

Seven Steps of Successful Surrogate Tapping



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Available at www.EFTwithDeborah.com

Surrogate: *put into the place of another as a successor, substitute, or deputy*

A frequent question Karen and I (Deborah) get asked as EFT practitioners and parents is, “Can I tap for someone else?”

The answer is yes. This e-guide offers a structured approach to surrogate tapping. In most cases, you won’t need all the steps but if you are getting stuck, try this stepped approach and notice what happens.

Many online resources on surrogate tapping can be found by searching the term "surrogate tapping"; Gary Craig’s site, www.emofree.com, has multiple case studies and articles on surrogate tapping. Our advice is to take a look around, read several authors, and take what works for you.

We are assuming you already know how to use EFT for yourself. By reading and applying what’s in this e-guide, you take full responsibility for yourself and the standard disclaimer that applies to EFT applies here as well.

If you have questions not answered here, please email Deborah at deb@eftwithdeborah.com or Karen at karen_mclaughlin@cogeco.ca.

Happy tapping!

What is surrogate tapping?

Surrogate tapping (also known as proxy tapping) is a term that refers to tapping on oneself for the benefit of someone else. From [fear of flying](#) to allergies to bedwetting to temper tantrums to [cancer](#), folks are reporting outstanding results with surrogate tapping.

There are several elements that make surrogate tapping more effective. You don’t need all of them; surrogate tapping is surprisingly forgiving. However, if you don’t know where to start or are finding surrogate tapping not working, this seven step model will give you a comprehensive approach to follow that can turbo-charge your surrogate tapping.

Seven Steps to Surrogate Tapping

Step One: Define the issue or symptom to be addressed.

Step Two: Identify and clear your attachment and reaction to the symptom.

Step Three: Know and expand your beliefs about surrogate tapping.

Step Four: Get the go-ahead.

Step Five: Tune into the other person and see what you feel/see/hear or notice.

Step Six: Tap for the other person.

Step Seven: Check for results.

Step One: Define the issue or symptom to be addressed.

As with tapping for yourself, get clear about the issue that you want to help. This might be:

- My son has a stuffy nose.
- My daughter is biting her nails.
- My mother is saying she feels nauseous.

Notice some of the details of the issue you want to clear. As always, when using EFT the more specific the better. When identifying the issue, separate what's observable, what's your reaction, and what assumptions you are making.

An example: My son has allergies.

What's observable: My son sneezes every time he gets in the car.

What's my reaction: I get frustrated because he sneezes on the windshield (don't laugh folks, it's actually true!) On a scale of 0 to 10, I'm at about a 4 level of frustration.

I'm assuming: He sneezes on purpose. I know this is totally unreasonable on a logical level, but if you really check into your assumptions, you might find some assumptions you are making that are similarly illogical based out of frustration.

An example: My daughter is biting her nails.

What's observable: My daughter's nails are short and she tells me she likes to bite them.

My reaction: I get annoyed because I think her nails are ugly.

I'm assuming: She'll never stop and will always bite her nails just like I do.

An example: My daughter has too many cavities.

What's observable: My daughter had two cavities in her baby teeth last month.

My reaction: I get scared because I don't know what she needs to have healthy teeth.

I'm assuming: She's unhealthy because cavities mean her system is out of balance.

Step Two: Identify and clear your attachment and reaction to the symptom.

Step two is the most common place where folks block their surrogate tapping. EFT works much more effectively if you are able to do it without any attachment to the outcome; if you are invested in "making EFT work" you are less likely to get results. Being unattached to the outcome is often referred to as "getting yourself out of the way". Explore and tap on any and all reaction and intensity **you** have about the issue. Be real and dig deep. Sometimes this is all that has to happen to get results on the target issue.

So for example, if your child is ill and you feel frustrated and worn out, tap on those feelings for yourself. If your mother is hospitalized and you are scared and grieving, tap on those feelings for yourself. If your child has allergies, and you feel guilty he got your allergies, tap on those feelings for yourself. Get the idea?

