

Positive EFT Tapping

	Subjective Units of Experience (SUE) Scale <small>Silva Hartman</small>
+10	Optimal energy flow (Unconditional love, enlightenment experience)
+9	Very high energy flow (Delighted, very excited, joyful, actively loving)
+8	Very high energy state (Picking up personal power, feeling delighted, Making new decisions)
+7	Fast energy (Re-thinking & re-organizing concepts, powerful positive emotions)
+6	Faster energy (Feels exciting, feeling personally powerful)
+5	General energy flow (Wide awake, happy, ready for action)
+4	Energy flow improving (Feeling good, starting to think about the future)
+3	Medium flow of energy (Feeling ok, smiling, enjoying the present moment)
+2	Low energy flow (Feeling ok, like waking up from sleep vague sense of potential)
+1	Low energy flow (Feeling neutral, occasional flashes of positive thoughts & emotions)
0	No stress (Calm, resting, may feel peaceful about it no action required)

	Subjective Units of Experience (SUE) Scale <small>Silvia Hartman</small>
0	No stress (Calm, resting, may feel peaceful about it no action required)
-1	Very low stress (Feeling basically good. Might feel something unpleasant, but not much)
-2	A little bit of upset (Realize, “yes” there is something bothering me)
-3	Mildly upset (Worried to the point that you notice it)
-4	Somewhat upset (To the point that you cannot easily ignore an unpleasant thought)
-5	Moderate stress (Irritability, unable to control thoughts, social, mental malfunction)
-6	High stress (Illogical thinking, addictions, immediate gratification, temper tantrums)
-7	Starting to freak out (Crazy ideas, extreme disturbances)
-8	Freaking out (Beginning of alienation, going berserk, madness, self in-jury)
-9	Feeling desperate (Feels unbearable, shutting down temporarily, panic attacks)
-10	Extreme stress (Feels unbearably bad, shut down, alienation)

De-stress with Positive EFT Tapping

FIRST ROUND

“Even though I have this body energy stress, I am choosing to love and accept myself.”

Reminder Phrase: “This Stress”

SECOND ROUND

“Even though I have this remaining body energy stress, I am choosing to love and accept myself.”

Reminder Phrase: “This remaining Stress”

THIRD ROUND

“Even though I still have body energy stress, I am choosing to let it go now.”

Reminder Phrase: “Letting go of stress now”

Positive EFT Tapping Points

Rate it on the scale.

Bring hands at heart center (Repeat the set-up phrase 3 times and breath in and out).

Breath in and out with each of the following points.

1. Top of the head
2. In between the eyebrows
3. Beginning of the eyebrows
4. Side of the eye
5. Under the eye
6. Under the nose
7. Under the lips
8. Under the collarbone
9. Thumb
10. Pointer finger
11. Middle finger
12. Ring finger (outside)
13. Pinky finger
14. Karate chop

Bring hands at heart center (Breath in and out).

Rate it on the scale again.

Positive EFT Tapping

FIRST ROUND

“I want more happy emotional energy.”

Reminder Phrase: “More happy energy”

SECOND ROUND

“I want an abundance of happy emotional energy.”

Reminder Phrase: “Abundance of happy energy”

THIRD ROUND

“I want all the happy emotional energy in the world.”

Reminder Phrase: “All the happy energy in the world”