



[← FasterEFT Practitioners](#)

[FasterEFT News | Ultimate Training Course →](#)

## FasterEFT Tapping Script

Posted on [April 8, 2015](#) by [admin](#)

# FasterEFT Tapping Script

The FasterEFT Tapping Script

*Click on Image to enlarge*



*Click on Image to enlarge*

## *FasterEFT Tapping Script*

[Click Here to Visit Robert Smith's Official FasterEFT Website](#)

Written instructions for 'the quick tap' followed by the 'parts and pieces' tap.

### *Faster Eft Tapping Script "The Quick Tap"*

#### Identify the problem:

- Think about (or recall) the problem or event in detail. (Notice the emotions and specific images that support the problem).
- Really associate (step into the memory, imagine yourself really there, see what you saw, hear what you heard and feel what you felt) 'The stronger you feel it the faster it goes'.
- Give it a SUDs rating of how much you feel it. (Subjective Units of Distress) Zero you don't feel it at all, to ten – it's really bad.

**The tree metaphor:** Imagine a tree in front of you. If you were to pull the roots out from under the tree, what would naturally happen to a tree without roots? Tap the routine points, do not focus on the feeling or memory while you are tapping, just feel your fingers, whilst saying; "I release and let go of;

- All sadnesses
- All fears
- All emotional traumas
- All the anger
- Resentment Guilt
- Judgements
- Abandonments

- Betrayals
- Helplessness
- Hopelessness
- Feelings of no control
- Rejections
- Shame
- Secrets and anything else that supports this.

Let it all go. It's safe to let it go".

Take a deep breath, breath out, and say "Peace!" (Think of a peaceful memory, really associate – step into the memory).

Re-check the problem and notice how it has changed.

Look for remaining emotional or physical reactions and use 'parts and pieces' on these.

[Click Here to Visit Robert Smith's Official FasterEFT Website](#)

## **Faster Eft Tapping Script "The Parts and Pieces Tap"**

Use this technique to address parts and pieces left over from the Quick Tap, or as a routine method to instantly reduce emotions on a day to day, minute by minute basis. **Identify the problem;** Recognise that you have this problem, notice how you know it's there, and where and how it is felt in your body. (Note; it isn't necessary to name the problem, to understand it, or to analyse it).

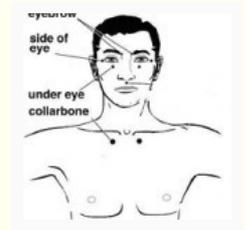
### **JUST IDENTIFY THE FEELING.**

**Tap;** Tap through the points, focus on and feel your fingers... And say: 'Let it go, let it go, let it go, let it go, let it go'. Take a deep breath and breath out, and say 'Peace'.

You can use other words that feel right for you; 'I release and let go'; 'let it all go'; 'it's safe to let it go'; 'it's no longer happening.' **Return to the problem;** Notice how it has changed. Notice what is left. Notice how you know there is something remaining. Focus on this and tap another round. Repeat this process until your SUDs rating is zero. **Make it return;** Try to make the problem return.

Notice what you have to focus on to get the emotions back. Repeat the process and tap the remaining emotions out.

<http://www.freedom-to-change.co.uk>



**To learn more about FasterEFT Tapping Script on a wide variety of subjects [Click Here to visit Robert G. Smith's Official Website](#)**

How To Tap Faster EFT Style, Grace Jones

[Click Here to Visit Robert Smith's Official FasterEFT Website](#)

**End of Faster Eft Tapping Script**

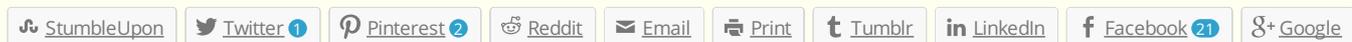


## [FasterEFT Tapping Script](#)



# FasterEFT Tapping Script

Sharing Is Caring: Please Share.



Like this:



Be the first to like this.

Posted in [Affirmations - Faster EFT](#), [faster eft tapping scripts](#), [FasterEFT Tapping Script](#) Tagged [faster eft tapping scripts](#), [FasterEFT Tapping Script](#)  
[permalink](#)

[← FasterEFT Practitioners](#)

[FasterEFT News | Ultimate Training Course →](#)

## Comments

### FasterEFT Tapping Script — 6 Comments

Pingback: [What is FasterEFT?](#)

Pingback: [Procrastination is a Skill Faster EFT NLP](#)

Jackie brooks on [August 30, 2014 at 2:45 pm](#) said:

Can I get training schedule for Medwestern US States?  
[Reply ↓](#)

admin on [August 31, 2014 at 11:26 am](#) said:

Hello Jackie,

Please click the following link and then click on "Events" and "Community"  
<http://faster-ef.org/products>  
You will find all you need to know there.