Step Three: Know and expand your beliefs about surrogate tapping.

Both scientific (quantum physics) and spiritual ("oneness") principles suggest that we are all connected energetically. This means that tapping on our own body with the intention to help someone else can allow us to affect another person's energy system. For those of you interested in learning more, [Gregg Braden's work](#) is an excellent place to start.

For yourself, what do you believe about surrogate tapping? If there was a spectrum of belief from zero (there is no way this will work) to 10 (I'm an awesome surrogate tapper), where are you?

While it's not needed that you firmly believe in surrogate tapping for it to work, it doesn't hurt to expand your openness to surrogate tapping. So try this:

Set-Up

Even though I am new to surrogate tapping, I am open to the idea of learning how to surrogate tap.

Even though I don't know how this can work, I am open to the idea of it working.

Even though I think I have to understand it, I am open to the possibility that it can work without my understanding it.

Eyebrow: This surrogate tapping, how can it work?

Side of the Eye: How can tapping on myself help someone else?

Under the Eye: That's outrageous!

Nose: This surrogate tapping, it seems too weird for me.

Chin: This surrogate tapping, I don't understand it.

Collarbone: This surrogate tapping, what if I do it wrong?

Under the arm: This surrogate tapping, all I want to do is help.

Head: This weird, hard-to-understand, but potentially amazing surrogate tapping.

Step Four: Get the go-ahead.

There are two camps of thought about surrogate tapping. Some folks think explicit permission must be gotten from the target person, others think that having an honorable intention is enough. Gary Craig, the founder of EFT, writes about this on www.emofree.com.

<http://emofree.com/FAQ/surrogate.htm>.

I (Deborah) personally believe that we can use our intuition to determine whether we have permission or not. This assumes a somewhat healthy level of self-awareness and self-differentiation. Even, and especially, in the case of parents tapping for their children, I always suggest they be aware of their intentions.

To determine whether you have permission to tap for the other person, ask yourself three questions. Ask the questions to yourself quietly and notice what you feel.

- 1. Is it the right time and place for me to tap for this person?** If you feel tension or fear about surrogate tapping, tap on that first before continuing.
- 2. Am I the right person to tap for this person?** Am I too invested? Do I need to tap for myself first? Should I work with an impartial third person?
- 3. Is there anything I need to know before tapping for this person?** Again, relying on your inner guidance, tune into yourself and see/hear/intuit what answers come up. Trust whatever ideas occur to you.

Step Five: Tune into the other person and see what you feel/see/hear or notice.

After you get the all-clear from Step Four, sit quietly and take a breath, and gently focus on the other person. State the person's issue. Notice what sensations, images, or thoughts come to you. Make a note of what you are observing. This is where folks experience a wide range of responses. Some get a body response, others get an image or a thought or a feeling. However you get information, use it to shape the language of your tapping.

Step Six: Tap for the other person.

The most common question we get is, "How do I actually tap for another person?" Here's how:

- Using first person language, tap on yourself using the standard EFT procedures (either the basic recipe or the shortcut method).
- Preface your tapping by saying. "Tapping for [Person's Name]".
- The person doesn't have to know you are tapping for them for it to work but be sure you are in alignment about either getting permission from them or having the right intention to tap for them.
- The person can be anywhere in the world.
- Use language the person has used or would use.

Go back to step three if any of these make you feel unsure.

An example

Say we are tapping for six year old Claire for having banged her head. The tapping might look like this:

Set-Up

"Tapping for Claire"

"Even though my head hurts, I am still an awesome kid.

Even though this stupid counter hurt my head, I'm a great kid.

Even though my head hurts, I am loved by everyone."

For each of the points: "My head hurts."

The Language

Use language that the person would use. If creative words occur to you, use them. Otherwise, it's fine to stick with the reminder phrase as you go through the EFT points. If you don't know what to tap for, use this generic phrase:

"Tapping for {Person's Name}. Even though I'm going through this, I embrace my highest good and the healing power of love."

