

EFT Tapping Guide for Women

TAPPING BASICS: YOUR FIRST STEPS WITH EFT

Quick relief for women under pressure



A step-by-step guide
to put you back in the driving seat.
Feel in control with tapping.

BY DAPHNE CAUMARTIN

INTRODUCTION



Hello!

I'm Daphne, a coach and certified EFT practitioner (EFT International).

My passion is to help women feel empowered and confident as they go for their dreams. I specialise in mindset coaching, using EFT tapping as one of my tools to help you neutralise stress, procrastination, imposter's syndrome, lack of clarity, fears around money and other blocks. I help you live the life of your dreams.

A cat lover, I also offer EFT services for my feline friends.

I love EFT tapping. It has helped me clear a debilitating fear around using lifts, among other issues.

I wrote this guide to help you discover this amazing technique and start using it to improve your ability to manage your feelings when pressure becomes too much.

All the best!

Daphne Caumartin



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What is EFT/Tapping?

1. EFT, also known as Emotional Freedom Techniques, or more simply “Tapping”, is a powerful tool that helps rapidly shift mindset, reduce pain, and promote overall well-being.
2. It is called “tapping” because one uses their fingers to tap a few times on specific points of the face, hands and upper body. It has been described as “acupuncture without the needles”.
3. Tapping is a sort of mix between talking therapy and energy healing. Created by Gary Craig, it is a gentle technique and it has no known side effects!

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EFT is so amazing! It is used to resolve so many different issues, such as emotional pain, phobias, self-defeating prophecies, insomnia, PTSD or eating disorders, among others. It is like there is no limit to what EFT can do!

How Does It Work?

It is a fact that EFT clears pain, money blocks, trauma, and many other issues, but how does it work? Sometimes, it feels just like magic!



Daphne's Insight

Look for the emotion behind the issue. If you clear the emotion, the problem might disappear!

EFT works by:

1. Focusing on a specific problem you have (stress, lack of clarity, insomnia, knee pain, etc.).
2. Tapping on EFT points while saying phrases related to the issue (ie "I feel sad", "I have this pain in my leg").
3. Releasing emotions stuck in the body's energy system.

EFT calms the nervous system, which is why it's a great tool to clear stress and issues related to it, such as racing thoughts, insomnia, etc.

Benefits of Tapping

EFT or “tapping” has **countless** benefits!

Not only it will help you, but as you become a better version of you, it will have a positive impact on your relationships with other people, such as family members and co-workers.

- Better sleep!
 - More confidence!
 - Less clutter in your thoughts!
 - More patience with your kids!
 - More resilience!
 - Better organisation!
 - More joy!
 - More self-love!
- ... *And so much more!*

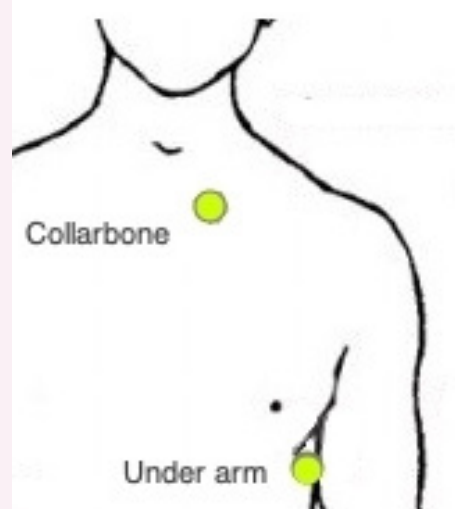
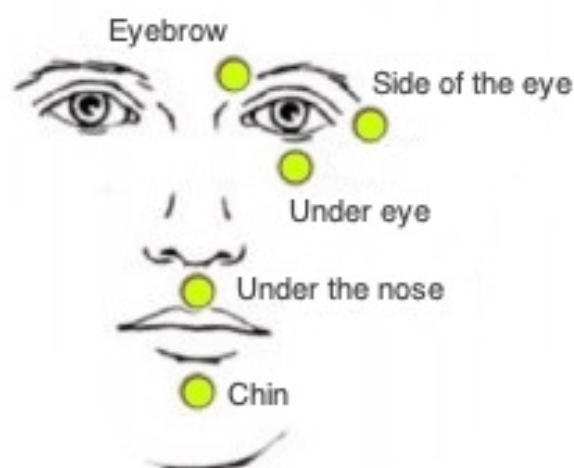
Daphne's Insight

If you want to clear more difficult issues, it is best to seek the help of a qualified EFT practitioner who will use more advanced techniques as you work on traumatic experiences, for instance.



