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How to Find Specific Events to Tap

The most effective way to use EFT is to tap on specific events. For many just starting out with EFT this can be the most difficult part of the process. I have seen more issues evaporate instantaneously by finding key related memories than I can recall. People will generalize and clump events into "truisms". For example the belief that all men are untrustworthy could have been formed by all the men you've been romantically involved with and they blur together in your mind. Another example would be when you believe that you aren't good at attracting abundance. This may have been your experience so many times that it's hard to choose just one. Starting with one example of when you lost money or of the one time a man betrayed you is the first step in creating a set-up statement to start your tapping with.

Here are some techniques that will help you get specific:

[Full article here](#)

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[How to Find Specific Events](#)

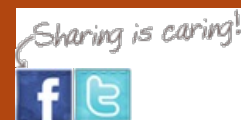
[Love Taps](#)

[Workshops](#)

[Free Video and Audio](#)

Past issues:

[Fear of the Fear: Working on Phobias](#)
[click here](#)



To listen to the recording of the session on the topic of intimacy after kids I did for Mom Get's a Life click on the logo below



Full Basic Recipe explained thoroughly in this video I did for the EFT Hub's Tapping TV

www.tapyourpower.net/EFT-Full-Basic-Recipe.html

Upcoming Workshops



Fall Seattle Level 1 and 2 now open

For details and registration visit

<http://www.tapyourpower.net/SeattleEFT.html>

October 15th - 1/2 day Matrix Reimprinting workshop in Portland at the Garden Sanctuary in Multnomah Village. Workshops is already filling up!

You must have taken Level 1 and 2 EFT to attend. [Click here](#)

Next Tapping Practice Day will be November 12th in our home on Whidbey. Only 8 spaces left [email me](#) to hold your spot



[6/15 Body Image and Intimacy. My 1st show streaming video. Join the EFT Radio Fan Page to view](#)

[6/29 EFT Universe's Dawson Church on EFT after Gary Craig](#)

If you'd like to learn the differences between MR and just plain EFT [email me for a free consult](#)

#1 Independently rated EFT practitioner for 28 consecutive months. To read my testimonials [click here](#)

