



MegaMorphosis

“Stop Stress in Seconds”

The Original Basic TFT Tapping Sequence

This the Basic TFT (Thought Field Therapy) Tapping Sequence. You can use this fast and effective technique to quickly reduce stress, clear any “negative” emotions, triggers or even if you’re just “feeling out of sorts”.

It can be used anywhere, anytime, and **there is no limit to the number of times you can use it in a day.**

And here’s the good news...

****You do not have to use any words or affirmations as you follow this technique.****

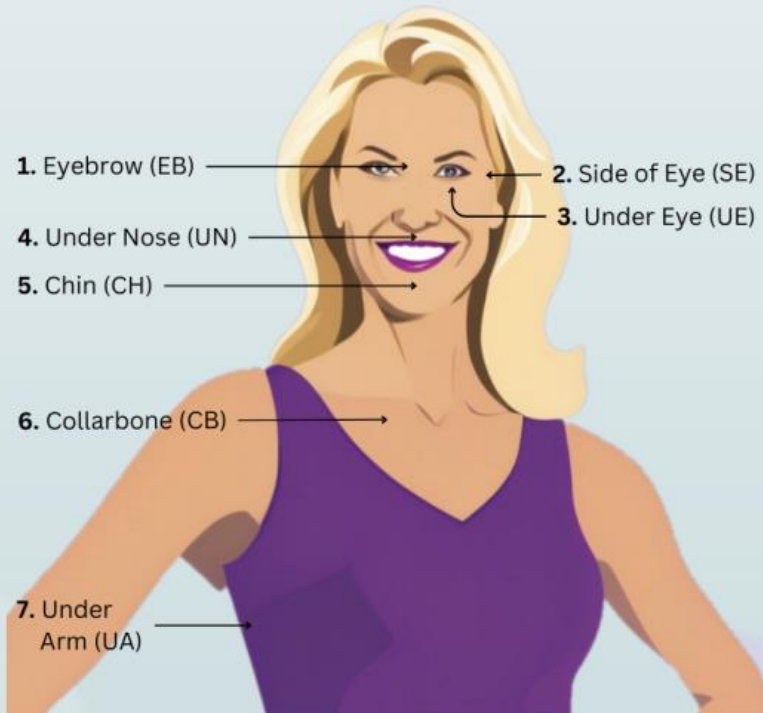
They are completely unnecessary!

If you’ve never done tapping before, just be open to the experience and notice how you feel as you go through the process. The goal of this technique is to diffuse the charge of your negative emotions and gain control over them, enable you think more clearly, and be more in the present moment, so that you can quickly regain focus on your true goals.

When we are at the mercy of our emotions, we lose focus, get stuck in our negative thoughts, and often make bad decisions or choices because we act “emotionally”, abruptly or irrationally. This can in turn lead to increased stress levels, as then we can actually make a situation worse for ourselves, or we berate ourselves for our behaviour or making bad decisions. It’s a cycle that just feeds itself. This technique can help to stop the cycle and bring your body back down to baseline resting levels.

To find additional information on TFT or to book a call to see if the MegaMorphosis program is possibly for you, go to <https://e-motioncoach.com/>

- Step 1:** Think of the Event/Situation causing your Emotional Distress and allow yourself to feel the emotions.
- Step 2:** Rate your Distress Level (SUD = Subjective Units of Distress) on a scale of 1 to 10 (1 = no upset, 10 = the worst you could possibly feel) and write it down.
- Step 3:** Tap lightly on each spot (1 to 12), with 2 or 3 fingertips, 5 to 10 times on each spot.



- Step 4:** Continue tapping on the Gamut Point (13), while following the 9 Step Gamut Point Sequence.

9 Step Gamut Point (GP) Sequence

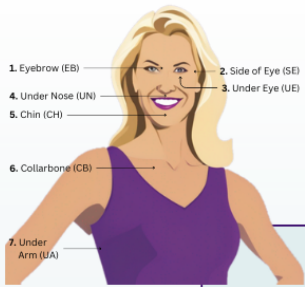
- i. Eyes Open
- ii. Eyes Closed
- iii. Eyes Open looking down to the left
- iv. Eyes Open looking down to the right
- v. Circle Eyes around in one direction
- vi. Circle Eyes around in opposite direction
- vii. Hum a few bars of a tune out loud
- viii. Count to 5 out loud
- ix. Hum a few bars of a tune out loud

- Step 5:** Repeat the entire sequence 2 more times, and check your SUD level; if > 2, go to Step 6. Otherwise continue sequence until your SUD is 2 or lower.

- Step 6:** Once your SUD is 2 or lower, tap on the Gamut Point (GP) and roll your eyes up from the floor to ceiling. (Keep your head level and look down at the floor, and slowly roll your eyes up to the ceiling).

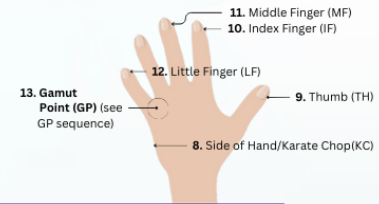
Taken from the MegaMorphosis e-Motion (M³) System™ - “Get unstuck to end the strife and love your life”
Adapted from “Tapping the Healer Within” by Roger Callahan, Ph.D.

