

'Be Your Cheerleader'

- Women's Wellness Retreat with Monika Gago Yoga

Introduction to EFT (Emotional Freedom Technique, known as tapping)

What you need to know:

Whether we realise it or not, we respond to everything in our lives with our emotions. These emotions create a blueprint for how we see ourselves, other people, and our world. And they teach our nervous system how to respond, namely, whether something is perceived as a threat or not and if we can stay relaxed or activate the fight or flight response.

If not processed and released, negative emotions will affect our energy, creating imbalances. They can also limit us in our lives, leading to limiting self-beliefs, phobias, addictions and even disease. We can experience these emotions as **feelings**, such as fear, but we can also experience them as **thoughts and beliefs**, e.g. I'm not lovable, or even **sensations in the body**, e.g., a tight chest.

Such emotions can be released in different ways, such as talking therapies, hypnotherapy, acupuncture, mindfulness, journaling, talking to a friend, crying, and emotional freedom technique (EFT).

EFT (also called Tapping) involves gently **tapping on specific energy points** on your body while focusing on a thought, feeling, sensation, event, or belief you want to release and clear. It helps calm your nervous system, release tension, clear energy imbalances and **support healing**. It can be used to help with anxiety, pain, phobias, addictions, limiting self-belief and much more.

In EFT, we **focus on the negative not to dwell on it**, but to acknowledge and accept what's there, instead of pushing it away or pretending it doesn't exist.

When we name and tap on the difficult emotion, thought, sensation or belief, we send a calming signal to the brain (especially the amygdala, which processes stress and fear). This helps **reduce the emotional charge** around the issue, making it easier to let go and create space for more positive, empowering thoughts. It's like saying to yourself: "This is how I'm feeling—and I accept myself anyway." This self-acceptance is what helps shift the energy, calm the body, and allow healing and change to happen. Once we start clearing the negative, we can make way for the positive in our lives.

For more information, please go to:

<https://www.thetappingsolution.com/eft-tapping/>

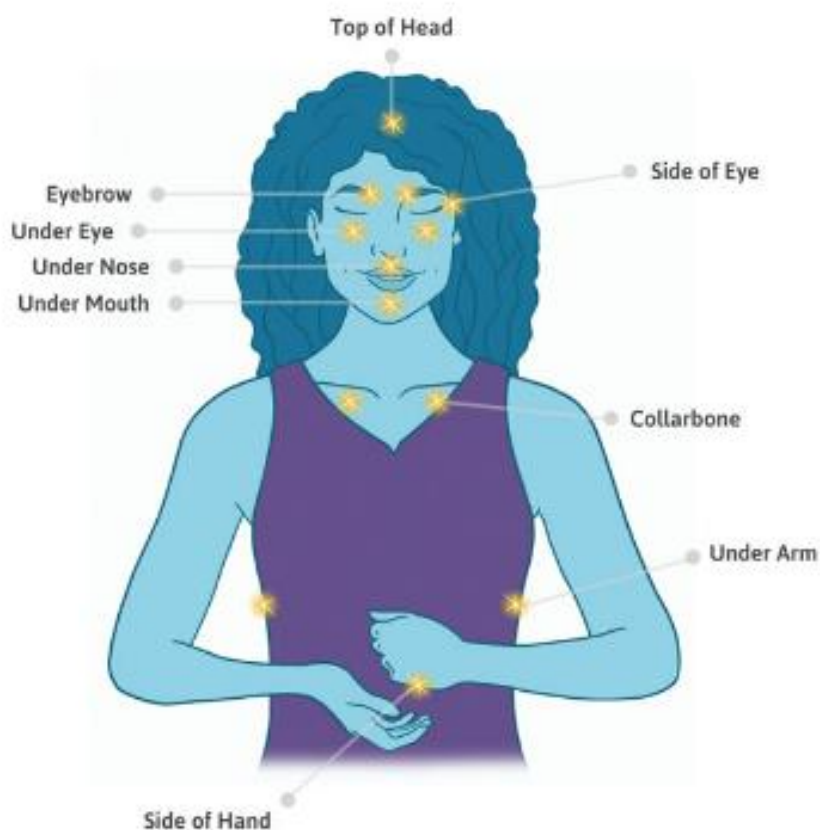
<https://eftinternational.org/discover-eft-tapping/what-is-eft-tapping/>

Nick Ortner, The Tapping Solution, 2013

If you're unsure whether you should use EFT tapping, please consult your doctor.

