

ISSUES WORKSHEET EXPLAINED

DATE _____

NAME _____

No.	ISSUE	SUD*	ASPECTS/THOUGHTS THAT ARISE	SET-UP PHRASE - EVEN THOUGH...
1	Can't pull the trigger	8/4	Hate losing money; can't stand it when I lose	Even though I'm afraid of losing money... I deeply and completely accept myself

While tapping during the first round a thought came up that maybe it's not "I can't stand it when I lose" but that I'm afraid of the consequences if I do. The beginning SUD level was 8, and it ended at a 4 because the idea of what was the problem changed. There is still some charge on the original issue but you may see that resolve as you move through the process. For Round 2 you might want to change to "I'm afraid of losing" or "I can't stand not succeeding" or whatever your thoughts may be. Here we'll continue in the vein of "afraid of losing" or in this context, "not pulling the trigger." Rate the new issue (pulling the trigger).

2	Afraid to pull the trigger	5/1	<p>I'm afraid of losing money. I can't afford to lose any more money. What if this doesn't work? What if I'm wrong? Maybe I'm not really suited for day trading?</p> <p>Pick one - there may be a lot of different thoughts running around in your mind, just choose one for now. As you slowly work through some issues, others will fade in the process. You will not have to individually address every single thing. In fact, many report that working through one or two big issues makes the smaller issues seem insignificant and no longer a worry or concern.</p>	<p>Even though there is still some of this fear...</p> <p>I choose to follow my system</p> <p>"Even though I'm afraid of losing money, I deeply and completely accept myself."</p>
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This shows an issue "Can't pull the trigger" moving from an 8 on a scale of 1 to 10 (pretty significant) to a one in only two rounds. That's about two or three minutes of actual time spent. How does this help? The emotional triggers that move us to create action or non-action are always evolving. When you can reduce the emotional charge, you'll reduce the hesitation and simply do what you've previously decided was the best course of action. Generally a 1 or a zero is considered "finished" on an issue. If the issue comes back another time, go ahead and work it through again, although this rarely occurs. Most people report, once they have worked through an issue, it doesn't come back.

3	Don't know if trading is the right thing for me	7/1	I don't know if this is right for me. Can I do it? What if I fail?	"Even though I'm afraid of failing, and I'm not sure that I can do this, I deeply and completely accept myself."
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This round shows how an issue that seems very important, rated as a starting SUD of 7, can be resolved in only one round. During the round, the thoughts changed from, "I don't know if this is right for me," to "What am I saying? I absolutely know this is what I want to do, and I'm going to do whatever it takes to succeed, even if I'm sometimes out of my comfort zone. I know that as I learn, I'll become more comfortable, and I know that following my system with precision, taking each trade, step-by-step will get me to my goal of becoming successful and making a living through my day trading." We basically moved from I can't to I'm afraid, then to I'm unsure, or from Capability to Self Trust to Uncertainty, effectively addressing all of these issues in a process that takes less than a few minutes.

* SUD - (Standard Units of Distress 1 - 10 scale)

Notice on No. 1, the initial issue was "Can't pull the trigger." The initial set-up phrase chosen was "Even though I can't pull the trigger, which quickly changed to "Even though I'm afraid of losing money." This is fine. You can change the phrasing at any point during a tapping session. You may also use whatever comes up as language for subsequent sessions, if your SUD level isn't at a 1 or less.

The second half of the set-up phrase is either the acceptance statement, "I deeply and completely accept myself," OR you may instead choose a *Choice* phrase, meaning what you would rather have instead. Both are very effective means of communicating with your subconscious mind in precise language.

See the Formula Worksheet for specific steps. They are outlined here as well:

1. Decide on the issue you want to address this session. Be as specific as possible. One easy way to be specific is to recall a specific event or situation where this occurred in the past. As soon as you are recalling that move to No. 2.
2. Now, think of how much this issue bothers you on a scale from 1 to 10, with 10 being as bad as it can get, and a 1 being pretty much nothing, and determine your beginning SUD level. Mark your starting level on a piece of paper, or on the worksheet.
3. Start with the Set-up Phrase, tapping on the Karate Point (soft fleshy part of the hand that you would strike with if you were hitting a board karate chop style), while saying your chosen setup phrase, i.e. "Even though I (insert phrase here), I deeply and completely accept myself."
4. Now tap the face and body points, while saying either the complete sentence above or shortening it to just a reminder phrase such as "this fear." Begin with the inner eye brow point and end with the under arm point, once through.
5. Now, think again of the issue, brining yourself back to the same level of memory you used in the beginning and decide what is your current SUD level. Mark it down.
6. If you are not yet at a 1 or less, repeat the round from step 2. On second and any subsequent rounds, change the set-up phrase to address any new issues that come up, and say, "Even though **I still have some** of this problem, I deeply and completely accept myself," OR "I want to be completely over this _____ issue."

The wording isn't as important as is simply thinking about the issue. In other words, it is by having that thought running through your mind while you are tapping that the EFT can directly address the issue itself. EFT is directly involving your body's meridians and the neuro-pathways your thoughts travel, and knocking those thoughts off their habitual patterns. Once knocked off, they typically don't return. Don't over analyze it or try to figure it out—it just doesn't matter how it works just try it and see if it helps in your trading.

Specific Tapping Points

EB (eyebrow)	At the beginning of either eyebrow, just above and to one side of the nose.
SE (side eye)	On the bone bordering the outside corner of the eye.
UE (under eye)	On the bone under either eye, about 1 inch below your pupil.
UN (under nose)	On the small area between the bottom of your nose and the top of your upper lip.
CH (Chin)	Midway between the point of your chin and the bottom of your lower lip. Technically it is not directly on the point of the chin, but it is easier to remember by calling it the chin point.
CB (collarbone)	<p>The junction where the sternum (breastbone), collarbone and the first rib meet. To locate it, first place your forefinger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie). From the bottom of the U, move your forefinger down toward the navel 1 inch and then go the left (or right) 1 inch.</p> <p>It is at the beginning of the collarbone and we call it the collarbone point because that is a lot easier to say than “the junction where the sternum (breastbone), collarbone and the first rib meet.”</p>
UA (under arm)	On the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women). It is about 4 inches below the armpit.
Crown of the Head	Lightly tap the crown of your head