# Tap Your Way to a Great Night's Sleep!

by Stacey Vornbrock, M.S., Sports Performance Pioneer

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**www.BreakthroughPerformance.net**

## PLEASE READ THIS DISCLAIMER BEFORE READING THE EBOOK

The information presented in this ebook is educational in nature and is provided as only general information. In reading this ebook, you understand that you will be introduced to a modality called Emotional Freedom Techniques ("EFT") which is a technique referred to as a type of energy therapy. To date, EFT has yielded remarkable results for relieving emotional and physical distress and enhancing athletic performance. EFT appears to have promising mental, spiritual, and physical health benefits but has yet to be fully researched by the Western academic, medical, and psychological communities. The prevailing premise is that EFT uses the ancient Chinese meridian system to relieve emotional stress and physiological pain and it balances the energy system with a gentle tapping procedure which stimulates designated meridian end points on the face and body. By reading this ebook you understand that EFT could be considered experimental and the author does not know how you will personally respond to EFT and/or whether EFT will help you with a particular problem or issue.

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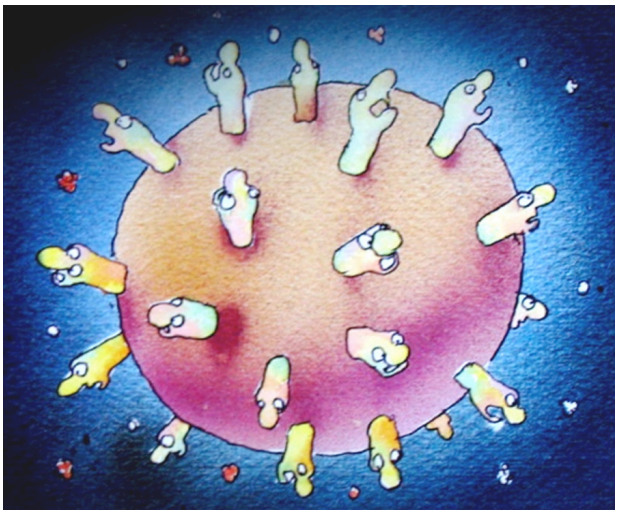
## Tap Your Way to a Great Night's Sleep

One of the main reasons people have trouble winding down and shutting off their conscious mind at bedtime is that the emotional chemicals from the day's activities haven't been completely processed and released from the cell receptors in the body.

You see, each emotion we experience during the day is a chemical or a combination of chemicals that release from our brain and dock onto cell receptors throughout our body.



If we allow ourselves to purely experience our emotions, (and we don't get caught in the story of what happened), that emotional chemical will dock onto the cell receptors, undock from the cell receptors, and dump into our waste system. This process takes approximately 90 seconds.

However, we usually get caught up in the story of what happened and that releases more of the same emotional chemical and it ends up just sitting in our cell receptors. As these emotional chemicals sit in our cell receptors, they transmit an electromagnetic signal to our brain to let us know this emotion needs to be processed and released. That's why we can't get our mind off something that's bothering us – we'll keep replaying that upsetting conversation or incident over and over – it's our body's way of letting us know those chemicals of emotion need to be released.

### Two Ways to Release Those Unprocessed Emotional Chemicals

The first thing you want to do when you're ready for bed is tap the *Adrenaline Protocol*. This will release any excess adrenaline that has accumulated in your body from the day's events. This will help calm your body and mind down immediately.

(If you're new to Emotional Freedom Techniques - EFT or "tapping", please see Appendix A for a brief overview about the technique on page 16. For a demonstration of the tapping points I use, please see Appendix A on page 18.)

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**Tapping Protocol for Adrenaline**

Tap Karate Chop Point while repeating 3 times:

"Even though I'm holding this adrenaline in every cell of my body, I deeply and completely love and accept myself."