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Bonus Tapping Sequences



****Use these algorithms if you find the Basic TFT Tapping Sequence on page 1 doesn't get your SUD down to less than 2****

Stress comes in different packages. It can come in the form of anxiety, guilt or anger, amongst other emotions. Consider when we act or respond in stressful moments, it can cause us to get angry, anxious or even feel guilty for having over-reacted to a situation, or said or done things we wished we hadn't. Then we beat ourselves up for over-reacting, behaving badly, or we become incredibly judgemental of ourselves, and become our own worst enemy. When the body is stressed for long periods of time, by constant underlying thoughts and feelings of anxiety, guilt or anger, it can cause our body systems to become over-worked, exhausted and depleted. Our adrenalin, cortisol and other hormone levels run high, and much like revving the engine of your car for hours on end without release, the gasoline eventually runs out, the oil overheats and serious damage or complete failure of the engine can result. Now, while our body is self-healing, and can make some adjustments, eventually it's systems, much like your car, can become depleted and exhausted. That's when illness, disease, or even non-specific symptoms which have no apparent diagnosis, can appear in our bodies. This is why the reduction and management of stress in our daily lives is so crucial, and these simple tapping sequences can help you to achieve this goal.

Simple Anxiety/Stress Algorithm

- Step 1:** Think of the Event/Situation causing your Emotional Distress and allow yourself to feel the emotions.
- Step 2:** Rate your Distress Level (SUD = Subjective Units of Distress) on a scale of 1 to 10 (1 = no upset, 10 = the worst you could possibly feel) and write it down.
- Step 3:** Tap lightly under the eye (UE), with 2 or 3 fingertips, 5 times.
- Step 4:** Tap solidly under the arm (UA), with 2 or 3 fingertips, 5 times.
- Step 5:** Tap the collarbone (CB), with 2 or 3 fingertips, 5 times.
- Step 6:** Check your SUD level again. If it has decreased by 2 or more points go to Step 7. If there is no change or only a change of 1 point in the SUD, then tap on the Karate Chop (KC) 15 times and repeat Steps 1 to 6.
- Step 7:** Perform the 9 Step Gamut Point (GP) Sequence
- Step 8:** Tap 5 times under the eye (UE) again.
- Step 9:** Tap 5 times under the arm (UA) again.
- Step 10:** Tap 5 times on the collarbone (CB) again.
- Step 11:** Check your SUD level again. If it has declined to 1 (which will happen for most people), go to Step 12 below. If the SUD has decreased significantly but is still not at 1, tap on the Karate Chop (KP) point 15 times and then repeat Steps 3 to 11.
- Step 12:** Once SUD is 2 or lower, tap on the Gamut Point (GP) and roll your eyes up from the floor to ceiling. (Keep head level and look down at the floor, and slowly roll your eyes up to the ceiling).

Guilt Algorithm

- Step 1:** Think of the Event/Situation causing your Emotional Distress and allow yourself to feel the emotions.
- Step 2:** Rate your Distress Level (SUD = Subjective Units of Distress) on a scale of 1 to 10 (1 = no upset, 10 = the worst you could possibly feel) and write it down.
- Step 3:** Tap the Index Finger (IF) spot, with 2 or 3 fingertips, 5 times.
- Step 4:** Tap the collarbone (CB), with 2 or 3 fingertips, 5 times.
- Step 5:** Check your SUD level again. If it has decreased by 2 or more points go to Step 6. If there is no change or only a change of 1 point in the SUD, then tap on the Karate Chop (KC) 15 times and repeat Steps 1 to 5.
- Step 6:** Perform the 9 Step Gamut Point (GP) Sequence
- Step 7:** Tap 5 times on the index finger (IF) again.
- Step 8:** Tap 5 times on the collarbone(CB) again.
- Step 9:** Check your SUD level again. If it has declined to 1 (which will happen for most people), go to Step 10 below. If the SUD has decreased significantly but is still not at 1, tap on the Karate Chop (KP) point 15 times and then repeat Steps 3 to 9.
- Step 10:** Once SUD is 2 or lower, tap on the Gamut Point (GP) and roll your eyes up from the floor to ceiling. (Keep head level and look down at the floor, and slowly roll your eyes up to the ceiling).

Anger Algorithm

- Step 1:** Think of the Event/Situation causing your Emotional Distress and allow yourself to feel the emotions.
- Step 2:** Rate your Distress Level (SUD = Subjective Units of Distress) on a scale of 1 to 10 (1 = no upset, 10 = the worst you could possibly feel) and write it down.
- Step 3:** Tap the Little Finger (LF) spot, with 2 or 3 fingertips, 5 times.
- Step 4:** Tap the collarbone (CB), with 2 or 3 fingertips, 5 times.
- Step 5:** Check your SUD level again. If it has decreased by 2 or more points go to Step 6. If there is no change or only a change of 1 point in the SUD, then tap on the Karate Chop (KC) 5 times and repeat Steps 1 to 5.
- Step 6:** Perform the 9 Step Gamut Point (GP) Sequence
- Step 7:** Tap 5 times on the Little Finger (LF) again.
- Step 8:** Tap 5 times on the collarbone(CB) again.
- Step 9:** Check your SUD level again. If it has declined to 1 (which will happen for most people), go to Step 10 below. If the SUD has decreased significantly but is still not at 1, tap on the Karate Chop (KP) point 15 times and then repeat Steps 3 to 9.
- Step 10:** Once SUD is 2 or lower, tap on the Gamut Point (GP) and roll your eyes up from the floor to ceiling. (Keep head level and look down at the floor, and slowly roll your eyes up to the ceiling).