

The EGO Tamer[®] (TET) Tapping Level One Training Handbook



An Introduction to The EGO Tamer (TET) Tapping Technique



TheEGOTamerAcademy.com
The Rejuvenation Station, LLC
PO Box 624 · Matthews, NC 28106





**Introduction to The EGO Tamer® (TET) Tapping
March 1, 2024 Training**

SCHEDULE <i>(All times are EST)</i>	
9:00 AM – 10:15 AM	Welcome / Agreements / Goals
<i>10-Minute Break</i>	
10:25 AM – 12:00 PM	Training
12:00 PM – 12:30 PM	Lunch
12:30 PM – 1:30 PM	Training
<i>15-Minute Break</i>	
1:45 PM – 3:00 PM	Training
<i>15-Minute Break</i>	
3:15 PM – 4:30 PM	Training
4:30 PM – 5:00 PM	Closing

Goals & Intentions



How will you use TET tapping?

Module 1: Why TET Tapping Works

- What is EGO?
- Why we need TET Tapping
- Genius of TET Tapping
- How / Why it Works
- The Discovery Statement

Discovery Statement:

The cause of ALL negative emotions is a disruption in the body's energy system.

*TET asks and answers: What causes these disruptions?

Module 2: The Body / Machine

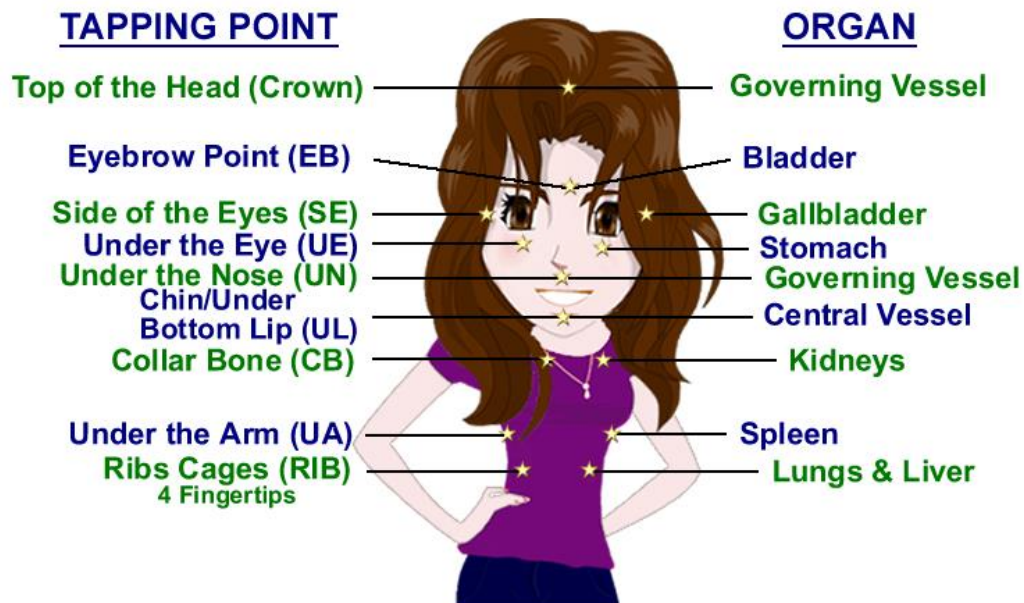
- Meridians
- Tapping Points / Organs / Emotions
- How / Why it Works
- Subjective Units of Distress Scale (SUDs)

Tapping Points

For The EGO Tamer® (TET) Tapping Technique



Karate Chop (Side of Hand) Point (KC)
Small Intestine & Heart



Tapping Point	Organ	Emotion
Karate Chop / Side of Hand	Small Intestine	Resistance/ Indecision/ Verdicts
Karate Chop / Side of Hand	Heart	Overwhelm,
Crown / Top of the Head	Governing vessel	67 points* Spirit connection
Eyebrow	Bladder	Fear, Sadness, Trauma,
Side of the Eyes	Gall Bladder	Anger
Under the Eye	Stomach	Anxiety, Fear
Under the Nose	Governing vessel	Shame, Powerlessness
Chin (under Bottom Lip)	Central Vessel	Confusion, Chaotic thinking
Collar Bone	Kidneys	Resistance and Fear
Under the Arm	Spleen	Guilt, Worry, Obsessing
Ribs	Lungs	Grief
Ribs	Liver	Anger

Subjective Units of Distress Scale (SUDs)

Subjective Units of Distress = Measurable relief!