EB: I'm holding this adrenaline in all the muscles of my body
SE: I'm holding this adrenaline in all the ligaments of my body
UE: I'm holding this adrenaline in all the tendons of my body6
UN: I'm holding this adrenaline in all the joints of my body
CH: I'm holding this adrenaline in all the bones of my body
CB: I'm holding this adrenaline in all the cartilage of my body
UA: I'm holding this adrenaline in all the tissues of my body
WR: I'm holding this adrenaline in all the nerves of my body

EB: I'm holding this adrenaline in all the fascia of my body
SE: I'm holding this adrenaline in all the membranes of my body
UE: I'm holding this adrenaline in all the skin of my body
UN: I'm holding this adrenaline in all the fluids of my body
CH: I'm holding this adrenaline in all the fibers of body
CB: I'm holding this adrenaline in every cell of my spine
UA: I'm holding this adrenaline in all the organs of my body
WR: I'm holding this adrenaline in every cell of my heart

Tap Karate Chop Point while repeating:

"I give my body permission to release this adrenaline from every cell. My body can choose to relax and let go of this adrenaline. I give my body permission to release this adrenaline from every cell membrane and cell receptor cite."

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**Ask This Question Before Bed Every Night**

After you tap the *Adrenaline Protocol,* ask yourself this question, "**Is there anything or anyone I'm upset with from today?**"

Your mind will do a computer search and pull up whatever is unprocessed. You may see someone's face or hear a conversation you had with someone, or see an image of something that happened during the day…don't question or argue about what comes up, just tap on it to release it.

Don't discount it as "not that big a deal", just tap on it. Your body is absolutely brilliant and it wants to let you know what emotions are still sitting there waiting and wanting to be released.

Once you thoroughly tap on the first thing that comes up after you ask yourself that question, check to see if it's gone. I test for this a couple of ways: Is the image hard to focus on? Is the emotional intensity gone? Is my mind bored with it? Does it take effort to make my mind focus on it?

Once that first issue is processed and released, ask yourself the question again, "is there anything or anyone *else* I'm upset with from today?" If there is, it will come to you right away and you go through the whole tapping process again.

Continue to ask yourself that question and tap until your mind is blank when you ask that question. Unless you've had an unusually stressful day, there will only be a couple of things that present themselves. It won't take long to tap and complete the processing of those emotional chemicals and you'll sleep like a baby!

Remember, our deepest cellular repair happens at night while we're sleeping. You want your cell receptors to be free of those chemicals of emotion so they are available for the good nutrients and proteins that repair cells.

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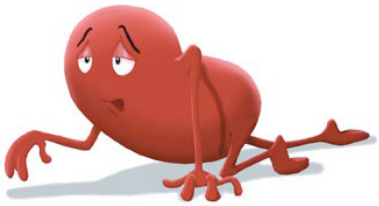
**Cellular Fatigue**



Usually we know when we are tired and lacking the energy we'd like to have. However, I've come to realize there are times when we feel energized but our cells are holding a fatigue that we're not feeling. When I've had my athletes tap to release this "cellular fatigue", they experience a noticeable difference in their energy levels and ability to recover quickly after competition.

I suggest you tap this protocol three to four nights a week before bed whether you are feeling fatigued or not. Of course, if you're aware of experiencing a lack of energy and fatigue, you absolutely want to tap this before bed, every night if need be. Using this protocol before bed will not interfere with your sleep or prevent you from falling asleep.

**Tapping Protocol for Fatigue**

Tap on Karate Chop Point while repeating 3 times:

"Even though I'm holding this fatigue in every cell of my body, I deeply and completely love and accept myself."

