



Mentoring Program

Skills, Tapping & Coaching

Course 9 Module 2 Lesson 5

REFRAMING

"Shifting the Paradigm"



The EGO Tamer® Tapping 6 Step Reframe Formula (SM)

1. Find the **verdict phrase**: It is the **unquestionable adamant tone** that I am listening for along with words that represent **Always and Never or Impossible**.
2. Tap many times and **ECHO –Echo- Echo – Validate!**
Testing SUDS all along the way
3. Ask **Permission and Get agreements** to Explore other possible Perceptions.
4. **Challenge the verdict** with **gentle questions** and if appropriate with cautious Provoking.
5. Tap in and get **agreements on new perception**.
6. **Anchor** with Humor, excitement and celebration