SUDs Testing and Retesting:

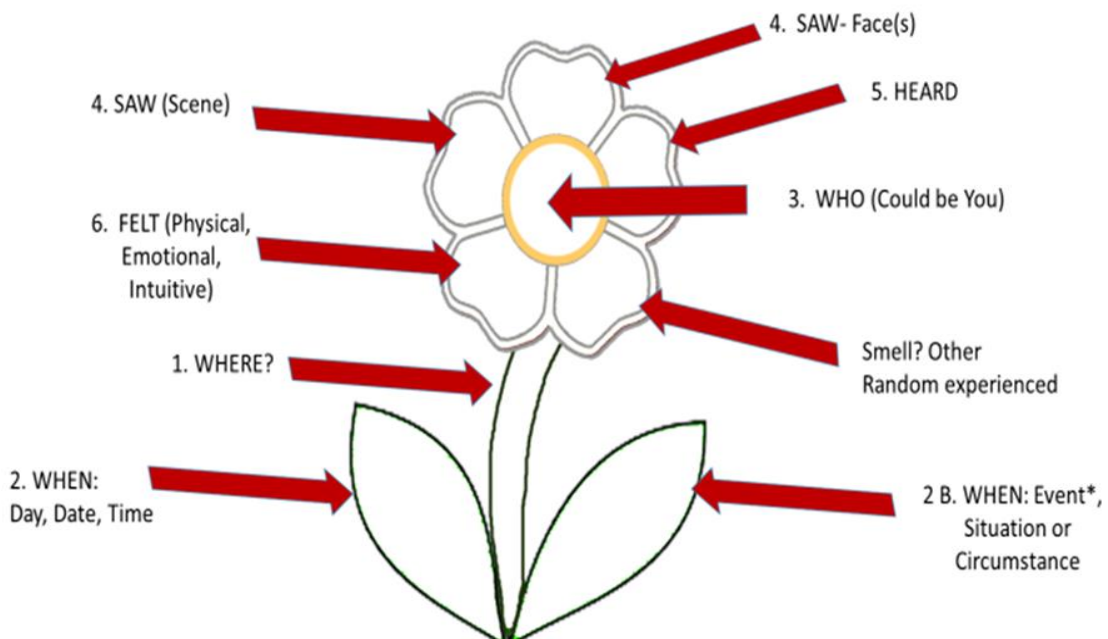
1. Why?
2. When?
3. IF. . .
4. Always



Module 3: How It Works

- Aspects + Examples
- Daisy Chain
- Emotional Geysers
- Basic Recipe

Daisy Template



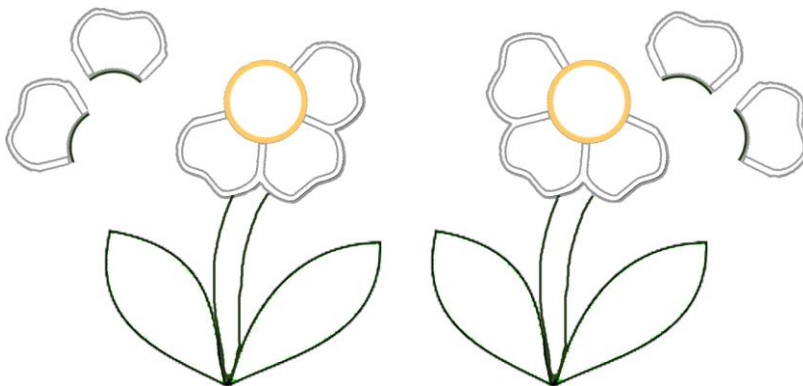


Examples of Possible Aspects

Situation	When/Where	Who/What	See	Hear	Feel	Sense	Smell
<i>Flying</i>	?	Crowd/ Strangers/ Family	Small Space	Engines	Turbulence		BO/ Cabin Air
<i>Auto Accident</i>	?	Stranger/ Family/ Friend	Oncoming	Brakes, Radio, Scream, Siren	Whiplash	Out of Control	Cologne, Gas, Smoke
<i>Argument</i>	?	WHO?	Expression	Tone, Words	Shock, Fear	Heart- Ache	?

A Daisy Chain

Two (2) different WHERE and WHEN incidents.
What we look for is the shared, same or similar aspect!



WHEN to Follow the “Other” Story



Emotional Geysers:

- What they look and sound like.
- What to do?

The TET Tapping Basic Recipe

1. ***The Set-Up:*** Tapping the Side of the Hand/Karate Chop point, complete at least three (3) set-up rounds. “Even though I (tenderizer phrase) talk about the pain, shift to affirmation and permission phrase.
2. ***The Sequence:*** ***Tap 7-10 times on each tapping point, repeating the short story***
 - Crown= Top of head
 - EB = Eyebrow point nearest your nose
 - SE = Side of the Eye near outer corner / temple
 - UE = Under the center of the eye on edge of the bone
 - UN = Under Nose at top of lip
 - CH = Chin below the lip
 - CB = Collar Bone just below center of bump
 - UA = Under Arm 4” down
 - Ribs= All fingertips down both ribcages (xylophone)
3. ***Complete up to three (3) full rounds.***
4. ***Retest SUDs, include new aspects and keep tapping until numbers reduce (hopefully to zero).***
5. ***Watch for “geysers” and “daisy chains.” Stay with ONE story at a time.***



Module 4: TET What to Say

- Set-Up Phrase + Tenderizer
- Affirmation + Permission
- TET Tapping Fill-In-The-Blank Template
- Select a Story / Movie Technique

TET Tapping Template (What to Say):

Set-up Statement: “Even though I’m”

Tenderizer Phrase: “Feeling....”