EB: I'm holding this fatigue in all the muscles of my body
SE: I'm holding this fatigue in all the ligaments of my body
UE: I'm holding this fatigue in all the tendons of my body
UN: I'm holding this fatigue in all the joints of my body
CH: I'm holding this fatigue in all the bones of my body
CB: I'm holding this fatigue in all the cartilage of my body
UA: I'm holding this fatigue in all the tissues of my body
WR: I'm holding this fatigue in all the nerves of my body

EB: I'm holding this fatigue in all the fascia of my body
SE: I'm holding this fatigue in all the fibers of my body
UE: I'm holding this fatigue in all the fluids of my body
UN: I'm holding this fatigue in all the skin of my body
CH: I'm holding this fatigue in all the membranes of my body
CB: I'm holding this fatigue in all the organs of my body
UA: I'm holding this fatigue in every cell of my head
WR: I'm holding this fatigue in every cell of my neck and shoulders

EB: I'm holding this fatigue in every cell of my upper arms
SE: I'm holding this fatigue in every cell of my lower arms
UE: I'm holding this fatigue in every cell of my hands
UN: I'm holding this fatigue in every cell of my upper back

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CH: I'm holding this fatigue in every cell of my mid-back
CB: I'm holding this fatigue in every cell of my lower back
UA: I'm holding this fatigue in every cell of my spine
WR: I'm holding this fatigue in every cell of my hips

EB: I'm holding this fatigue in every cell of my pelvis
SE: I'm holding this fatigue in every cell of my buttocks
UE: I'm holding this fatigue in every cell of my stomach and abs
UN: I'm holding this fatigue in every cell of my groin
CH: I'm holding this fatigue in every cell of my thighs
CB: I'm holding this fatigue in every cell of my knees
UA: I'm holding this fatigue in every cell of my calves
WR: I'm holding this fatigue in every cell of my ankles and my feet

Tap Karate Chop while saying:
"I give my body permission to release this fatigue from every cell. My body can choose to relax and let go of this fatigue. I give my body permission to release this fatigue from every cell membrane and cell receptor site."

**Sleeping Continuously Through the Night**

Many people have a challenge with sleeping the entire night without waking up. Perhaps you sleep through the night but don't fully cycle through the five stages of sleep and you wake up feeling exhausted.

Either way, your body benefits from a continuous, uninterrupted sleep that cycles through all five stages of sleep:

Stage 1 – the brain produces high theta waves, which are slow brain waves
Stage 2 – the brain produces rapid bursts of activity called sleep spindles
Stage 3 – delta waves begin to emerge as you transition from light sleep to deep sleep
Stage 4 – the brain is in full delta sleep, this stage lasts approximately thirty minutes
Stage 5 – rapid eye movement (REM) sleep begins, this is when dreaming occurs

Our body cycles through these five stages of sleep about 4 or 5 times every night!

If you find yourself waking up in the middle of the night, you may want to tap this protocol before bed every night until you start sleeping through the night.

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## Tapping Protocol for the Habit of Not Sleeping Through the Night

Tap Karate Chop Point 3 times while repeating:

"Even though I'm holding this habit of waking up during the night in every cell of my body, I deeply and completely love and accept myself. Even though it's my habit to not sleep through the night, I deeply and completely love and accept myself. Even though my body is holding this habit of non-continuous sleep in every cell and cell membrane of my body, I deeply and completely love and accept myself."

EB: I can't sleep through the entire night without waking up
SE: My body is programmed to wake up at some point during the night
UE: I can't remember the last time I slept through the night
UN: Every cell membrane is holding this habit of non-continuous sleep
CH: I can't remember what it feels like to sleep through the entire night
CB: My body is still in the habit of fight or flight at night
UA: My adrenals can't fully rest for the entire night
WR: This habit of waking up during the night is locked in every cell membrane of my body

EB: My body is not cycling through the five stages of sleep each night
SE: My brain is not dropping into the theta phase long enough each night
UE: My brain is not dropping into the delta phase long enough each night
UN: My body is not experiencing the appropriate amount of REM sleep
CH: My body is not experiencing the appropriate amount of non-REM sleep
CB: My body is producing too much adenosine at night
UA: My body is not in the habit of cycling through the five stages of sleep each night
WR: My body can now easily begin cycling through the five stages of sleep each night

