

EFT Tapping Worksheet

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Part 1: Building a Foundation

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

Hint: Think about the main goal of EFT Tapping.

- To improve physical fitness
- To enhance memory retention
- To reduce stress and emotional distress
- To increase muscle strength

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

Hint: Think about the specific points used in the tapping process.

- Top of the Head
- Elbow
- Under the Eye
- Knee

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

Hint: Consider how the setup statement prepares you for tapping.

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

Hint: Think about how the SUD scale helps in measuring emotional distress.

1. Benefit 1

2. Benefit 2

3. Benefit 3

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

Hint: Consider what the letters in SUD might represent.

- Stress Under Distress
- Subject Units of Distress
- Standard Units of Depression
- Scale of Unresolved Distress

Part 2: Understanding and Interpretation

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

Hint: Think about the purpose of the reminder phrase.

- It distracts the mind from the issue
- It reinforces the focus on the issue
- It helps in memorizing the tapping points
- It is used to count the number of taps

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

Hint: Consider the nature of psychological reversal in the context of EFT.

- It involves resistance to change
- It is addressed during the setup statement
- It enhances the effectiveness of tapping
- It is a physical blockage in the body

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

Hint: Think about the principles of cognitive therapy and how they relate to tapping.

Part 3: Application

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

Hint: Consider the specific issue of anxiety in public speaking.

- Even though I have this headache, I deeply and completely accept myself.
- Even though I feel anxious about speaking in public, I deeply and completely accept myself.
- Even though I am tired, I deeply and completely accept myself.
- Even though I am happy, 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)

Hint: Think about alternative methods for practicing EFT.

- Visualizing the tapping process
- Using a tapping device
- Asking someone else to tap for them
- Skipping the process entirely

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

Hint: Consider the specific stressors related to work.

Part 4: Analyzing Relationships

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

Hint: Think about how the setup statement addresses psychological issues.

- The setup statement ignores psychological reversal
- The setup statement enhances psychological reversal
- The setup statement addresses psychological reversal
- The setup statement is unrelated to psychological reversal

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

Hint: Consider how the SUD scale is applied in different contexts.

- Measuring the intensity of fear before and after tapping
- Counting the number of taps per session
- Evaluating emotional distress levels over time
- Identifying the correct tapping points

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

Hint: Consider the importance of focusing on specific issues in therapy.

Part 5: Evaluation and Creation

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

Hint: Think about what contributes to a successful tapping experience.

- The speed of tapping
- The specificity of the issue
- The number of people present
- The time of day

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

Hint: Consider the challenges and criticisms associated with EFT.

- Lack of scientific consensus
- Requires professional supervision
- Limited to emotional issues only
- May not work for everyone

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

Hint: Consider the specific needs of someone with chronic pain.