

An intro to
The EGO Tamer® (TET)
Tapping Technique

from



Jan Luther
The EGO Tamer®

and

Jan Luther's



THE OVERCOMERS
ACADEMY™



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Jan Luther is one of only nine **EFT® Founding Masters** in the United States. **She was awarded this title by the founder and creator of EFT®, Gary Craig** (2004 EFT Masters Training Class). A former **EFT® Trainer of Trainers**, Jan is also an **interfaith minister** and a gifted **co-creator of answered prayers** and a **passionate student of all things Spiritual**.



The mother of four adult children and six beautiful and beloved grandchildren, Jan and her husband, Michael, reside in North Carolina where the snow is sparse and the mountains and beaches are only a few hours away. Together for over 45 years, they are self-proclaimed foodies and lifelong cuddlers. They are partners in The Rejuvenation Station LLC where they joyfully offer TLC (Tools, Love and Coaching) to business owners and individuals around the world.

A note from Jan:

*“After working with thousands (if not tens of thousands) of absolutely amazing clients and students for over 25 years, I’ve discovered that there are three **core values** which we all seem to share:*

- 1. We are more spiritual than religious.*
- 2. We thrive on learning and continued personal growth.*
- 3. We share a core belief that we are spiritual beings on a physical mission to advance our Souls and be an influence for love and healing everywhere we go.*

Sound familiar?

If you sense that your life experiences are meant to build you up, not beat you down, but you can’t seem to get beyond emotional wounds from your past.

If your heart craves more joy, better health and deeper love relationships.

*If the idea of having a tool that can help you restore and rejuvenate your mind, body, spirit and emotions **no matter what life throws at you** — rings your bells! Then you’re gonna love The EGO Tamer® Tapping Technique!*

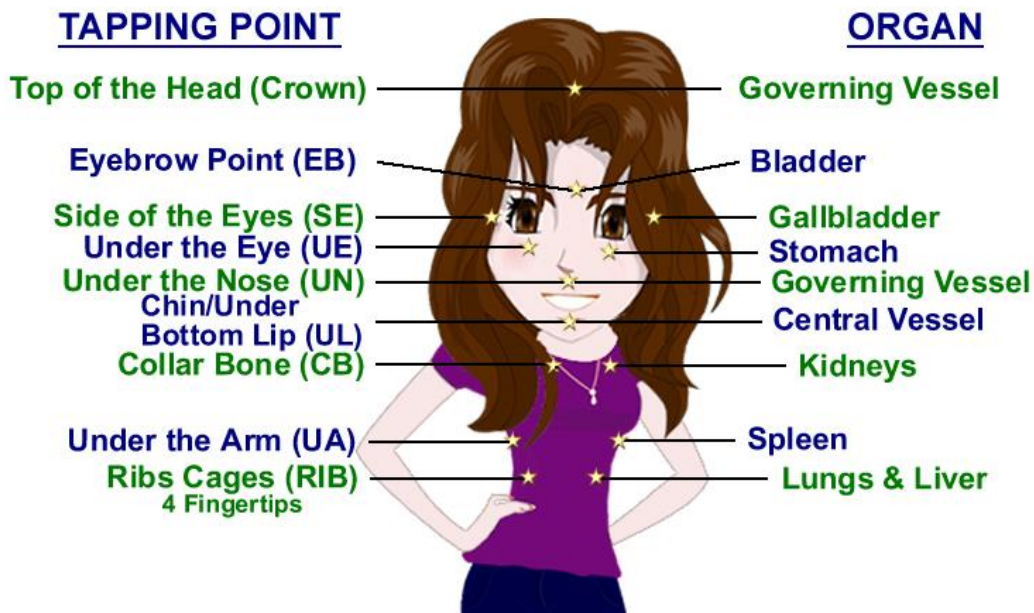
Here you are, my friend.... Love and HUGS!