State the Reminder of the pain phrase: “When WHO did/didn’t say or do What.”

Affirmation Phrase: “I realize I have every right to feel . . .”

Permission Phrases / Forgiveness Phrase: “I didn’t deserve or that was wrong etc.!”

Tenderizer for EGO so it doesn’t take the story on as an IDENTITY.

1. Remembering
2. Thinking about
3. Believing
4. Wondering
5. Imagining

(It’s not ME, it’s just what’s in my head.)



Affirmation Phrase: (Don't jump into "deeply and completely love and accept myself..." Try on "Nevertheless...")

1. I realize that . . .
2. I understand that . . .
3. I'd like to be willing to
4. I want to be able to love and accept myself.

Permission/ Forgiveness Phrases (Soothe that Inner Child):

1. It's okay to feel this way.
2. These feelings are appropriate for the situation.
3. There is nothing wrong/bad in me for this.

*Let me cut myself some slack and not let EGO bully me with guilt, blame, shame and self-loathing. *I don't know about you but, when I've been hurt or upset in the past people have tried to comfort me by telling me NOT to feel my feelings.*

Just for Contrast: Try the EFT example and then the TET Phraseology

EFT: *Even though I'm angry that dad punched me, I deeply and completely love and accept myself.*

EGO - identifies as **I am** angry (as if it's my personality).

That affirmation phrase can feel awkward. The thought of "completely loving and accepting myself" doesn't seem **relevant to the story**. And, secondly, for most of us EGO will resist saying that because it doesn't believe it!



TET Tapping

Set-up Statement: “Even though I’m...”

*Pick one Tenderizer Phrase: “**Feeling angry.**”

State the reminder of the pain phrase: “That Dad punched me.”

Affirmation Phrase: “**I realize I have every right to be angry.**”

Permission Phrases / Forgiveness Phrase: “**What he did was wrong!**”

Module 5: Let’s Put It All Together

- Select a Story / A Painful Memory
- 5 Years Ago (or longer) and It’s Over
- One (1) Specific Incident / Encounter
- Gather the Aspects
- SUDs Each One
- Tap, Retest, Repeat
- Watch for Geysers* and Note Daisy Chains

Repeat and record the numbers dropping and hopefully zeroing out!



The EGO Tamer® Tapping Template©

Jan's Fill-in-the-Blank Template for

Module 6:



Where:	_____	SUDs _____
When:	_____	SUDs _____
Who?	_____	SUDs _____
Did/Didn't Say or Do What:	_____	SUDs _____
I Saw... (wounds, damage, facial expressions, etc.):	_____	SUDs _____
I Heard... (dreadful words, voice tones, sirens, etc.):	_____	SUDs _____
I Felt... (may be many specific emotional thoughts/feelings and may be a specific tactile, physical experience):	_____	SUDs (each one) _____
I could smell... (rare, but important when it's relevant):	_____	SUDs _____
I sensed or had a feeling... (Did you have an intuitive knowing before or in the middle of the experience? Very important to clear; especially when something dreadful happened.):	_____	SUDs _____
Reactions (I felt, thought or began writing a story that . . .):	_____	SUDs _____

NOTE: Reactions will shift with each phrase and round.
That's excellent! Write them down and roll with it!

Copyright © 2005-2024 The Rejuvenation Station, LLC. All rights reserved.
PO Box 624 · Matthews, NC 28106
TheEGOTamerAcademy.com

Module 7: Physical Pain



- Safety First!
- Point to the exact location of the pain.
- Describe how it feels.
- How long have you had it?
- What was happening in your life at that time?
- If it had a name?
- Connected to a trauma?



Closing Celebrations



The EGO Tamer® Tapping Template© For Physical Pain

Where exactly is the pain? _____ SUDs _____

When did it start and what was happening in your life at the time?
_____ SUDs _____

If it had a message for you, what would it be telling you?
_____ SUDs _____

Does this pain give you permission or reasons to avoid someone or something? _____ SUDs _____

Is there any reason that you would NOT want to heal this pain?
_____ SUDs (each one) _____

How do you feel about having this pain? _____ SUDs _____

Other: _____
_____ SUDs _____

Other: _____
_____ SUDs _____