EB: I'm holding this habit of non-continuous sleep in all the muscles of my body
SE: I'm holding this habit of non-continuous sleep in all the ligaments of my body
UE: I'm holding this habit of non-continuous sleep in all the tendons of my body
UN: I'm holding this habit of non-continuous sleep in all the bones of my body
CH: I'm holding this habit of non-continuous sleep in all the joints of my body
CB: I'm holding this habit of non-continuous sleep in all the cartilage of my body
UA: I'm holding this habit of non-continuous sleep in all the tissues of my body
WR: I'm holding this habit of non-continuous sleep in all the nerves of my body

EB: I'm holding this habit of non-continuous sleep in all the fascia of my body
SE: I'm holding this habit of non-continuous sleep in all the membranes of my body
UE: I'm holding this habit of non-continuous sleep in every cell of my skin

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UN: I'm holding this habit of non-continuous sleep in every cell of my spine
CH: I'm holding this habit of non-continuous sleep in all the fluids of my body
CB: I'm holding this habit of non-continuous sleep in all the fibers of my body
UA: I'm holding this habit of non-continuous sleep in all the organs of my body
WR: I'm holding this habit of non-continuous sleep in every cell of my heart

EB: I'm holding this habit of non-continuous sleep in all the neural pathways of my brain
SE: I'm holding this habit of non-continuous sleep in every cell of my eyes
UE: I'm holding this habit of non-continuous sleep in every cell of my ears
UN: I'm holding this habit of non-continuous sleep in every cell of my mouth and taste buds
CH: I'm holding this habit of non-continuous sleep in every cell of my touch
CB: I'm holding this habit of non-continuous sleep in every cell of my nose and smell
UA: I'm holding this habit of non-continuous sleep in every cell of my aura
WR: I'm holding this habit of non-continuous sleep in every cell of my energy body

Tap Karate Chop Point while repeating:

"I give my body permission to release this habit of not sleeping through the night from every cell. My body can choose to relax and let go of this habit of non-continuous sleep. My body can easily and safely go through the five stages of sleep every night. I give my body permission to release this habit of not sleeping through the entire night from every cell membrane and cell receptor site."

**Changing Your Bed Time**

Do you want to go to bed at an earlier or different time than you do now? You're not alone! I've developed a tapping protocol to help your body's meridians easily and successfully adjust to that new bedtime you desire. (Meridians are the energy pathways throughout the body in which chi - our life force - flows.)

After you have tapped the *Adrenaline Protocol* and tapped to release the day's events, tap the *New Bedtime Protocol*. Simply fill in the "blank" with the new bedtime you desire.

Tap the *New Bedtime Protocol* every night until you feel your body has adjusted to the new bedtime and it's easy for you to go to bed at your desired time. If you find yourself slipping back to your old bedtime, start tapping this protocol again until you feel the new bedtime is locked in.

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## New Bedtime Protocol

Tap Karate Chop Point while repeating 3 times:

"Even though my body is not in harmony with this new bed time of _____,
I deeply and completely love and accept myself."

EB: My body's meridian clock has been interrupted
SE: My body's meridian clock is still set to go to sleep at _____ (old bedtime)
UE: My body's natural clock is out of its natural rhythm
UN: My body's meridian clock is confused
CH: My entire body feels so disoriented
CB: My nervous system is disoriented
UA: Every organ in my body is disoriented
WR: My heart meridian clock has been interrupted

EB: My kidney meridian clock has been interrupted
SE: My spleen meridian clock has been interrupted
UE: My liver meridian clock has been interrupted
UN: My gall bladder meridian clock has been interrupted
CH: My pancreas meridian clock has been interrupted
CB: My stomach meridian clock has been interrupted
UA: My lung meridian clock has been interrupted
WR: My bladder meridian clock has been interrupted

EB: My large intestine meridian has been interrupted
SE: My small intestine meridian has been interrupted
UE: My pericardium meridian has been interrupted
UN: My triple heater meridian has been interrupted
CH: Every cell in my body feels too wired and excited to relax and let go at ____
CB: I give my body permission to reset every meridian to this new bedtime of __
UA: My body can relax and let go of this wired, excited feeling
WR: I give my body permission to harmonize with this new bedtime of _____

Tap Karate Chop Point while repeating:

"I give my body permission to release any disharmony with going to bed at _____. My body can choose to relax and let go of any disorientation and confusion from going to bed at ____. I give every cell in my body permission to easily and fully harmonize with going to bed at _____."

