

THE TARGETED EFT TAPPING SEQUENCE GUIDE

**FOR WORKING
WITH A CHILD**



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THE TARGETED EFT TAPPING SEQUENCE

Step 1 - The Set Up of the Selected Tapping Statement

The Tapping sequence starts with the Setup, where the Karate Chop point is tapped while the selected Tapping statement is read aloud.

This tells the child's mind we are about to engage with the stored memories related to the incident or stressful situation that they experienced.

- 1 Ask the child to take a slow, deep breath in and out.
- 2 Begin by gently tapping the Karate Chop Point (see diagram) on the side of your hand (either hand) with the index and middle fingers.
- 3 Read the first selected Tapping statement aloud slowly and clearly, a few words at a time.

After each line you speak, ask the child to say those words back to you while gently tapping on the Karate Chop point, as you demonstrate.

Example 1: Rejection and Abandonment

RA.1.

(Diagram 1)



"Even though"

the child repeats this

"I feel"

the child repeats this

"scared, nervous"

the child repeats this

"sad and lonely."

the child repeats this

"I love and accept myself."

the child repeats this

4

Repeat this process so that the full statement is spoken and tapped through twice.

5

This completes Step 1: The Setup.

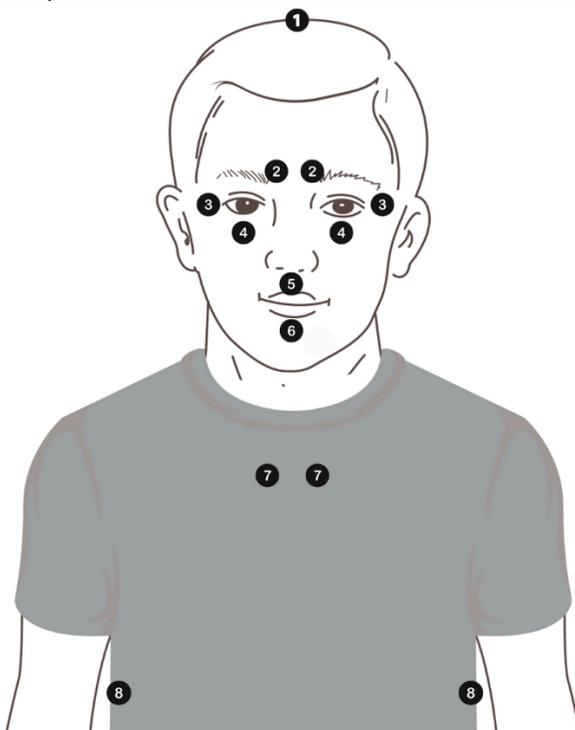
Step 2 - The Tapping Sequence

This step only uses words the statement that are in **bold print** that begin with the words "I feel", "I know" or "I fear".

Example 1: Rejection and Abandonment

RA.1.

(Diagram 2)



"I feel"

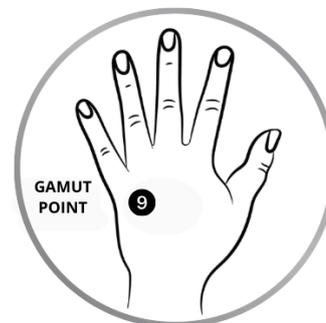
the child repeats this

"scared, nervous"

the child repeats this

"sad and lonely."

the child repeats this



1

Ask the child to take a slow, deep breath in and out.

2

Then you read the words in **bold print** of the selected Tapping statement aloud —slowly and clearly—as shown.

3

After each line you speak, ask the child to repeat those words back to you while gently tapping the points 1 to 9, as you demonstrate.

4

Repeat the words again till you both finish tapping at the 9th point (the Gamut point).

Step 3 - Eye Movements, Humming, and Counting

This step engages the mind with eye movements, humming, and counting. It can be fun, and children often love this part! It helps shift the focus of the child's mind by involving it in left and right brain activities.

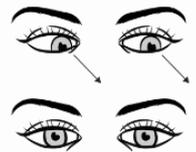
1 Ask the child to take a slow, deep breath in and out.

2 Then ask the child to follow these instructions:

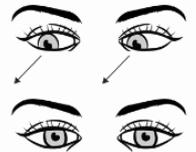
a) *"Look straight ahead, close your eyes, open them again, still looking straight ahead."*



b) *"Without moving your head, look down hard right (toward your right knee), then return to looking straight ahead."*



c) *"Still keeping your head still, look down hard left, (toward your left knee), then return to looking straight ahead."*



d) *"Roll your eyes in a full clockwise circle, then return to looking straight ahead."*



e) *"Roll your eyes in a full counterclockwise circle, then return to looking straight ahead."*



3 Ask the child to take a slow, deep breath in and out.

4 Next, ask the child to hum the start of Happy Birthday. You hum *"Happy Birthday to you"* (just this bit) and they hum it back to you.





- 5 Next, ask the child to count to five.
Then you say "1, 2, 3, 4, 5" and they count back to you.
- 6 And then, ask the child to hum the start of Happy Birthday again.
You hum "Happy Birthday to you" and they hum it back to you.

