



Common Tapping Mistakes: How to Make Sure You're Getting the Best Results From Your Tapping

CAROL LOOK, EFT MASTER

www.carollook.com

We all know Tapping works effectively for stress relief, food cravings, relationship conflicts, guilt, grief, success and abundance, pain relief, and a host of other challenges. But there are specific mistakes that practitioners and lay people make that decrease the effectiveness of personal and/or clinical Tapping sessions.

In this companion workbook to the interview on this topic, I will describe the 5 primary mistakes that get in the way of being effective with Tapping on ourselves and others, followed by specific, practical and time-tested solutions to the identified problem.

Mistake #1 – Not Tapping on the “Real” Issue

Mistake #2 – Not Being Specific Enough

Mistake #3 – Being Distracted

Mistake #4 – Giving Up When Tapping Isn't Working

Mistake #5 – Using Only Positive Statements

Mistake #1 – Not Tapping on the “real” issue.

The first mistake people make is not tapping on the “real” issue. This of course will reduce the effectiveness of your Tapping rounds. We need to be very targeted when Tapping in order to see positive results.

I recommend asking yourself a few questions first to uncover what the *real* problem is. Sometimes we tap on our behavior, when we should be Tapping on the emotion that is driving the behavior. Sometimes we tap on an emotion that, while it feels true, isn't the “real” issue causing the problem.

Let's say you have a problem with procrastination... you would not get good results if you tapped when using the setup phrase: *“Even though I procrastinate...”* because that would be targeting behavior instead of the *EMOTIONS that fuel the behavior*. In addition, measuring your results before and after your Tapping would be difficult. The Tapping is unlikely to yield



good results in this case, because the reason for the procrastination behavior is likely a fear or other emotion. As we know, Tapping on fears is deeply effective, and your results can be measured before and after the treatment.

From my clinical and personal experiences, the best questions to ask are as follows:

Question #1: Take the behavior you're doing that you supposedly "don't like" – for instance, procrastinating – and ask yourself, what is the upside to procrastinating? I know you don't like the behavior, but you wouldn't be doing it unless it was helping you in some way or serving a purpose in your life. Here are some examples of a "good" reason that you may be procrastinating.

- You feel it protects you from being "exposed..."
- You feel procrastination keeps you from having to "show your work" to others
- You "get to stay under the radar..."

When you take the time to ask yourself this question, you find out that even the behavior you wish you could get rid of, is actually "doing you a favor."

Question #2: Now think about your goal – what you actually want to achieve – and ask yourself the following question: What is the downside of reaching your goal? I know you keep saying that you really want to reach this goal, but the fact that you haven't reached it yet, and you keep getting in your own way, reveals that psychologically there is a "good" reason to avoid the goal. Some examples that might surface for you after asking this question are:

- I might get criticized
- They might not like me if I'm successful
- I might get judged as a failure
- It feels unsafe to actually reach my goal

Tapping on the "real issue" would sound something like this:

Side of Hand (2-3 times): *Even though I'm afraid my final product will be criticized or judged, so I keep procrastinating, I deeply and completely love and accept myself anyway...*

Eyebrow: I'm afraid of being criticized

Side of Eye: I'm afraid of being judged

Under Eye: No wonder I want to procrastinate

Under Nose: I don't feel safe



Chin: I'm afraid I'll get criticized
Collarbone: I'm afraid they won't like my work
Under Arm: It feels safer to protect myself
Head: I'm afraid I will be judged and criticized

Or

Side of Hand (2-3 times): *Even though I don't feel safe being exposed, I'd rather stay under the radar, I deeply and completely love and accept myself anyway.*

Eyebrow: I don't feel safe being exposed
Side of Eye: I'd rather stay under the radar
Under Eye: I don't want to feel exposed
Under Nose: I'm afraid to finish my project
Chin: No wonder I procrastinate
Collarbone: I'm afraid to finish it
Under Arm: I might feel exposed
Head: I'd rather stay under the radar

Mistake #2 -- Not Being SPECIFIC Enough.