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**What about Waking Up at a New Time?**

If you want to get to bed at a new time, it's likely that you also want to wake up at a new time. There's a way to easily help every organ and system in your body adjust to that by tapping the protocol *Putting Your Body in Harmony with Waking Up at a New Time.*

Fill in the blank with the new time you desire to wake up and tap this protocol after you tap the *New Bedtime Protocol.*

Continue to tap this protocol nightly until you feel your body has adjusted to waking up at the new time. If you find yourself slipping back to your old waking time, start tapping this protocol again until you feel the new waking time is locked in.

**Putting Your Body in Harmony with Waking Up at a New Time**

Tap Karate Chop Point while repeating 3 times:

"Even though my body is not in harmony with waking up at _____, I deeply and completely love and accept myself."

EB: All the muscles in my body are not in harmony with waking up at _____
SE: All the ligaments in my body are not in harmony with waking up at _____
UE: All the tendons in my body are not in harmony with waking up at _____
UN: All the joints in my body are not in harmony with waking up at _____
CH: All the bones in my body are not in harmony with waking up at _____
CB: All the cartilage in my body is not in harmony with waking up at _____
UA: All the tissues in my body are not in harmony with waking up at _____
WR: All the nerves in my body are not in harmony with waking up at _____

EB: All the fascia in my body is not in harmony with waking up at _____
SE: All the membranes in my body are not in harmony with waking up at _____
UE: My skin is not in harmony with waking up at _____
UN: My spine is not in harmony with waking up at _____
CH: All the fibers in my body are not in harmony with waking up at _____
CB: All the fluids in my body are not in harmony with waking up at _____
UA: All the organs in my body are not in harmony with waking up at _____
WR: My heart is not in harmony with waking up at _____

EB: All the neural pathways of my brain are not in harmony with waking up at __
SE: My eyes are not in harmony with waking up at _____

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UE: My ears are not in harmony with waking up at _____
UN: My mouth and taste buds are not in harmony with waking up at _____
CH: My sense of touch is not in harmony with waking up at _____
CB: My nose and sense of smell are not in harmony with waking up at _____
UA: My aura is not in harmony with waking up at _____
WR: My energy body is not in harmony with waking up at _____

Tap Karate Chop Point while saying:

"I give my body permission to release any disharmony with waking up at _____. My body can choose to relax and let go of any disharmony with waking up at ____. I give every cell in my body permission to easily and comfortably harmonize with waking up at _____."

**How Long will This Adjustment Take?**

How long it takes for your body to adjust to the new bedtime and new waking time is a very individual matter. It might take you three nights of tapping these protocols or it might take you two weeks. Don't be surprised if you need to tap one protocol for a few nights longer than the other protocol. Your body may adjust to a new bedtime faster than a new waking time or vice versa. One thing I know for sure is that your body will adapt faster to these new times by tapping.

Once your body has made the adjustment to a new bedtime and waking time, **remember to continue every night to tap the *Adrenaline Protocol* and then ask yourself the question, "Is there anything or anyone I'm upset with from today?"**, and tap on whatever presents itself to you. You will improve the quality of your sleep and the quality of your body's cellular repair by doing these two simple things.

Sweet Dreams!
Stacey

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**Stacey Vornbrock, M.S., LPC**
**Sports Performance Pioneer**

Stacey has been pioneering the use of Emotional Freedom Techniques (EFT) with professional and amateur athletes to release mental, emotional, physical, and mechanical blocks on the *cellular* level.

She worked as a psychotherapist from 1977 until 2003 when she began working with athletes.

Stacey is recognized as a leading expert and innovator in the use of EFT with sports performance. Most notably, she has pioneered the application of EFT with injury and surgery recovery, range of motion, soreness, and sports-related mechanical changes.

