

THE QUICKSTART GUIDE  
to the

# ULTIMATE STRESS MANAGEMENT TOOL



# Welcome!

I'm so happy you're ready to learn the Ultimate Stress Management Tool - EFT (Emotional Freedom Techniques) or Tapping.

It may look weird, but it works! It's simple, natural, fast-acting, long-lasting, research-proven, and has no negative side effects.

**You're going to wonder where this tool has been all your life!**

Even though there is so much you can learn about EFT/Tapping - the history, the research, the science of why and how it works, special procedures - you don't need to know it all to experience **freedom from stress, uncomfortable emotions, and limiting beliefs.**

This quick guide will give you enough to start feeling better now.

Tapping works for:

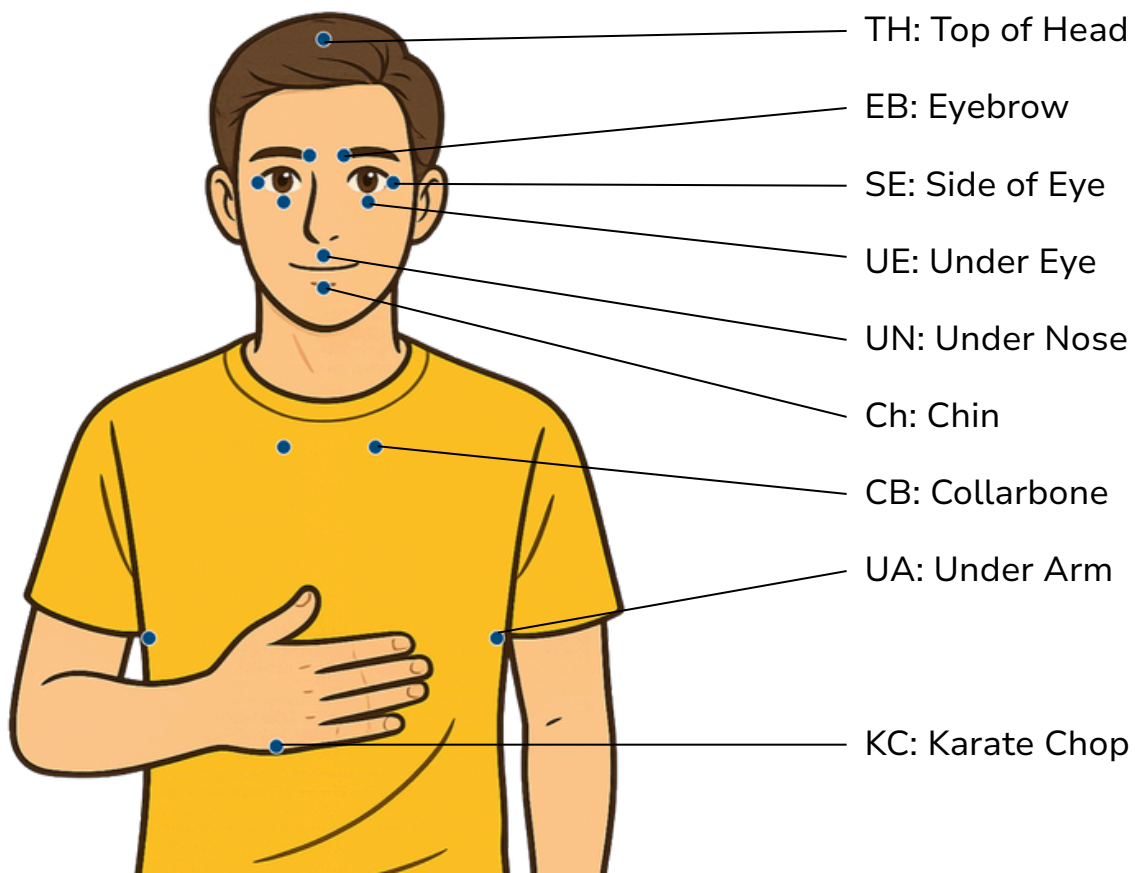
- anxiety
- depression
- phobias
- PTSD/traumas
- cravings
- self-sabotage
- physical pain