If you make this mistake of not being specific enough, it could lead you to think that Tapping isn't life-changing or effective for healing your challenges.

For example, using the target phrase: "*I have low self-esteem*" is too general. It is a "description" but doesn't focus enough on the "why" or "how" or "what." We may all be able to guess what someone's behavior looks like when they have low self-esteem, but uncovering the exact emotions that "prove" someone has low self-esteem is a better way to approach Tapping. Below are some helpful questions to get more specific and get the clarity you need about how low self-esteem feels and shows up in your life:

- How do you know you have low self-esteem?
- What behaviors "show" you that you must have low self-esteem?
- What gives you the impression that you have low self-esteem?
 - o Does it happen in public?
 - o With friends?
 - o With strangers?
 - o When asked a question in class?



- How do you FEEL when you are with other people, or in certain situations?
 - o Do you feel inadequate?
 - o Do you feel “less than” when around others?
 - o Do you feel ashamed around men or women?
 - o Do you feel inadequate around successful people?
 - o Do you feel inferior?
- Who told you in your family that you had “low self-esteem”?

It's very helpful to target the specific emotion – the anxiety, the insecurity, or the fear – rather than the generalized description of “low self-esteem.”

Here is a Tapping example to address this challenge:

Side of Hand (2-3 times): *Even though I feel anxious and insecure whenever I think of talking to people who are successful, I'm afraid I don't measure up, I deeply and completely love and accept myself anyway.*

Eyebrow: I'm afraid I don't measure up
Side of Eye: I feel insecure around successful people
Under Eye: I don't think I measure up
Under Nose: I feel so insecure around successful people
Chin: I don't think I am enough or do enough
Collarbone: I'm afraid I don't measure up
Under Arm: I feel anxious and insecure around others
Head: I just don't feel good enough

If there are other emotions that drive your behavior, or show you that you have low self-esteem, go ahead and plug those descriptions into the Tapping sequences.

Mistake #3 -- Being Distracted

Being distracted while Tapping is a mistake because you won't get the results and emotional relief that are possible with this incredible technique.

Some people admit that they tap while engaged in other activities – walking, exercising, watching television or driving. It's crucial to get very focused if you've made the effort to put aside time for Tapping.



Try to be 100% focused on your Tapping and the emotions you have chosen to target. Doing anything else during this time will dilute the results of your Tapping, because you simply CAN NOT be focused on deep emotions when something else has engaged your attention.

Important: Ask yourself if you are distracting yourself on purpose. It's always possible that you might feel afraid of the intensity of your emotions that could surface during your Tapping session with yourself. This is of course "normal" and "ok" if you are afraid, at least you know why you repeatedly distract yourself by doing several things at once instead of respecting the time for your own Tapping.

Try the following Tapping sequence:

Side of Hand (2-3 times): *Even though I'm afraid of my intense emotions, so I need to distract myself, I deeply and completely love and accept myself...*

Eyebrow: I'm afraid of my intense emotions
Side of Eye: I'm afraid of what feelings might surface
Under Eye: I'm afraid of my feelings
Under Nose: No wonder I distract myself
Chin: I can't help myself
Collarbone: I'm afraid of my emotions
Under Arm: No wonder I distract myself
Head: I'm afraid to feel my emotions

Mistake #4 – Giving Up When Tapping Isn't Working

If your Tapping rounds are not working, there are a few options to explain what might be causing this problem. It could mean you don't have the right target, or you might be distracted, or you might be afraid of what emotions could surface. Maybe you are simply unfocused, so Tapping isn't effective. Of course this would cause you to feel discouraged and want to give up on the entire technique of Tapping. While this is totally understandable, the good news is that there is a solution to this problem of *"when Tapping isn't working."*

Giving up is definitely a problem because it means you haven't tried everything possible. Remember, we know Tapping works, it has worked on millions of people worldwide for decades. Here are some options and recommendations to try before you give up:



1. Again, maybe you need to get more specific when you choose your target. As I discussed earlier, not being specific enough will cause your Tapping to be ineffective.
2. Maybe you need to tap on the overall “problem” from a different angle – from another point of view. Sometimes you can tap on a specific physical symptom, or simply go through “the door” of your body and bodily sensations.
3. Maybe you need to address a different emotion, for instance, maybe you thought the target was anger, and yet the emotion “resentment” really feels more accurate.
4. Luckily, we can always use Tapping for the feeling of discouragement and the desire to give up!