Alternatively you could try Track B It is highly recommended as an Advanced Level IV Certified FasterEFT Practitioner that you own The Ultimate Training course. It's a huge resource (96 DVD's, and several books & Training Manuals) to help you become highly esteemed in the FasterEFT community as a Master Level V Certified FasterEFT Practitioner. The DVD set is packed with every protocol and scenario you would need to help people from all walks of life. Those who are really good at making changes own and study the set regularly. To become a Master Level V Certified FasterEFT Practitioner you MUST own your own copy of the Ultimate Training Course.  
Here: <http://faster-ef.org/training> Go to Ultimate Training Course.

Peace.  
Carl  
[Reply ↓](#)



nilofersafdarNilofer on [February 16, 2015 at 5:01 pm](#) said:

I am going to the Tapping World Summit organised by Nick Ortner, starting Feb 23. This event is an experience, not just an event with information. Attendees don't just leave with ideas or theories on how to make their life better, they leave actually feeling better.

They leave with less stress, anxiety, overwhelm, anger, sadness, and other negative emotions. They leave having cleared limiting beliefs around money, health, relationships and more. They leave having cleared childhood traumas. They leave the event better than when they went in. Here is the event page <http://thetappingsolution.com/cmd.php?Clk=5391745>

[Reply ↓](#)



admin on [February 17, 2015 at 2:21 am](#) said:

Yes Thank you for the reminder nilofersafdarNilofer

I want to make sure you know about something really special that is taking place on February 23rd. And I want to make sure to share some details about it that you might not know...

Before I get to that though, make sure to write down the date and time so you don't forget:

February 23rd at 8PM ET

You see, at this specific date and time, there is a free online event taking place that will dramatically change your life. During this event you'll be guided through the application of a technique that delivers such tremendous results, and so quickly, that it falls into the "I can't believe this works so well" category.

The technique is EFT, or Tapping, and if you've been paying attention to all the buzz lately around the 2015 Tapping World Summit — the 7th annual event — you're probably curious to learn more about it...

I highly recommend checking out the page below to learn all about it, and about why you need to attend this massive free online event (over 500,000 people attended last year alone!). The event starts on February 23rd but there are a full 10 days of life-altering presentations...

<http://thetappingsolution.com/cmd.php?Clk=5391745>

Here are 3 good reasons why you DO NOT want to miss this online event:

1 – This event is an experience, not just an event with information. Attendees don't just leave with ideas or theories on how to make their life better, they leave actually feeling better.

They leave with less stress, anxiety, overwhelm, anger, sadness, and other negative emotions. They leave having cleared limiting beliefs around money, health, relationships and more. They leave having cleared childhood traumas. They leave the event better than when they went in. You, yes YOU...will leave this event better than when you enter it.

This event has been going on for 7 years. It has a reputation for getting results for attendees, year after year after year. 😊

2 – This event is 100% content, no products are pitched. Don't expect any sales pitches during these presentations, because you won't get any. Every one of the 23 presentations, that you can listen to in their entirety, are 100% content only.

3 – This event is free. If you're given the opportunity to attend an event that is 100% content, that has a proven track record of getting people results during the 10-days of the event, that uses a technique that has been scientifically proven to get results and is supported by the world's leading personal development experts, medical doctors, and psychologists, and it's all free...why wouldn't you give it a chance?

There is literally nothing to lose. Sign up for it and if you don't like the event (which I highly doubt will happen), just unsubscribe from the event and you won't hear about it again. But why not give it a chance? It seems like there are only positives and no negatives that could come out of the opportunity...

Go here to learn more and sign up:

<http://thetappingsolution.com/cmd.php?Clk=5391745>

Trust me on this one...this technique and this event is truly amazing.

Carl Michael

P.S. – If you want to see what some of the experts that I mentioned above have to say about this event, about EFT Tapping, and about Nick Ortner, the producer of the event you can see that on this page:

<http://thetappingsolution.com/cmd.php?Clk=5391745>

You'll get to hear from experts like Dr. Wayne Dyer, Louis Hay, Kris Carr, Dr. Joseph Mercola, Jack Canfield, Jennifer McLean, Cheryl Richardson, Arielle Ford, Joe Vitale and many others...

[Reply ↓](#)

**Leave a Reply**

Enter your comment here...

© 2015 - [FasterEFT](#)

SEO Powered By [SEOPressor](#)