Tapping Points

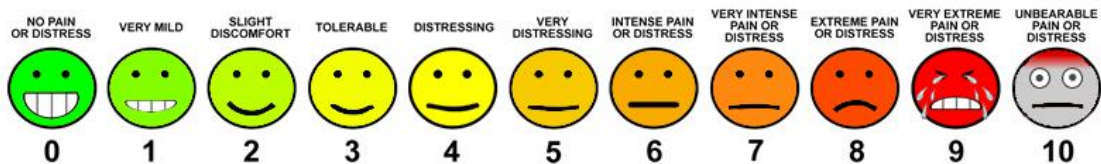
For The EGO Tamer® (TET) Tapping Technique



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



SUBJECTIVE UNITS OF DISTRESS (SUD) SCALE



Courtesy of Jan Luther, The EGO Tamer®

The EGO Tamer® (TET) Tapping Template Instructions

(TET Tapping Template can be found on Page 9)



Familiarize yourself with the tapping points (as shown in the picture on the previous page).



Record the 10 core aspects of the incident by filling in a blank TET TAPPING Template. (These are like the “facts” of the incident. TET Tapping Template is on page 9 of this handout.)

1. **WHEN**
2. **WHERE**
3. **WHO**
4. **DID OR DIDN'T—SAY OR DO: WHAT**

And you:

5. **SAW**
6. **HEARD**
7. **FELT (physical body- touch/pain etc.)**
8. **COULD SMELL**
9. **INTUITED (SENSED/ KNEW)**
10. **Your REACTION: And I _____**



Rate each of the first 9 aspect phrases using the Subjective Units of Distress Scale (SUDs). (On a scale of 0-10, how upsetting is that one piece of the memory right now?)



Select an appropriate “TET Tapping Tenderizer Phrase©” to soften the EGO attachment to its favored role of victim and its first line of defense - attack and blame.

What is a “Tenderizer Phrase?” A tenderizer phrase is a word or short phrase that reminds your mind that in the retelling of this story, you are safe, it is over, you are merely . . .

- Thinking (about it)
- Remembering (it)
- Imagining (that)
- Feeling . . .
- Believing . . .
- If you’re not sure which phrase to use, a generic “*A part of me is feeling*” always seems to work nicely.

Try it out with this example of a set-up phrase *without* a TET Tapping tenderizer phrase:

“Even though my dad punched me in the face!”

Notice how personal, potent and present that makes it feel? Now try the same story *WITH* at TET Tapping tenderizer phrase:

*“Even though I’m remembering the day when
my dad punched me in the face!”*

Can you sense the gentle shift? It lets the same crappy story be true without triggering too much anxiety around it sounding like this is happening right now.



Edit and add some love to the Affirmation phrase: “I deeply and Completely” by combining it with a TET Tapping Acceptance / Permission word or phrase:

- Realize
- Understand
- Accept
- Give myself permission to...
- Deserve
- Acknowledge
- Am allowed to... (think, feel, believe, react, respond this way right now!)

What are Acceptance/Permission Phrases? These are words or phrases that give you permission to accept everything that you're thinking, feeling and believing in this moment about that situation. The standard affirmation phrase often leaves you feeling required to unconditionally love yourself and, by default, the situation and others in it when that is nearly impossible at the outset.

Try it out with this example of the old Affirmation Phrase *without* a TET Tapping Acceptance/Permission phrase:

“I deeply and completely love and accept myself.”

Notice whether or not saying that causes you to feel resistance and a sense of incongruence.

Now try the Affirmation phrase with an Added TET Tapping *Acceptance / Permission Phrase*:

“I deeply and completely...realize, that I have every right to be this upset!”



**Record a few “Reaction” phrases about the experience.
Were you:**

- Ticked off
- Frightened
- Furious
- Emotionally or physically Hurt
- Offended
- Disappointed
- Ashamed
- Embarrassed

Note that these ‘Reaction’ phrases become very evident as you begin continue tapping.

No need to strain to find them before you begin tapping. These are the gold we are digging for. Every reaction is indicative of core values, beliefs and expectations.

Give it a try!

Think of a past experience that always upsets you.

Use the TET Tapping Template to record each aspect of your story.

After you’ve filled in each line of your template, write down the 0-10 SUDs level for each phrase.

Choose an appropriate tenderizer and acceptance/permission phrase.



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The EGO Tamer® (TET) Tapping Template

Fill in the blanks below with your story and then go back and rate the SUDs level (0-10) for each line.