This generic statement can allow supportive tapping with less attachment to outcome. When a family member was seriously ill, we used this phrase for tapping for her. While we might have personally wanted her to get well, this phrase gave us the ability to tap, and feel like we were doing something, and also respect her path.

Step Seven: Check for results.

When surrogate tapping, you might see immediate results in the person you are tapping for, or you might have to be persistent with your tapping for a while before you notice any results.

Immediate results

In tapping in the moment for someone, the child immediately calms, the bleeding stops, the pain goes away, etc.

Chronic issues

If tapping for a more chronic condition, you may need to be patient and persistent to see results. However, you can also rely on your body response to see if you are making progress. Going back to what you noticed in Step Five, tune back into the person, restate the issue and see what you notice. Look for a change in your body response, a change of perspective and new ideas, and a general sense of feeling better.

Some Real-life Examples of Surrogate Tapping by Karen McLaughlin

First Aid on a Bloody Nose and Injured Face

One night about 3 weeks or so after I first started using EFT on myself, my 8 year old son ran in the house crying like I haven't seen him do in several years, blood gushing out of his nose and scrapes all over his face. I was really shaken up looking at him! I had no idea what he'd done but it was clear he was in a LOT of pain as it takes a pretty severe injury to even start to get him upset. It turned out he had done a total face-plant in our neighbour's gravel driveway.

I grabbed some paper towels for his nose and took him into my arms. I held him for a minute then asked if it was okay if I did "some of that tapping" for him and he nodded okay. In this case I chose to tap surrogately on myself due to his facial injuries. I asked him what hurt the most, he

said "my face", so I tapped a couple of rounds on the face pain. He started to calm down a bit. I asked him if he felt any better and he said he did, but his nose was really hurting now (and I noticed it was still bleeding pretty heavily). So I tapped a couple of rounds on the pain and bleeding in his nose. He then said it felt better and now his forehead was hurting. I tapped a couple of rounds on his forehead pain. By now he was quite calm and relaxed and said he was feeling a lot better. I notice the bleeding from his nose had stopped completely - it was absolutely gushing before I started; I think we soaked through four paper towels. After that I cleaned up the blood and scuffs on his face and he went merrily on his way. He didn't complain of any more pain at all related to these injuries after that, and the nose bleeding did not return.

Deborah's comments: Here's an example of an acute situation where going straight into the tapping is all that's needed. In this case, the invitation to tap was pretty clear and the issue and success were pretty clear.

Motion Sickness

My younger son has had terrible motion sickness since he was about two or three years old (he's now nine). We had tried just about everything we could think of to alleviate his nausea (including "sea bands", ginger, and Gravol), but nothing worked to our satisfaction - almost every family car trip ended up with my son becoming violently sick to his stomach at some point. A few weeks after I had started using EFT, we were getting ready to leave on a family camping trip. It was midsummer and the heat always made my son's motion sickness even more intense, so I was beginning to get anxious about the car trip. Then I thought "why not try EFT?". I surrogate tapped for my son on myself as he didn't want me to tap on him at that time. I did a couple of rounds using the simple setup "even though I have this car sickness" 2 or 3 times a day for a day or two before we left, and a couple of rounds the morning of our trip. Well, I couldn't quite believe it but we made it all the way to our destination (about 3 1/2 hrs of driving) without him having so much as a HINT of nausea. I checked in with him a few times along the way, planning to tap surrogately on any symptoms he was having as we drove, and he assured me he was feeling just fine! On the way back home, I did a couple of quick rounds (again surrogately) before we left, and again he was fine the whole way home.

Deborah's comments: If Karen hadn't gotten any results, I would have suggested she tap on her own reactions to her son's motion sickness and then go back to tapping for him. She might consider tapping for past experiences of motion sickness if there is any intensity in her from those experiences. I know I still have some stories to tap on regarding my children throwing up on airplanes!