A Basic Tapping Round

1. Define your issue: ie "stressed about my science exam", "pain in my hand"
2. Give it a rating between 0 and 10 (0: no problem, 10: worst level)
3. Prepare a set up phrase about your issue: "Even though I feel stressed, I am a good person"
4. Use two fingers to tap on the side of your other hand while you repeat the set up phrase three times.
5. Go through the points. You don't need to repeat the set up statement. Just use a small phrase in relation to the issue: "this pain in my hand", "this science exam"...
6. Stop and check. How much do you rate your issue now? Resume the tapping procedure until you feel the problem has become minor, or even better, is totally gone.





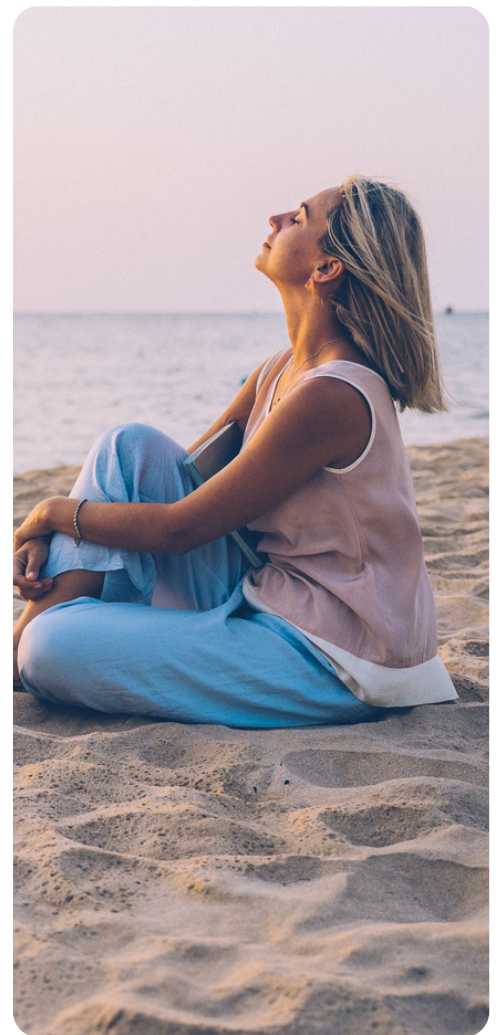
The cause of all negative emotions
is a disruption in the body's energy system.

Gary Craig
EFT Founder

A Tapping Script for Quick Stress Relief

1. Tune into your stress issue, and give it a rating between 0 and 10.
2. Set-up Statement:
"Even though I feel overwhelmed right now,
I deeply and completely accept myself."
Reminder Phrases (while tapping through the points):
 - I have this stress
 - I feel so stressed out
 - I am so stressed
 - I feel it in my chest
 - This stress
 - I tap this stress away
 - I choose to relax
 - It is safe for me to relax
3. Stop to check if the feeling is less intense.

Tap as many times as required, checking between each round.



Tips

Use EFT with other tools. If you are attuned to reiki, EFT will definitely be a nice addition to your energy cleansing routine. Aim to tap in the morning and before bed.

Do not worry if you start to cry or yawn, or if the pain seems to move around. It is a good sign that something is shifting. Just keep going.

Before you tap on positive outcomes, start by clearing the negative.

Don't worry if you miss a point. You will get it right with practice!



Special Offers

You must be feeling so much more relaxed!

You have now taken a gentle very first step toward emotional freedom, so congratulations are in order! Well done! Remember you can use this script any time you need it.

If you feel EFT could help you achieve a much deeper transformation and are not sure you can do it on your own, let me suggest a couple things.

- **Your first 1:1 session** ~~£80~~ **£65**
- **Wonder You Package** ~~£390~~ **£320**

Continue your tapping journey. A package of **6** EFT sessions at a special price. Together, we can explore the thoughts, emotions, and patterns you would like to shift and create meaningful change with EFT.



Thank You!

I hope you've enjoyed this guide and found the information you were looking for. If you would like to know more about EFT or my services, you can visit my website.

EFT is really an extraordinary technique and tapping just five minutes a day, even if you are not focusing on anything specific, will do wonders. You may even find that there is actually something that is bothering you, but it was hidden by the chatter in your mind.

Regaining clarity is like removing the tree that hides the forest. You are a beautiful human being and EFT will help you become an even better person!

Warm wishes

Daphne



"May you reach the stage where you feel no resistance saying 'I deeply love and accept myself', and everything feels just perfect."

Daphne

Thank you!



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