

# Mentorship Resources

"EFT Tapping Guide & Workbook"



**GARY  
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## Why I Created This and Other Guides

I've always been fascinated by techniques that help navigate life's challenges, guiding us back to a place of balance and calm.

Over the years, I've explored a variety of practices such as EFT, Ho'oponopono, Yoga, Breathwork, Meditation, and Strategic Alignment Life Coaching, among others.

Each of these practices has offered profound benefits, helping me release emotional tension, manage stress, and reconnect with the present moment. They've all played a unique role in fostering well-being, making it easier to stay grounded even during turbulent times.

Like many, my journey hasn't been without its hurdles. Having spent years in a high-pressure corporate environment, I personally experienced burnout, stress, and emotional exhaustion.

When that happened, I felt an immediate pull to deepen my yoga practice and to revisit techniques and practices that would help me release tension, rebuild my energy, and gain clarity. Feeling calmer and more focused, I was better able to tackle challenges. These tools had such a positive impact on me that I felt inspired to share them with others who might need them too.

And with that, I have created guides and workbooks with a roadmap to help you reclaim your well-being. Whether through Yoga, Ho'oponopono, EFT Techniques, Breath Awareness, Meditation, Strategic Alignment Life Coaching etc, my goal is to provide you with practical, transformative tools that have helped me reclaim my own energy, focus, joy and place of calm.

I hope they can do the same for you.

Many Thanks

*Gary Drummond*

## **Exploring EFT (Emotional Freedom Technique)**

EFT, commonly known as "tapping," is a transformative practice that bridges the gap between modern psychology and ancient healing traditions. Developed in the 1990s by Gary Craig, EFT builds upon the principles of Traditional Chinese Medicine (TCM), specifically the concept of meridian points energy channels in the body used in acupuncture for thousands of years.

EFT involves gently tapping with your fingertips on specific acupressure meridian points on the body, such as the forehead, collarbone, and hands, while focusing on negative emotions, limiting beliefs, or physical discomfort. By doing so, it sends calming signals to the brain, particularly the amygdala, which is responsible for the fight-or-flight response. This process helps to soothe the nervous system, release emotional blockages, and restore the body's natural state of balance.

Think of EFT as an emotional "reset button." Whether you're feeling stuck, overwhelmed, or weighed down by old patterns, tapping offers a way to reconnect with yourself, release tension, and create space for resilience and growth. It's simple, non-invasive, and accessible to anyone, making it a valuable tool for personal healing and emotional freedom.

### **EFT is incredibly versatile and can help with:**

- **Reducing Stress and Anxiety:** Calms the fight-or-flight response, promoting relaxation.
- **Releasing Negative Emotions:** Clears anger, fear, guilt, or sadness.
- **Breaking Limiting Beliefs:** Helps rewire the mind to shift away from self-doubt or negative thinking.
- **Improving Physical Symptoms:** Eases tension or discomfort that may have emotional roots.
- **Boosting Emotional Resilience:** Builds a stronger ability to cope with life's challenges.

## EFT Tapping Pattern with Finger Points

1. Find a comfortable quiet place and close your eyes and start to focus on your breath moving in and out of your body
2. Run through a breathing practice like **Square / Box Breath or Deep** Come back to your natural breath and open your eyes
3. Identify the **issue** you want to address (e.g., stress, fear, or self-doubt).
4. Rate the intensity of the issue on a scale of **-10 to +10**.
  - For example, anxiety about a presentation might start at **-8** and improve after tapping.
  - **Most importantly, Write it Down!**
5. Create your 3 statements
  - **Setup Statement – Negative**  
Fully and honestly acknowledge the issue. Using past tense in your statement is recommended, as it can help shift your focus toward a more positive place.  
*E.G. Even though I felt Anger I completely respect and accept myself.*
  - **Short Statement - Negative**  
*E.G. Felt Anger*
  - **Positive Statement**  
Focus on a desired outcome or empowering belief:  
*E.G. I Feel Calm, Focused and in control*

## Using Two Fingers for EFT Tapping

For EFT Tapping, use the **index finger** and **middle finger** of your dominant hand to tap on the acupressure points.

### Why Use Two Fingers?

- It ensures you hit the correct tapping point, even if you're slightly off.
- It applies just the right amount of pressure for effective tapping.

### How to Tap:

1. **Position Your Fingers:** Keep your index and middle fingers together.
2. **Gentle Tapping:** Tap lightly but firmly on each point 5–7 times. The pressure should feel stimulating, not uncomfortable.
3. **Rhythm:** Maintain a steady rhythm as you move from one point to the next.

This simple technique keeps your tapping precise and effective while being easy to follow.

## **Tapping Sequence**

### **1. Karate Chop (Side of Hand)**

Tap gently on the fleshy side of your hand (below the pinky) while repeating your setup statement three times. **(15 to 20 Times Tapping. Using the long negative statement.)**

**Note:** - Now move to the short negative statement, tapping 5–7 times until you return to the Karate Chop point.

### **2. Top of Head**

Tap gently on the crown of your head. (Using the short statement)

### **3. Eyebrow Point**

Tap where your eyebrow begins, near the bridge of your nose.

### **4. Side of Eye**

Tap on the bone at the outer corner of your eye.

### **5. Under Eye**

Tap on the bone directly under your eye.

### **6. Under Nose**

Tap between your nose and upper lip.

### **7. Chin**

Tap in the crease below your lower lip.

### **8. Collarbone**

Tap about an inch below the collarbone.

### **9. Under Arm**

Tap about four inches below your armpit (on the side of your body).

