



Tapping-Scripts- For Teachers

How to resolve a teacher's emotional problem through EFT Tapping to reduce early school leaving:

In this example, this teacher loses his temper and shouts at his students, because he is stressed about the behaviour of some of his students. Some other well behaved students feel unfairly treated and do not like to go to school. If this situation does not improve, some of these students might drop out of school.

Set up statement:

“Even though I get angry and I shout at my students, I choose to feel calm and confident”. 3 times in karate chop point.

Tapping in every point:

1st Round: I get angry with some of my students/I loose my temper when they talk over my voice/I get irritated whey they don't do what I tell them to do...

2nd Round: I still get angry...

3rd Round: I choose to let go this anger/irritation/impatience...

4th Round: I choose to remain calm when they talk during the lesson/ I choose to remain confident when they don't follow instructions...

5th Round: I choose to speak to my students about the consequences of their behaviour, in a firm and assertive manner.

6th Round: I choose to feel increasingly confident/I choose to see myself as a good leader for my students...

** This teacher should do EFT once a day and also just before teaching a challenging group until he feels he has improved his attitude towards students. **

How to resolve a teacher's limiting belief through EFT Tapping to reduce early school leaving:

In this example, this teacher thinks she is not able to cope with the behaviour of her students. If she is not able to control the class and deliver the lesson, some students might not see the point of going to school and might want to leave abandon their education.

“Even though I don't think I can deal with the behaviour of my students, I choose to be in myself”. 3 times in karate chop point.

Tapping in every point:

1st Round: I don't think I can control my students' behaviour/ I think I am not strong enough to cope with the behaviour problems of my classroom...

2nd Round: I still don't see myself able to...



3rd Round: I choose to let go this limiting belief/these doubts...

4th Round: I choose to start seeing myself as a strong, confident teacher...

5th Round: If there are any past experiences that are creating this belief, I choose to release them now

6th Round: I choose to feel more and more secure in the classroom/I choose to fill myself with confidence/strength/assertiveness...

** This teacher should do EFT once a day and also just before teaching a challenging group until she feels he can manage groups effectively. **

How to resolve a teacher's physical problem through EFT Tapping to reduce early school leaving:

In this example, this teacher feels physically tired and does not feel able to inspire and motivate his students, because of his lack of energy. If students do not feel motivated to do well in school, it is much more likely for them to leave their education early.

Set up statement:

“Even though I feel tired, I choose to activate my energy”. 3 times in karate chop point.

Tapping in every point:

1st Round: I feel feel tired, I have low energy, I don't feel motivated...

2nd Round: I still feel...

3rd Round: I choose to let go this tiredness, this blockage, this lethagy, this fatigue...

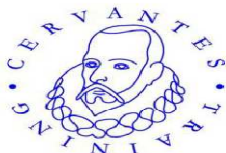
4th Round: If there are any blocked emotions that are causing this, I let them go/I release them...

5th Round: I fill myself with energy, vitality, motivation...

6th Round: I choose to feel increasingly more optimistic, vital, vibrant, motivated, energetic/ I choose to be a good role model for my students

7th Round: I choose to motivate and inspire students to do their best.

** This teacher should do EFT once or twice a day until he has achieved the desired energy levels. *



Tapping-Scripts- For Students

How to resolve a student's emotional problem through EFT Tapping to reduce early school leaving:

In this example, this student feels other children are picking on him. He does not feel comfortable in the classroom and does not want to participate in any activities. If he does not resolve this problem, he could be a potential school leaver.

Set up statement:

“Even though I feel other children are picking on me, I like myself”. 3 times in karate chop point.

Tapping in every point:

1st Round: I feel other children are picking on me/are teasing me...

2nd Round: I still feel...

3rd Round: I choose to let go this anger/irritation.../I choose to ignore them...

4th Round: I know I can do very well at school because I am very intelligent/There are many things I can do very well: drawing, sports...

5th Round: I choose to focus on the good aspects of myself/the other children/the school...

6th Round: The more I love myself the more friends I will have

7th Round: I choose to feel happy, joyful, confident...

** The teacher should do EFT with the student and teach him the technique so he can do it every day before going to school until he feels happy in the classroom **

How to resolve a student's limiting belief through EFT Tapping to reduce early school leaving:

In this example, this student thinks she is not able to do well at school. If she continues having this belief, she might end up leaving school early.

Set up statement:

“Even though I don't believe I can do well at school and get good grades, I choose to start believing in myself”. 3 times in karate chop point.

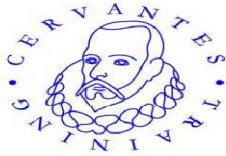
Tapping in every point:

1st Round: I don't believe I can do well at school/I believe I am a failure...

2nd Round: I still believe...

3rd Round: I choose to let go this limiting belief/these doubts/these insecurities...

4th Round: I choose to start believing in myself/I choose to believe I can have good memory/I can understand math problems... (the more specific, the better)



5th Round: I know I can be successful in school If I put my mind to it/I can be successful at this, the same as I was at... (here she can remember other past achievements)

6th Round: I choose to remain confident and optimistic about myself

7th Round: I fill myself with a sense of pride/self-trust/self-worth/ I choose to believe in myself...

**** The teacher should do EFT with the student and teach her the technique so she can do it every day before going to school until she feels confident she can do well at school ****

How to resolve a student's physical problem through EFT Tapping to reduce early school leaving:

In this example, this student has frequent migraines. He cannot focus in lessons and his school attendance is poor. If he is not able to resolve this problem he might leave school early.

Set up statement:

“Even though I have this migraine I choose to heal myself”. 3 times in karate chop point.

Tapping in every point:

1st Round: I have this migraine/this pain..

2nd Round: I still have...

3rd Round: I choose to let go any pain/pressure/tension from my head...

4th Round: I release any emotions that might be trapped in my head

5th Round: I choose to feel calm/relaxed/pain free...

6th Round: I choose to fill my head with inner peace/relaxation/light...

7th Round: I am increasingly healthier/ My body and my mind are in complete harmony and I choose to feel healthy.

**** The teacher should do EFT with the student and teach him the technique so he can do it every time he starts feeling the discomfort until the problem has disappeared ****

Note: This technique should not replace any medical or psychological treatments that might be required for either teacher or students. This is just a tool that can be used together with other methods or on its own.