Stacey is the author of nine *Breakthrough Performance for Sports Manuals* and ebooks for non-athletes, including her ebook, *Injury Recovery; The Ultimate Injury and Trauma Recovery Program.*

Download your free copy of her ebook, "*Conquer Your Fear of Failure and Your Fear of Success",* and see her products for athletes and non-athletes at:
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## Appendix A

### Introduction to Emotional Freedom Techniques

Gary Craig, a Stanford graduate engineer, developed Emotional Freedom Techniques in 1994. It's referred to as "EFT" or "tapping".

Before I can explain what this is and how it works, let me tell you a little bit about our biochemical functions.

**We have 50 to 100 trillion cells in our bodies!**
EVERY CELL in our body has up to one million cell receptor sites. It is the job of these cell receptors to take in nutrients, proteins, vitamins, and minerals to nourish each cell and keep it in balance

⇓

**AN EVENT HAPPENS**
That event can be thoughts we have, something that happens to us, something we witness happening to someone else, an injury, a trauma, etc.

⇓

**The hypothalamus releases a cascade of chemicals that are called peptides**
These peptides are short chain amino acids that we experience as an emotion or sensation; all 32 emotions are simply chemical combinations

⇓

**These peptides dock onto cell receptor sites throughout the body**
Now nutrients, proteins, vitamins and minerals can't enter those receptor sites

⇓

**If the chemical/emotion isn't naturally processed out of receptor sites it remains there**

⇓

**Eventually these receptor sites shrink up and die and the cell divides**

⇓

**The body then makes more receptor sites for that same chemical/emotion and less for nutrients, proteins, vitamins, and minerals**

⇓

**We then spend our time trying to deal with the event and these unprocessed chemicals/emotions on a psychological level (mental) rather than the physiological (physical) level that it happened on!**

**That's also why it feels like your problem is getting worse. That's not your imagination, that's an accumulation of those chemicals in your cell receptors; it's a biochemical response your body is having.**

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***The things that happen to us happen on a physiological level.*** They literally bypass our conscious mind and happen biochemically and physiologically to us. But we end up spending our time trying to deal with them psychologically and mentally. It's like using a hammer to do the job when instead you really need to use a screwdriver.

**What do the Emotional Freedom Techniques do?**

EFT speaks directly to your body, bypassing the conscious mind, and completes the processing of those chemicals out of the cell receptors, returning your body to a state of balance.

This is accomplished through a series of taps on end acupuncture points on your face and hands. There are no needles involved and it is a do-it-yourself technique. Once learned, you will literally have this tool at your fingertips for the rest of your life!

**And unlike other techniques, since we're speaking directly to your body and not your mind, you don't have to believe it will work in order for it to work. You can remain completely skeptical and still get great results!**

And believe me when I tell you that every one of my athletes is skeptical when they come to me! I love it… I welcome their skepticism, because the most skeptical ones become my biggest advocates in the end!

Tapping is not designed to replace anything you are currently doing to enhance your performance. Tapping is *in addition to* coaching, strength and conditioning, good nutrition, chiropractic, naturopathic, and medical care or any other modality that adds to your performance.

