soothes - brings down your stress level

5. Counterpoint Anchor

After a round of tapping, create a "counterpoint moment" to further interrupt IT

- Grab hold of your wrist
- Use your power of recall & imagination to go to a "desired state"
- Fully go there... and then make it stronger
- Inhale, exhale, and say YES!
- Let go of your wrist
- Notice what is present in you NOW

6. Go back to IT - Notice & Measure

- Check on IT
- Notice how strong IT is NOW 0-10
- Notice what else is there
- Is it a thought, a feeling, a memory?
- Once you have the specifics of what remains of IT...

7. Repeat

- Again, take your attention *away from* IT
- Tap through the points - with your attention focused on your fingertips touching the tapping points
- Followed by the Counterpoint Anchor (wrist hold)
- While holding your wrist, bring your attention to a "desired state"
- Explore the desired state: what it looks, sounds, feels like
- Go there fully
- Inhale, exhale, and say YES!
- Let go of your wrist
- Go back to IT - Notice & Measure

Repeat these steps until IT is at 0 intensity...

Having neutralized IT, you can now use tapping to tap something IN.

What will you tap IN?

The NEW.

- New ideas
- New understandings
- New insights

8. Tap IN The New

While tapping IN, instead of taking your attention AWAY FROM what you are saying, you put your attention ON what you are affirming:

The NEW ideas, understandings and insights that you are tapping IN.

This is *Choose Your Life* Tapping...

...and we will do a lot of it together.