Try this tapping sequence below:

Side of Hand (2-3 times): *Even though I feel discouraged, and I want to give up, I deeply and completely love and accept who I am and how I feel.*

Eyebrow: I feel so discouraged it isn't working
Side of Eye: Why does it work for others but not me?
Under Eye: I feel so discouraged
Under Nose: I feel discouraged because it isn't working
Chin: It's not working, and I want to give up
Collarbone: I feel like giving up
Under Arm: Maybe I need to make some changes
Head: Maybe I can try one more time

Mistake #5 -- Using ONLY POSITIVE STATEMENTS

Only using positive statements while Tapping is a mistake because it is avoiding the real issue and misses the opportunity to release the emotional pain in your life.

Some people are tempted to just say positive affirmations because they are afraid of stating the true emotions out loud. It is so important to repeat how you feel about your problems, even if it seems NEGATIVE because:

- (1) You can't hide from the truth. Say it like it is, accept it anyway, and then later, after your number has been reduced a few points, go ahead and tap using positive affirmations.



(2) You need to collapse the original emotional problem, not gloss over it. Simply repeating positive statements will only delay your healing.

(3) Positive statements don't last or "work" unless you have released your RESISTANCE to making changes.

Final Recommendations:

As you know, I believe and have experienced that Tapping is the most efficient, effective tool to improve our emotional and physical lives. So anything we can do to get out of our own way, and create the space and circumstances that would make the results stunning, would be worth trying.

Clear the Space for Your Tapping Session:

One of the things we don't do well is create a safe space for us in which we do our personal Tapping sessions. There are more expectations or pressure on counselors and practitioners to create a safe space in their offices or over skype, but when we work on ourselves, we can sometimes be sloppy or too casual.

- So think about what would clear and create a safe space for you where you could do your own personal Tapping without interruptions. Make sure there are no distractions, no extra noise, no fears of someone walking into the room. Use a quiet and peaceful place that will invite you to bring up the emotions you need to tap on and release.
- Respect your feelings: Do you respect your feelings? Or are you in a hurry when you're doing your Tapping sessions? Emotions "need" space and airtime to "know" they are being listened to, or they will go back into hiding again. It's just how the brain works in human beings.
- Ask yourself: *"Do I really want to solve this problem?"* Sometimes we have the good intention of Tapping on ourselves, bringing up specific issues, and yet we have a problem that is protecting us from a result, so in reality, we don't want to solve the problem after all. Review the procrastination content above. If procrastination is protecting you from being "exposed" then you won't want to give it up until you can heal this fear of yours and find a way to feel protected without procrastination.



- Get focused: The more focused you are, the more space you clear for your emotions to surface during the Tapping, making them available for deep and lasting healing.

As always, get clear, have fun, and get ready for emotional freedom!

Carol Look, Founding EFT Master



CAROL LOOK is an author, speaker, coach, intuitive energy healer, and creator of her signature coaching method, *The Yes Code*. Carol is a founding EFT Master, and combines her traditional training as a psychotherapist with clinical hypnosis and advanced applications of EFT for unprecedented results with her clients. Known for her laser-like focus, Carol coaches clients to release their limiting beliefs and emotional conflicts about success so they can reach their maximum potential.

Carol is a world-renowned EFT workshop presenter and has taught workshops in Belgium, England, France, The Netherlands, Canada, Australia, and all over the United States. She is a regularly featured energy medicine expert on leading Global Telesummits.

Carol runs her *Diamond Breakthrough Program* and her ICF-accredited coaching program, *The Yes Code Coach Certification Program*, for practitioners who are passionate about coaching others to lead lives of exceptional success.