If you have any questions, please get in touch.

Tapping points



Eyebrow Point (EB)

Where the eyebrows begin, closest to the bridge of the nose.

Side of Eye (SE)

On the bone directly along the outside of either eye.

Under Eye (UE)

On the bone directly under either eye.

Under Nose (UN)

The area directly beneath the nose and above the upper lip.

Chin Point (CP)

This is the area just below your bottom lip and above the chin, right in the crease.

Collarbone Point (CB)

Starting from where your collar bones meet in the center, go down an inch and out an inch on either side.

Under Arm (UA)

On your side, about four inches beneath the armpit.

Top of Head (TH)

Directly on the crown of your head.

Step 1: Identify the issue that is bothering you

Gently bring to mind something that holds you back, such as a **limiting belief, disrupting emotion, uncomfortable sensation, bad memory of an event or an unsettling thought.**

(e.g., 'I'm not good enough' / 'That painful headache' / 'I feel anxious' / 'When teacher told me I was stupid' / 'People only want to use me'.

Rate how intense the thing is for you, how much it affects you right now on a scale from 0 to 10. A score of 0 means you feel completely fine, while 10 means you feel as bad as possible. Write down your score.

Step 2: The setup statement

Start tapping on the **side of your hand (karate chop point)** and say this **three times**:

“Even though I have this [limiting belief/emotion/sensation/thought], I deeply and completely accept myself and how I feel.” X 3

e.g., 'Even though I believe I'm not good enough, I deeply and completely accept myself.'

'Even though I'm anxious about the presentation, I deeply and completely accept myself.'

Step 3: The Tapping Round

Now tap about 7 times on each of the following points while **repeating a reminder phrase** (a short version of the issue, in this example, it's a belief in not being good enough):

1. **Eye brow (EB)**: This belief that I'm not good enough
2. **Side of Eye (SE)**: This belief that I'm not good enough
3. **Under Eye (UE)**: This belief that I'm not good enough
4. **Under Nose (UN)**: This belief that I'm not good enough
5. **Chin (CH)**: This belief that I'm not good enough
6. **Collarbone (CB)**: This belief that I'm not good enough
7. **Under Arm (UA)**: This belief that I'm not good enough
8. **Top of Head (TH)**: This belief that I'm not good enough

Do as many rounds as you want and keep checking if the emotional charge around the issue you're tapping on is reducing. If not keep tapping.

When you become comfortable with tapping using the simple and repetitive reminder phrase, you can take the reminder phrase a bit further, saying a bit more about how you feel. You can just use what comes to your mind as you tap, or to start, use the example below and adapt it to your issue:

1. **Eye brow (EB):** This belief that I'm not good enough
 2. **Side of Eye (SE):** I feel this doubt in my body
 3. **Under Eye (UE):** It holds me back
 4. **Under Nose (UN):** I'm tired of this belief
 5. **Chin (CH):** It's hard to let it go
 6. **Collarbone (CB):** But I'm open to something new
 7. **Under Arm (UA):** Maybe I don't need this belief anymore
 8. **Top of Head (TH):** I'm ready to believe in myself
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Step 4: Reframe and Empower

When you feel the emotional charge is reducing, do another round of tapping, this time with **positive affirmations or supportive phrases**:

1. **Eye brow EB:** I choose to believe I'm enough
 2. **Side of Eye SE:** I'm learning to cheer myself on
 3. **Under Eye UE:** I release this old story
 4. **Under Nose UN:** I am safe to believe in myself
 5. **Chin CH:** I can take up space
 6. **Collarbone CB:** I am kind to myself
 7. **Under Arm UA:** I'm proud of how far I've come
 8. **Top of Head TH:** I am my own biggest cheerleader
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Step 5: Check In

Take a deep breath. Rate the intensity again (0–10). Has it shifted? You can repeat the process if needed or focus on a new belief, emotion, event, sensation or thought.
