

# TAPPING IN RESOURCES

In EMDR resourcing, we are utilizing the power of the imagination to create new neural pathways in the brain, facilitating ideal emotions, behaviors, and a deliberate and chosen path of least resistance. We can not change the past, but we can change the way memories are stored in the brain. Remember, when you are creating in your imagination, you can make it anything you want.

When tapping in positive resources there are several areas of interest that can be identified, accentuated and installed:

- Image: What do you see? What are you doing? Colors, texture, location, who is with you?...
- Emotion: Name the emotions it evokes. Is the emotion changing, deepening, expanding?
- Body Sensation: Where can you feel it in the body? Can you describe the sensation? Is it moving? Can you be with it without trying to change it?
- Positive Cognition: What do you believe about yourself? What would you like to believe?

## **How do you tap?**

1. Always tap with a purpose, intention or goal in mind.
2. Tap bilaterally, meaning side to side, in a rhythm and speed that feels right to your body.
3. Only tap if you are able to maintain a positive feeling during the exercise.
4. If something negative comes up, contain it. Then you can either resume tapping, or stop if necessary.
5. Tap in sets, with a breath and mindful check in, to assess positivity and to maintain connection to the present moment.

## **When Do you Tap?**

Remember to practice tapping and using resources before you need them. World class athletes train ahead of the Olympics and do not expect to perform new skills in competition. Practice, practice, practice...

NOTES:



# TYPES OF RESOURCES

## 1. Ideal future image:

- Stay general, don't get caught up in too many specifics, it makes it harder to believe in.
- What do you want to create in your future? Goals? Skills?
- How do you want to be in relationships?
- At work or school?
- Are you choosing a new behavior?
- What will you be doing, saying, feeling?
- How does your body feel?

## 2. Peaceful Place: A place from your life, or completely made up where everything is right, you don't have to do anything. Just be...

- It may be a real place and maybe not. Maybe they have been there, maybe not.
- Make it sensory rich. Sight, sound, hearing.
- Who is there? Animals, other people, maybe no one.
- What's your favorite thing about being there?

## 3. Supportive Figures

- Nurturing Figures
- Spiritual Figures
- Circle of Support or Inner Helpers
- Protectors
- Animals

## 4. Positive Memories and Experiences

- Memories of feeling strong, confident, peaceful, calm, connected • Memories of Success
- Sacred place or experience, connection to a higher power
- Memories of people who inspire you
- Times of laughter, lightness or joy
- Times in nature, experiences of beauty and connection to nature
- Pieces of music that evoke emotion

## 5. Times of Gratitude

- Feeling of Loving Kindness Meditation
- Turning the Mind to Positive Aspects
- People places and experiences you are grateful for