Stubbed Toe for a Reluctant Spouse

During our family camping trip, I used surrogate EFT to alleviate pain and bleeding in my husband's stubbed toe while we were at the beach. The beaches on Georgian Bay are very rocky and he had stubbed his toe pretty hard on a rock. He was still pretty skeptical about EFT at that

point, so I asked if he would mind if I tapped for him and he agreed. I tapped two or three rounds on "pain and bleeding in my toe" then went back to playing with the kids. Five or ten minutes later, I asked him how his toe was doing. The pain was gone and the bleeding had completely stopped (he hadn't even applied pressure to the wound or anything!)

Deborah's comments: The person benefiting from the tapping does NOT have to believe in tapping for it to work. In fact the person doing the tapping doesn't have to believe in tapping for it to work. However, it helps because then the ability to get intuitive information is heightened. This is also a great example of where getting explicit permission is appropriate.

Bug Bites

Another one from a camping trip - it was really rainy so the mosquitoes were out in full force and we all got a lot of bites. My husband and both of my boys are really sensitive to mosquito bites and the bites get quite large and swollen. At one point in our trip I was sitting alone in the campground laundry room waiting for our things to come out of the dryer so I started tapping on "itchy mosquito bites", doing a few rounds for each person in the family. When I went back to our campsite and checked in on the boy's mosquito bites, the swelling was reduced by at least 50%. Not bad for a few minutes of tapping

Being Patient and Getting Yourself Out of the Way!

My younger son had a wart on his knee and I was eager to try using EFT to "get rid of it". I tried surrogate tapping three to four times a day for about three weeks without seeing any effect. At the time I was really invested in the wart going away to have some good physical "proof" to show all my skeptical friends that EFT works.

Since I was not seeing any progress and was feeling really frustrated, I stopped tapping on the wart and soon after that I pretty much forgot about it. I did not do ANY further tapping on the wart, or my feelings about not being able to get rid of it with EFT, or anything else related to it at all. Nor did we do any other kind of treatment for it.

About four months later, Deborah and I started chatting about surrogate tapping, and that reminded me about the wart. I asked my son about it, and he showed me his knee. It was gone! There is just the teensiest tiniest little white mark where it was, it was so small that at first I thought I was looking at the wrong knee. This was a pretty decent sized wart, too! This experience really impressed upon me the importance of "getting yourself out of the way" when using EFT. Chalk another one up for successful surrogate tapping!!!

It's My Turn: A worksheet for surrogate tapping

Step One: Define the issue

I want to help _____ with his or her problem of _____.

What's observable?

What's my reaction?

What am I assuming?

Step Two: Clear your attachment/reaction.

On a scale of 0 to 10, when I think of this issue, I feel a _____. The emotions are:

_____.

Step Three: Expand your confidence.

I have _____ % faith in my abilities. (Tap on the script in step three if needed.)

Step Four: Get the go-ahead.

Is it the right time and place for me to tap for this person? Yes or No.

Am I the right person to tap for this person? Yes or No.

Is there anything I need to know before tapping for this person? _____

Step Five: Tune into the other person.

What do I notice? _____

Step Six: Tap for the other person.

Set Up: “Tapping for _____”

“Even though I have this issue of _____, I love and accept myself.”

Step Seven: Check for results.

What do I notice now?

Thank you

We hope you have enjoyed this e-guide designed to improve your confidence and ability to surrogate tap.

Please visit us at twitter.com/energeticEFT (Deborah) and twitter.com/EFTmama (Karen) to share your success stories or ask more questions. Deborah can be found at www.eftwithdeborah.com or by emailing deb@eftwithdeborah.com. Karen can be emailed at karen_mclaughlin@cogeco.ca.

All the best and happy tapping,

Deborah and Karen

P.S. A note if your tapping doesn't work

I don't want folks to think they did something wrong if their surrogate tapping didn't work. For many of us, as parents and as care-givers, it's easy to feel too responsible or even guilty for another's struggles. If you tried this approach and are not seeing results, be open to inspired guidance and let the rest go. Some things are not for us to clear.