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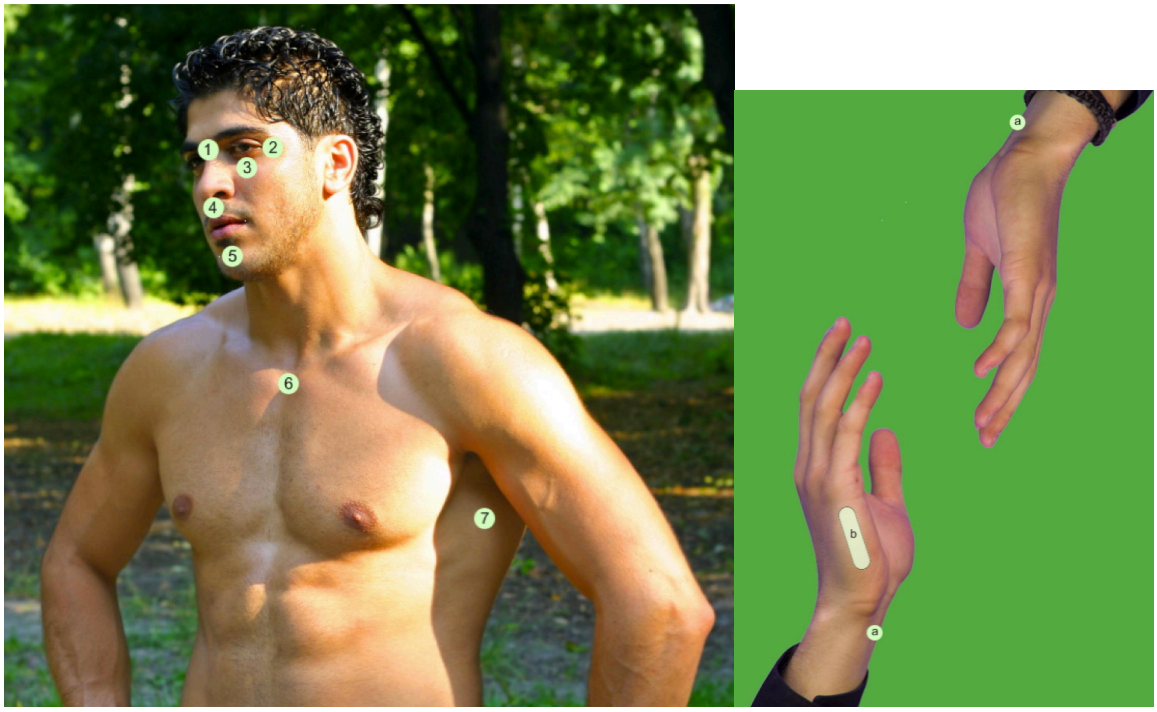
**Where to tap:**




**Tapping Points**

1 = (EB) Eyebrow point, tap both sides where eyebrow begins
2 = (SE) Side Eye point, tap both sides on the temple
3 = (UE) Under eye point, tap both sides under eyes on the bone, dead center
4 = (UN) Under nose point, tap in between nose and top of lip
5 = (CH) Chin point, tap right in the middle where the chin indents
6 = (CB) Collar Bone point, make a fist and tap in the hollow of collar bone
7 = (UA) Under Arm point, take four fingers and tap 4" down from under arm
a = (WR) Wrist point, tap inside of wrists together
b = (KC) Karate Chop point, tap four fingers along side of hand

Please watch a demonstration of the tapping points I use at this link: http://www.breakthroughperformance.net/tappingpoints/, then take a look at the points on "Dot Man" on this page. You'll notice that each tapping protocol that I have developed will have EB, SE, UE, etc. which tells you what point to tap while you are repeating the words.

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**Here's a *general* description of how to tap for any issues or challenges you're having:**

- Name the challenge you are having clearly and truthfully
- Give the challenge a subjective rating on a scale of 0-10. A 10 means it's really intense right now when I think about it, a 0 means it's gone
- Every time you tap for a new issue, start by tapping on your Karate Chop Point and repeating this phrase 3 times: "Even though I have this _____, I deeply and completely love and accept myself."
- Using your index and middle fingers, rapidly tap each of the points while saying out loud or silently all the things you're upset about with this particular challenge; be truthful and even exaggerate how upset you are - don't hold back in your language. At each point say something different related to how you feel and what your thoughts are about the issue. For example: Eyebrow – "I'm furious with him right now, Side Eye – "I hate what he's doing to me", Under Eye – "I can't believe he said those things to me" and so on.
- Eyebrow: where the eyebrows begin, to the right and left of the bridge of your nose
- Side eye: on the side of your eyes in the temple region
- Under the Eye: on the bone under your eyes, dead center
- Under the Nose: between your nose and upper lip
- Chin: in the indentation between your chin and lower lip
- Collarbone: make a fist and tap at the "U"
- Under Arm: about four inches down from under your arm there's a lymph node that drains into your breast and it's usually tender, once you find it just take four fingers and tap in that area
- Wrists: tap the inside of your wrists together in the area where you would wear a watch
- Repeat this round one more time continuing to say what you are feeling and thinking
- Check your rating of the challenge. If it is 0 you are done and may move on to a different challenge. If it is 1 or higher, repeat out loud 3 times: "Even though I have this remaining _____, I deeply and completely love and accept myself."
- Tap the above sequence and continue this process until you are down to 0

