



- **Does it matter which hand?** NO
- **Can I switch hands while tapping?** YES
- **Can I tap with both hands?** YES
- **How many taps on each spot?** 7 is most common but sometimes more is better.
- **Is the SETUP essential?** Not always, but necessary in cases of “Psychological Reversal” (where there is a secondary gain from keeping your problem).
- **Will EFT take away natural (and healthy) emotional responses to situations?** No
- **How long do treatment results last?** Forever? Untreated aspects can make it appear like it “comes back.” Keep tapping!
- **Does the treatment need to be repeated?** Sometimes if there’s a different aspect, but it’s often less intense and if it worked once, it usually works with the “new” aspect.
- **Can you use alternate taps like in EMDR?** YES
- **Do I have to believe in the treatment for it to work?** NO
- **So do I use the same EFT process for every issue?** YES, just modify the set up phrases for each issue.
- **Can you tap on the positive?** Yes 😊
- **Do you have to say it out loud?** NO, but it might have more power and work faster!
- **Why tap with a negative phrase?** The negative phrase is truth of your feeling. EFT works with what really is, not what we wish it to be.
- **Placebo effect?** No, it lasts too long and works for people who don’t believe it will work 😊
- **How often do I tap?** You can tap whenever you identify an issue, so the sky’s the limit!

Tapping FAQs (more detailed)

Q1: I have been reluctant to use the technique because I might get the setup or the tapping wrong. Does EFT have to be done precisely and perfectly?

A: No, there is no such thing as perfect EFT. For example, elderly people with significant brain injury have reported impressive benefits from doing their version of EFT that differed somewhat from what they were taught. What mattered was that they were able to grasp the EFT concept (see Q3 below) and because their deeper conscious understood the intention, they were able to get benefits from the way they did it.

Q2: Can I make things worse if I don’t do it exactly as taught?

A: No, you won’t make anything worse – just stick to the basic concept (see Q3 below).

Q3: How soon can I use it on my own?

A: Use it on your own as soon as you understand the concept: Identify the problem/discomfort (unwanted feeling), Rate it 0-10 (10 being the highest level of that



feeling that you can imagine), Setup by saying the feeling or problem out loud with an acceptance statement at the end (3 times), Tap the points with a brief reminder phrase of the uncomfortable feeling, Re-rate the feeling and Repeat the tapping until the feeling is 1 or 0. There's no need to delay using the technique – practicing is all to the good.

Q4: I'm not sure I'm tapping in the right places. Will it matter if I don't get the exact point?

A: No, don't be concerned about getting the exact point. Close enough will work well for you. Use two or more fingers to get a better coverage of the points and as you get experience you will naturally locate the best place to tap.

Q5: If I miss a point will it mess up the round?

A: No, you won't mess up the round if you miss a point

Q6: Should I go back and tap on the missed point?

A: Yes, you can go back to a missed point and tap on it if you want.

Q7: Do I have to use the same reminder phrase for each point in a round?

A: It helps to use the same phrase when you're start using the technique and for the first few rounds but as soon as you feel some confidence you can change the reminder phrase.

Q8: Why is there such a precise format if it works with variations?

A: The precise format and the pattern of tapping points provides sufficient points for the technique to be effective and helps for learning the procedure quicker and to remember it more easily.

Q9: How do I know what feeling to tap for?

A: Whatever the main unwanted feeling is in that moment is the one you setup and tap for.

Q10: What if there are so many feelings that I just feel confused or overwhelmed?

A: Rate, Setup and Tap for feeling confused or overwhelmed.

Q11: What do I do if while I'm tapping a different strong feeling (maybe associated with a thought or memory) comes up?

A: Finish the round for the setup statement you started. Then immediately rate the new feeling/memory/thought, do a Setup and Tap



Q12: If I'm in a situation that I feel uncomfortable saying the setup and reminder phrases aloud, can I say them to myself?

A: Yes.

Q13: If I'm in a situation that I feel embarrassed/uncomfortable tapping, what should I do?

A: Tap inconspicuously on any points you can and leave the others until you have the opportunity to Tap in private. Also, consider Tapping on the feeling of being embarrassed/uncomfortable in the situations concerned.

Q14: If I tap for a craving or other feeling will the craving return?

A: It might. For some people it does, for some people it doesn't. And a person with a few cravings might find that it returns for one craving and not another. If it does return use a Setup statement as soon as you discover the craving/feeling and Tap for it. Each time you Tap for a feeling it's control over you is weakened and you will notice that you are coming out of the discomfort for longer periods and they will generally be less intense.

Q15: What is meant by an "aspect" of my craving?

A: An aspect is a feeling that is usually associated with the memories or thoughts that are a major cause of the anxiety that you try to soothe with the food you crave. People are often not aware of the aspects of their craving because when an aspect comes up for them, usually the first thing they notice is the craving for their soothing food/drink.

Q16: What is a trigger?

A: A trigger is usually a circumstance or a situation that prompts the craving to arise and triggers have aspects associated with them.

Q17: If I don't have a particular feeling and I say the Setup and Tap with someone who does, will that give me the unwanted feeling?

A: No, you can't get someone else's discomfort. Tapping with someone else for their discomfort can give you an awareness of a similar aspect that you might have and in that way you may get "borrowed benefits" from Tapping with others and come out of your own discomfort.