



The EGO Tamer®  
**ACADEMY**

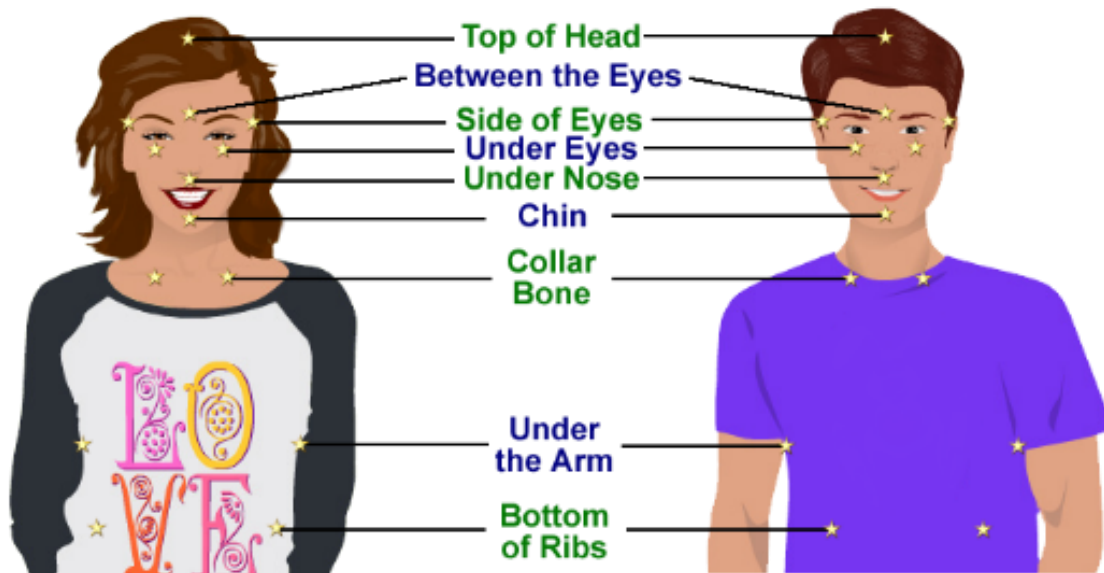


# Tapping Points

For The EGO Tamer® (TET) Tapping Technique



Karate Chop Point



## SUBJECTIVE UNITS OF DISTRESS (SUD) SCALE



Courtesy of Jan Luther, The EGO Tamer®



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## **THE EGO TAMER® (TET) TAPPING 3-STEP TEMPLATE**

### **Step 1 – Talk and Tap – Capturing the basics of:**

When

Who / What

Said or Did / Happened

Buttons Pushed and I \*T.F.D.\*

### **Step 2 – His-story - Her-story / \*Sometime in the past\***

Even though this reminds me or I am remembering when:

Who / What

Said or Did / Happened

Buttons Pushed and I \*T.F.D.\*

### **Step 3 – Fear and Prophecy**

Even though I am imagining \*what might have been or what could be next\*

Who / What

Said or Did / Happened

Buttons Pushed and I \*T.F.D.\*



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Why this topic? \_\_\_\_\_

Why Now? \_\_\_\_\_

The danger of ignoring this: \_\_\_\_\_

Possibilities: \_\_\_\_\_

Your 3 Key **\*Stories\***:

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# The EGO Tamer® ACADEMY



Insights and Key Phrases that perpetuate peace for you:

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What's Next? \_\_\_\_\_

Invitation - Your Feedback and Experience: \_\_\_\_\_

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In Your Heart of Hearts...

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