		SUDs Level
WHEN		
WHERE		
WHO		
DID/DIDN'T SAY or DO WHAT		
I FELT (may be many specific emotional thoughts/ feelings and may be specific tactile, physical experiences)		
I SAW (wounds, damage, facial expressions)		
I HEARD (dreadful words, voice tones, sirens, etc.)		
I COULD SMELL (rare, but important when it's relevant)		
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.)		
+ REACTIONS (I felt, thought, began writing a story that . . .)		



Begin tapping:

Tapping on the Karate Chop point, talk and tap through the key aspects that you captured in the template.

You'll use the same basic set-up phrase each time (**because the WHEN, WHERE, WHO and WHAT are basically the static facts** that don't change) and then add in the various reaction phrases to include what you saw, heard, etc., along with all of the feelings, thoughts and beliefs that show up.

After doing the 3 set-up phrases while tapping the Karate Chop point, you then move to tapping the body points.

One complete round of tapping includes 3 set-up phrases where you're tapping the karate chop point and one series of tapping each of the body points. At the end of the round, you stop and retest the SUDs levels on each aspect and then decide where to go for the next round.



Set-up Phrase 1

Even though (I'm *Remembering)

- When
- Where
- Who
- Did/Didn't - Say or Do What
- AND I... Saw—heard—etc.
- Reaction Statements
- Affirmation with permission and acceptance phrase: I deeply and completely accept that I...

Deep breath and pause!



Set-up Phase 2

Even though (I'm *Remembering)

- When
- Who
- Did/Didn't- Say or Do What
- AND I... Saw—heard—etc.
- REACTION
- Affirmation with permission and acceptance phrase *I deeply and completely accept that I...*

Deep breath and pause!



Set-up Phase 3

Even though (I'm *Remembering)

- When
- Who
- Did/Didn't- Say or Do What
- AND I... Saw—heard—etc.
- REACTION
- Affirmation with permission and acceptance phrase *I deeply and completely accept that I...*

Deep breath and immediately move on and start **tapping the body points** as you speak one sentence at a time.

Focus on the phrases with the highest emotion.

Top of the head
Between eyes
Side of Eyes
Under eyes
Under nose
Chin
Collar bone
Under arm
Rib cage

Breathe—



You have just completed 1 of 3 suggested full rounds of tapping.

Take time to reassess each of the aspects on your original template.
Rate each of them to see if the SUDs levels have stayed the same, gone up or reduced.

Now what? After you have given each aspect a new SUDs number, ask yourself:

1. Which phrases are still high? (Anything above a 3 has energy behind it.)
2. Do you need to adapt the same phrases to be more expressive of what you're feeling now?
3. Did you uncover other aspects on this same story that you had forgotten or didn't realize initially?
4. Or, did the story shift to an entirely different scene? As you were tapping did you think of or remember this same person or other people, but in a different place or time when you had the same or similar feelings and experiences?

If the place and time of the story shifted to a totally different past experience, write out a new TET Tapping Template for each incident from the newly revealed "place and time." Repeat the tapping protocol and JUST KEEP TAPPING — until the SUDs numbers go down.



Tap two more rounds using the adapted phrases.

Each time you practice, you'll notice that by sticking with it, the negative emotions dissipate faster and faster. The more emotional relief, the faster your Divine Intelligence will connect with your thinking to give you insights and awareness with greater understanding about the gifts and growth that have come to you through each experience.

NOTES:



So, how'd it go for you?

Did you find it easy to tap and follow one train of thought or did a lot of new memories pop-up for you? (The more the better, by the way!) TET Tapping is designed to help you dissolve negative emotions AND discover hidden stressors before they can fester into anxiety, depression and disease.

Whether this is your first time tapping or you've been tapping for a while now, **I'd love to hear from you with questions, suggestions and especially celebrations!!**

Email me: Jan@JanLuther.com

And, of course, I'd love to offer you additional support. If you're a first-time client, you can schedule your personal 90-minute session with me by visiting the link below and clicking on the purple "*New Clients please click here*" button.

<https://janluther.com/work-with-jan>