

TFT Protocol

1. First tune in the problem you want to work on and give it a SUD rating (0-10) on how distressing the problem is at the moment.
2. Begin by tapping the side of your hand about 15 times. Then tap the algorithm that fits for the type of problem you are working on and check the SUD rating again.
3. If the SUD rating is still 3 or more, rub the sore spot on the left side of your chest (about 1" down and 4" over from the V of the neck). Rub in a circular motion about five or six times, first thinking about your whole life, then focusing on the specific problem; Then do the algorithm again and again check the SUD rating.
4. If the SUD rating is still 3 or more, tap about 15 times under your nose, repeat the algorithm, and again check the SUD rating.
5. If the SUD rating is still 3 or more, do Collarbone Breathing and repeat the algorithm.
6. When the SUD rating is 2 or less, do the Floor-to-Ceiling Eye Roll (while tapping the gamut spot), and you are done.

Following are TFT sequences for several different kinds of distress. Follow the same procedure as explained for relieving anxiety; however, instead of tapping e, a, c (under eye, under arm, and collarbone) tap the points listed below for the appropriate category into which your issue falls.

Category: Trauma, past or present, sadness, loneliness, grief, rejection
Sequence: eb, e, a, c 9g eb, e, a, c

Category: Anger
Sequence: Lf, c 9g Lf, c

Category: Rage (anger plus helplessness)
Sequence: oe, c 9g oe, c

Category: Guilt
Sequence: If, c 9g If, c

Category: Shame
Sequence: ch 9g ch

Category: Embarrassment
Sequence: un 9g un

Categories: Anxiety, fear, phobia, addictive urge
When used for addictive urge, add frequent use of the quick preventive technique
Sequence: e, a, c 9g e, a, c
Exception for claustrophobia, spiders and airplane turbulence: a, e, c 9g a, e, c

Category: physical pain
Sequence: g-50, c 9g g-50, c

OCD = c, e, c

Sleep = c, e, c, e, a, c

Thought Field Technique Key

e = under eye (under the pupil just below the rim of the bone)

a = under arm (about 4" down from the arm pit)

c = collarbone (1" down from the V of the neck and 1" over to either left or right)

eb = inside eyebrow (at the point where the eyebrow begins)

Lf = little finger (the tip beside the nail on the thumb side)

If = index finger (the tip beside the nail on the thumb side)

oe = outside eye (tap about ½ " straight out from the corner of the eye, on the edge of the bone of the eye socket)

un = under nose (midway between the nose and upper lip)

ch = chin (in the cleft between the chin and lower lip)

g = gamut spot (between the knuckles of the little and ring fingers and about ½" back onto the hand) **g-50** = tap 50 times on the gamut spot

9 gamut series (9g) = tap the gamut spot while doing the following

eyes closed

eyes open

eyes down left (head level)

eyes down right (head level)

roll eyes in a complete circle

roll eyes in a complete circle the other way

count to five (aloud)

hum a little tune with at least five different notes (aloud)

count to five again (aloud)

er = floor-to-ceiling eye roll (while tapping the gamut spot, hold head level and look down and slowly ---to a count of 7 or 8—roll your eyes across the floor, up the wall, and across the ceiling as far as you comfortably can.)

Sore spot on left side of chest (to clear polarity blocks in the energy system): Find the V of your neck, go down one inch and over to the left four inches. Most people find a tender spot in that area. Rub in a fairly large circle in this area several times, first thinking of your whole life, then thinking of any problem you are having or treating at the time.