### **10. Return to Karate Chop**

Finish by tapping again (15 – 20 times) on the **Karate Chop point**, reinforcing your final intention or affirmations.

# EFT Tapping Worksheet – Traditional

Describe Problem / Issues

Date.....

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**TUNE** – Close eyes and preform a breathing practice like Square / Box Breath or Long Slow Deep Inhales & Exhales for 2 – 3 mins so as to allow your body, mind to relax into this moment

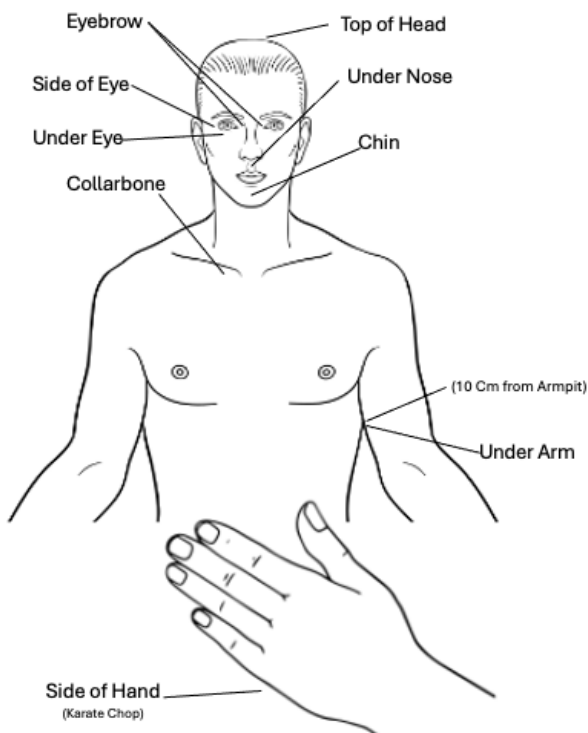
## RATE YOUR EMOTIONS / ISSUES

|             |    |    |    |    |    |    |    |    |    |   |    |    |                 |    |    |    |                  |    |    |     |  |
|-------------|----|----|----|----|----|----|----|----|----|---|----|----|-----------------|----|----|----|------------------|----|----|-----|--|
| -10         | -9 | -8 | -7 | -6 | -5 | -4 | -3 | -2 | -1 | 0 | +1 | +2 | +3              | +4 | +5 | +6 | +7               | +8 | +9 | +10 |  |
| Feeling Bad |    |    |    |    |    |    |    |    |    |   | ➔  |    | Feeling Nothing |    |    |    | ➔ Feeling Great! |    |    |     |  |

**LOCATE THE FEELING IN YOUR BODY**

**CREATE 3 STATEMENTS – NEGATIVE LONG / SHORT & POSITIVE**

## TAPPING POINTS



E.G **Negative Long** – Even though I felt Anger I completely respect and accept myself. **Short** – Felt Anger

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## TAPPING POINTS

1. **KARATE CHOP** – 15 to 20 taps saying full statement 7 times. You can come back to the KC point at any time if you feel stuck

- Then say short statement 3 times.
- While tapping 5 – 7 times on the other points

2. **TOP OF HEAD** –

3. **EYEBROW POINT** –

4. **SIDE OF EYE** –

5. **UNDER EYE** –

6. **UNDER NOSE** –

7. **CHIN POINT** –

8. **COLLARBONE** –

9. **UNDER ARM**–

10. **KARATE CHOP** –

**REPEAT X 3 TIMES**

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**Use your Peace Fingers to Tap EFT Tapping Points**

**RATE YOUR EMOTIONS / ISSUES AFTER 3 ROUNDS**

|             |    |    |    |    |    |    |    |    |    |   |    |    |                 |    |    |    |    |                |    |     |  |
|-------------|----|----|----|----|----|----|----|----|----|---|----|----|-----------------|----|----|----|----|----------------|----|-----|--|
| -10         | -9 | -8 | -7 | -6 | -5 | -4 | -3 | -2 | -1 | 0 | +1 | +2 | +3              | +4 | +5 | +6 | +7 | +8             | +9 | +10 |  |
| Feeling Bad |    |    |    |    |    |    |    |    |    |   | ▶  |    | Feeling Nothing |    |    | ▶  |    | Feeling Great! |    |     |  |

If you have rated positive, then you can decide if you want to move on to the positive statement that you wrote previously

E.g. Now that I'm feeling ----- I truly love and accept myself

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**To Close**

**Breathing practice** - Run through a breathing practice like **Square / Box Breath or Deep Slow Breathing** in and out, again with Eyes Closed

**Finally** - Gently open your eyes and look at something you haven't seen before so as to bring you back to the present.

## Moving Forward

The key to lasting transformation is to practice these techniques often. So, make it a routine like brushing your teeth. Make it your new normal. Take time to check in with yourself regularly to assess how you're feeling. If you miss a session, no worries, just start up again with our judgment.

## Connect with me

If you'd like to stay connected, feel free to reach out through the links below.

I'd love to hear about your journey and experiences with these practices!

Be sure to check back often, as I'll be sharing more courses, guides, and resources in the future to support your growth and transformation

Many Thanks!

*Gary Drummond*



[https://www.instagram.com/gary\\_drummond\\_2702/](https://www.instagram.com/gary_drummond_2702/)



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<https://www.youtube.com/@GaryDrummond>

## Creative Ownership: My Tapping Guide for Your Transformation

This guide and workbook are my creation, shared to support your journey. Tapping is widely practiced, but this approach reflects my personal insights. Feel free to reach out—I'd love to connect!