# Let's get started!

There are a few things you need to know:

- You will use your fingertips to gently tap on acupoints on your hands, face, and torso.
- It doesn't matter which hand you use to tap or in which order you tap on the points.
- Some points are on both sides of the body, ie. under your eyes. You can choose to tap on both sides or just one side - the benefits are the same.
- You will be saying words, say them out loud. If you are not in an appropriate setting to say them out loud, ie. a public place, you can say them quietly or in your head.
- Here are the points you will tap:



# The Process

## 1 Identify the target

What is the issue or problem that is troubling you? It can be a situation, thought, feeling, belief, or sensation.

## 2 Rate your level of distress

On a scale of 0 - 10 (0 = no distress, 10 = extreme distress), rate how much distress or discomfort the target is causing you.

## 3 Setup

Tap on the side of your hand point (called the Karate Chop point) while repeating this phrase 3 times:

“Even though [insert target], I deeply and completely accept myself.”

For example:

- “Even though my boss yelled at me, I deeply and completely accept myself.”
- “Even though I feel anxious, I deeply and completely accept myself.”
- “Even though I have this pain in my knee, I deeply and completely accept myself.”
- “Even though I’m an idiot, I deeply and completely accept myself.”

## 4 Tap a round

Tap about 5-7 times on each of the other 8 points as you say a word or phrase that reminds you of the target. You can repeat the exact same word or phrase or change it at each point. It's your choice.

For example:

- My boss yelled at me, I can still hear his voice, He got really angry with me, His yelling, I can still see the look on his face, My boss, Yelling, My boss yelled at me
- I feel anxious, I feel it in my body, Feeling anxious, This anxious feeling, Anxious, Anxiety, I notice it in my chest, Anxious feeling
- The pain, Pain in my knee, My knee, It feels sharp, I can feel the pain in my knee, Pain in my knee, The pain in my knee, This pain I feel
- I'm an idiot, How could I be so stupid?, I'm such an idiot, I have always been an idiot, I will always be an idiot, I'm an idiot, I'm such an idiot, I'm an idiot

## 5 Breathe

Stop tapping. Take a slow, deep breath.

## 6 Reassess

On a scale of 0 - 10, rate how much distress or discomfort the target is causing you, now.

You can repeat steps 4-6 until you bring the level down to 0 or 1.

**...and that's all you really need to know to get you started!**

# Additional Tips

If, after a round of tapping, the rating on a scale of 0-10 goes up, you did **not** do anything wrong! This can happen because you tune in to how you really feel and begin to realize it is more intense than you originally thought.



Sometimes when you tap, a new detail/aspect/thought/feeling will emerge. If that happens, simply start at #2 with the new piece of information. For example, let's say that you are tapping on "my boss yelled at me" and suddenly you remember that time years ago when your dad yelled at you. Rate your level of distress with this new target then continue with the rest of the steps: Repeat 3 times: "Even though I remember Dad yelling at me when I was little, I deeply and completely accept myself", and use corresponding reminder phrases as you tap the rest of the points.

Don't worry about using the wrong words. The words are used to help you stay tuned in to what you are truly experiencing. You can actually tap with no words at all! The important thing is to tap as you really tune into what's going on for you and how you feel.

# Work with a Certified Practitioner

EFT/Tapping is a great self-help tool to release stress. However, working with a Certified EFT Practitioner like me, helps you release stress at a deeper level, reprogramming the mind and rewiring the brain so you are less triggered or annoyed by life, people, and situations.



Tapping for yourself is like daily housekeeping - dishes and laundry. Tapping with a practitioner is like spring cleaning where you clean under the furniture, wash the walls and windows, and sort through the pantry, cabinets, and closets. It feels like a comfortable new home!

**Tapping with a practitioner can help you feel like a comfortable new you!**

If you are ready to release emotional baggage, finally break habits that don't serve you, and feel energized and confident, work with me.

**Book your FREE discovery call at**  
**[thestressexperts.setmore.com](https://thestressexperts.setmore.com)**  
**to get started, now!**

# Contact Me

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Less stress.  
More of everything you love.



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