

EFT Tapping Worksheet Answer Key PDF

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Part 1: Building a Foundation

Which of the following is a primary purpose of EFT Tapping?

undefined. To improve physical fitness

undefined. To enhance memory retention

undefined. To reduce stress and emotional distress ✓

undefined. To increase muscle strength

The primary purpose of EFT Tapping is to reduce stress and emotional distress.

Which of the following are considered meridian points in EFT Tapping? (Select all that apply)

undefined. Top of the Head ✓

undefined. Elbow

undefined. Under the Eye ✓

undefined. Knee

Meridian points in EFT Tapping include Top of the Head and Under the Eye.

Explain the role of the setup statement in the EFT Tapping process.

The setup statement establishes the focus for the tapping process and acknowledges the issue while affirmatively accepting oneself.

List three benefits of using the SUD scale in EFT Tapping.

1. Benefit 1

Measures intensity of distress.

2. Benefit 2

Tracks progress over time.

3. Benefit 3

Provides focus for tapping.

The SUD scale helps in measuring the intensity of distress, tracking progress, and providing a clear focus for tapping.

What does the acronym SUD stand for in the context of EFT Tapping?

undefined. Stress Under Distress

undefined. Subject Units of Distress ✓

undefined. Standard Units of Depression

undefined. Scale of Unresolved Distress

SUD stands for Subject Units of Distress.

Part 2: Understanding and Interpretation

How does the reminder phrase function during the EFT Tapping sequence?

undefined. It distracts the mind from the issue

undefined. It reinforces the focus on the issue ✓

undefined. It helps in memorizing the tapping points

undefined. It is used to count the number of taps

The reminder phrase reinforces the focus on the issue being addressed during the tapping sequence.

Which statements about psychological reversal in EFT are true? (Select all that apply)

undefined. It involves resistance to change ✓

undefined. It is addressed during the setup statement ✓

undefined. It enhances the effectiveness of tapping

undefined. It is a physical blockage in the body

Psychological reversal involves resistance to change and is addressed during the setup statement.

Describe how EFT Tapping integrates elements of both cognitive therapy and acupuncture.

EFT Tapping combines cognitive therapy's focus on thoughts and beliefs with acupressure's physical tapping on meridian points to address emotional issues.

Part 3: Application

If someone is experiencing anxiety about public speaking, which setup statement might be most appropriate?

undefined. Even though I have this headache, I deeply and completely accept myself.

undefined. **Even though I feel anxious about speaking in public, I deeply and completely accept myself.** ✓

undefined. Even though I am tired, I deeply and completely accept myself.

undefined. Even though I am happy, I deeply and completely accept myself.

The most appropriate setup statement would be 'Even though I feel anxious about speaking in public, I deeply and completely accept myself.'

In what ways can EFT Tapping be adapted for someone who is unable to physically tap on all points? (Select all that apply)

undefined. **Visualizing the tapping process** ✓

undefined. **Using a tapping device** ✓

undefined. **Asking someone else to tap for them** ✓

undefined. Skipping the process entirely

EFT Tapping can be adapted by visualizing the tapping process, using a tapping device, or asking someone else to tap for them.

Provide an example of how you might personalize a reminder phrase for someone dealing with stress at work.

A personalized reminder phrase could be 'Even though I feel overwhelmed by my workload, I choose to relax and focus on my breath.'

Part 4: Analyzing Relationships

Which of the following best describes the relationship between the setup statement and psychological reversal?

undefined. The setup statement ignores psychological reversal

undefined. The setup statement enhances psychological reversal

undefined. The setup statement addresses psychological reversal ✓

undefined. The setup statement is unrelated to psychological reversal

The setup statement addresses psychological reversal by acknowledging the issue and affirmatively accepting oneself.

Analyze the following scenarios and identify which involve the use of the SUD scale. (Select all that apply)

undefined. Measuring the intensity of fear before and after tapping ✓

undefined. Counting the number of taps per session

undefined. Evaluating emotional distress levels over time ✓

undefined. Identifying the correct tapping points

The SUD scale is used in measuring the intensity of fear before and after tapping and evaluating emotional distress levels over time.

Discuss how the effectiveness of EFT Tapping might be influenced by the specificity of the issue being addressed.

The effectiveness of EFT Tapping is enhanced when the issue is specific, as it allows for targeted tapping and clearer emotional processing.

Part 5: Evaluation and Creation

Which factor is most critical in determining the success of an EFT Tapping session?

undefined. The speed of tapping

undefined. The specificity of the issue ✓

undefined. The number of people present

undefined. The time of day

The specificity of the issue is the most critical factor in determining the success of an EFT Tapping session.

Evaluate the following statements and identify which are potential limitations of EFT Tapping. (Select all that apply)

undefined. Lack of scientific consensus ✓

undefined. Requires professional supervision

undefined. Limited to emotional issues only

undefined. May not work for everyone ✓

Potential limitations of EFT Tapping include lack of scientific consensus, requiring professional supervision, and may not work for everyone.

Design a brief EFT Tapping session outline for someone experiencing chronic pain, including setup statements and reminder phrases.

An outline could include a setup statement like 'Even though I have this chronic pain, I deeply and completely accept myself.' and a reminder phrase like 'This pain does not define me.'