Step 4 - Follow the Tapping Sequence Again

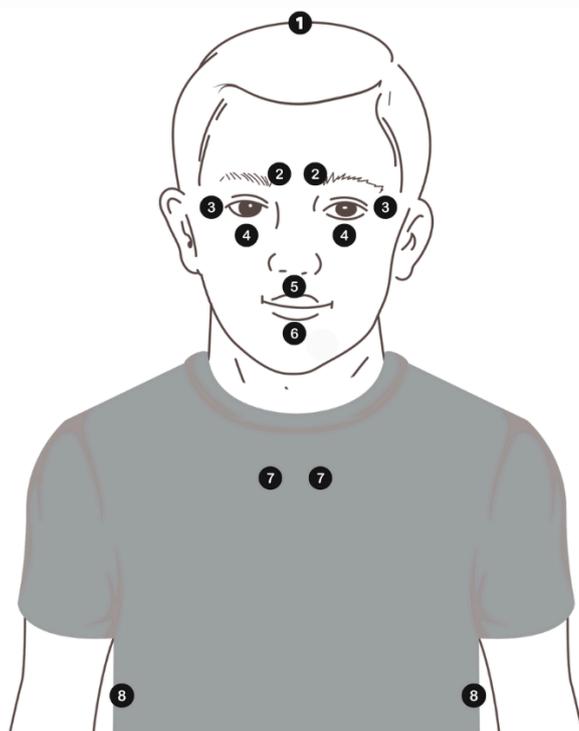
After involving the child's mind in the left and right brain activities, it is now receptive to the next step of calming and reducing the stress it has been holding about the issues and topics.

- 1 After each line you speak, ask the child to repeat those words back to you while gently tapping the points 1 to 9, as you demonstrate. Repeat the words again till you both finish tapping at the 9th point (the Gamut point).

Example 1: Rejection and Abandonment

RA.1.

(Diagram 2 repeated)



"I feel"

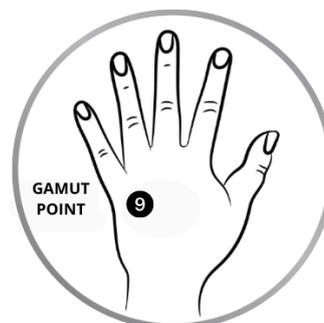
the child repeats this

"scared, nervous"

the child repeats this

"sad and lonely."

the child repeats this



Congratulations! You've just completed the first Tapping statement.

Step 5 - Repeat Steps 1 to 4 with the Next Tapping Statement

1

Begin *Step 1: The Setup*, with the next Tapping statement.

2nd Tapping Statement

Example: Upset and Angry

UA.1.

(Diagram 4)



"Even though"

the child repeats this

"I feel"

the child repeats this

"stressed and angry"

the child repeats this

"when I get things wrong"

the child repeats this

"at school and home."

"I love and accept myself."

the child repeats this

2

After the Third Tapping Statement is Tapped Through: Check in with the child after completing that Tapping statement. If they are still stressed or upset, repeat Steps 1 to 4 with the next Tapping statement that you feel best suits their current feelings.

If they seem more relaxed and happier within themselves, move on to Step 6: Select Two Completion Statements to Finish Tapping Session.

Step 6 - Select Two Completion Statements to Finish

Select two of the most appropriate Completion statements to tap through to finish the Tapping session.

This step anchors the process and reinforces the benefits and positive changes you have made together—a co-creation of care and support for the child.

1

Ask the child to take a slow, deep breath in and out.

2

Read the statement aloud, slowly and clearly, a few words at a time. At the same time, gently tap point 9, the Gamut Point, as before.

After each line you speak, ask the child to say those words back to you while gently tapping on point 9, as you demonstrate.

Example: Completion Statement

CS.1.

(Diagram 5)

“I know”

the child repeats this

“that I can now speak up”

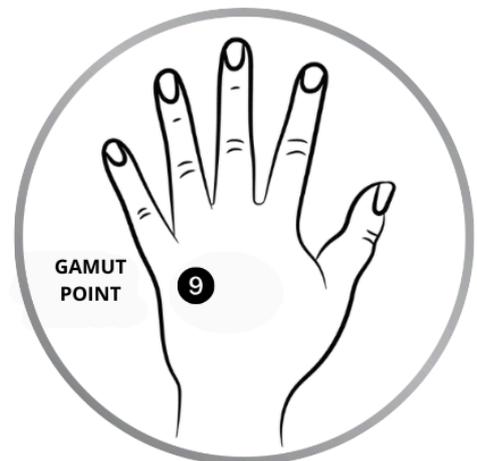
the child repeats this

“and ask for help from Mom or Dad”

the child repeats this

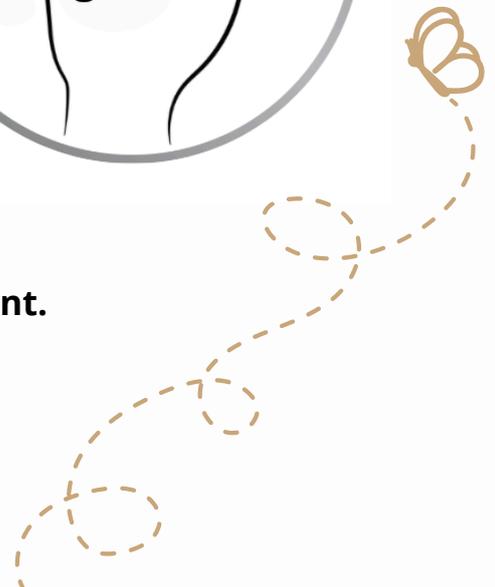
“whenever I need it.”

the child repeats this



3

Repeat with the next Completion statement.



CONCLUDING THE TAPPING SESSION

1

Ask the child how they are feeling now, they may seem more relaxed and maybe chatty. If they have more to say and share, then give them a few minutes to express this.

2

Thank the child and parent (or guardian) for joining with you in this process

3

If possible, have their parent (or guardian) update you about how the child is feeling over the next two weeks, as they may need a follow up Tapping session.