**Tap on the Negative**

It's important to understand that when you tap, you want to **tap on the negative** because you're speaking directly to the body about what it is that's happened, and you want your body to release those unprocessed chemicals that are sitting in the cell receptors related to that incident.

Often times in order to survive, our conscious mind makes the event (remember that events can be thoughts, something that happens to us, a trauma, an injury,

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etc.) a little better than it was when it actually happened and the memory of it happening.

But to your body it felt worse than it probably was. You can't lie to your body - your body truly knows what's going on. Your body knows if it was really awful, or if you were so angry you wanted to smack someone, or if you were so embarrassed you wanted to crawl into a hole.

First you want to name the incident, tell the truth about it, even exaggerate it, and tune into it while you tap. The body remembers where it put those chemicals as they released related to that event, and now it goes to find them, release them and complete the processing of them out of your body.

If you're focused on the positive while you tap or you're minimizing what happened, the body doesn't know what to do. You're sending a mixed confusing message about what the event was, what chemicals were released during that event, and what chemicals your body now needs to release related to it.

Eventually, once the negative has been cleared, you may choose to use tapping to anchor in the positive. But I'm really careful in instructing my athletes about that because what I find is that they'll jump to anchoring in the positive before the negative is completely released. I'd much rather have people focused on the negative - thoroughly releasing that before thinking about focusing on the positive. You want to get all of those negative chemicals processed out first.

**What You May Experience As You Tap**

You may experience some of the following symptoms while tapping as your body releases chemicals from your cell receptor sites. If you don't experience any of these, it doesn't mean something isn't happening; everyone's body releases in its own way.

- Laughing
- Crying
- Yawning
- Itching
- Heat coming off your body
- Cold coming off your body
- Light headedness
- Dizziness
- Moderate to extreme fatigue
- Tingling in hands and feet or other parts of your body
- Colors and lights in room may appear more vivid
- Overall relaxed feeling

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As you tap, these chemicals will dump into your waste system, make sure you drink plenty of extra water, just as if you've had a deep body massage and toxins are releasing.

**Use EFT for Everything!**

| | |
|---|---|
| Anxiety | Guilt and Shame |
| Stress and Overwhelm | Embarrassment |
| Fears and Phobias | Relationship Issues |
| Depression | Allergies |
| Negative Thinking | Addictive Cravings |
| Anger and Resentment | Test Anxiety |
| Frustration | Sales Apprehension |
| Jealousy | Public Speaking Fears |
| Grief and Sadness | Peak Athletic Performance |
| Trauma | Weight Loss |
| Rejection | Physical Pain and Discomfort |

**When should I tap?**

- In the moment when a negative emotion is being experienced
- To clear a negative emotion, thought or event from the past
- Every night clear out any lingering upsetting emotions from the day. Ask yourself: "Is there anything or anyone I'm upset with from today?" Your mind will do a little computer search, pop it up, and then you want to tap on that. I like to use the example that you're going to empty your glass out every day. As you go through the day, chemicals are released, dump into your cell receptors, and they just sit there. It's like pouring water into a glass, a little bit here, a little bit there, and if you can empty that glass out every night before you go to sleep, you're going to feel so much better. You're going to stay on top of everything that 's happening. The problem begins once those chemicals start to accumulate and eventually your glass ends up overflowing...that's what we want to prevent.

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