



Using EFT to Improve Relationship Communication

Learn to fight less without searching for the perfect "I feel" statements!

This 2020 ITM Tapping guide is brought to you by:

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This International EFT Tapping Month guide is for you: Someone who wants to have relationships that are intentional and healthy, and is curious about using EFT Tapping to do that.

Using EFT Tapping for relationship communication gets you real results, with lasting positive improvements in how you interact. You can do this without crafting the perfect "I feel" statements or "sandwich" feedback or another fancy communication intervention. I am excited to guide and support you to improve communication in your relationship.

Using tools applied over two decades with thousands of individuals with relationship challenges, it is clear: Communication problems are common.

If you have problems in your relationship, they eventually show up in your relationship communication in some way:

**Arguments*

**Stony Silence*

**Distance/ Cordialness*

**Snarky Comments*

**Defensiveness*

**Etc.*

The great news is that EFT Tapping can drastically improve communication, whether the tapping is done with only one half of the couple, or both partners.

Those of us who are EFT enthusiasts would not be surprised to hear that it is a great way to address communication problems, but the approach to do it is worth looking at a bit closer.

'If only my partner and I would stop in the middle of a fight and tap, we'd communicate better!'

Doesn't that sound dreamy? However, it would be hard to do it! To illustrate the challenge of improving communication by using tapping in arguments, let's consider a couple I worked with recently. They had been seeing a couple's counsellor who'd recommended a using a specific communication processes to cut down arguments. Months had passed, and this couple couldn't craft 'I think' and 'I feel' statements when they argued. They were still fighting all the time, with no improvement.

Its not that the communication process they tried using was bad, it needed the couple to stay grounded and present. They had tried to use it when they were arguing. When you are in an argument, your brain is in fight-or-flight mode. Trying to switch to advanced communication styles when you are triggered is a losing proposition. **You can't think rationally when you are in fight or flight, and it's really hard (even impossible) to launch into using a challenging, new, communication technique.**

By the time the couple came to me, they had pinned their hopes on EFT. Both of them used EFT often and knew it helped them seen things more clearly in other areas of their life. Both partners insisted they wanted to be able to stop in the middle of an argument to tap. As with communication, pausing a fight and switching to tapping with both partners together is a huge ask.

This sounds like a hopeless catch-22. It's not. EFT is brilliant at stopping a fight of flight from recurring by getting to the triggers that are causing you to become defensive. You can do this for yourself or with a partner. When you are not triggered, you can listen better, even when something is said without perfect delivery. So lets work on using EFT to address triggers.

EFT for Eliminating Communication Triggers in 4 Steps

1. **Notice the times you are triggered–**
Use the EFT Trigger Log (see following page) to document our triggers/ or start with the prompts on pg 4
2. **Use EFT to discover the deeper reason you are triggered**
They are usually not what you think! Used correctly, EFT is a fast and gentle way to uncover subconscious roots, and know when you've found them.
3. **Build compassion for your reaction**
Fully understanding the roots naturally leads to compassion. For older issues, this may take many sessions: keep tapping! You can get far on your own. Consider a trained professional for bigger issues that need someone to help you hold space.
4. **Test it in real life**
Things can seem cleared up, and we react again when our buttons are pushed. This is normal! Return through the steps starting with step 1

EFT Communication Trigger Log

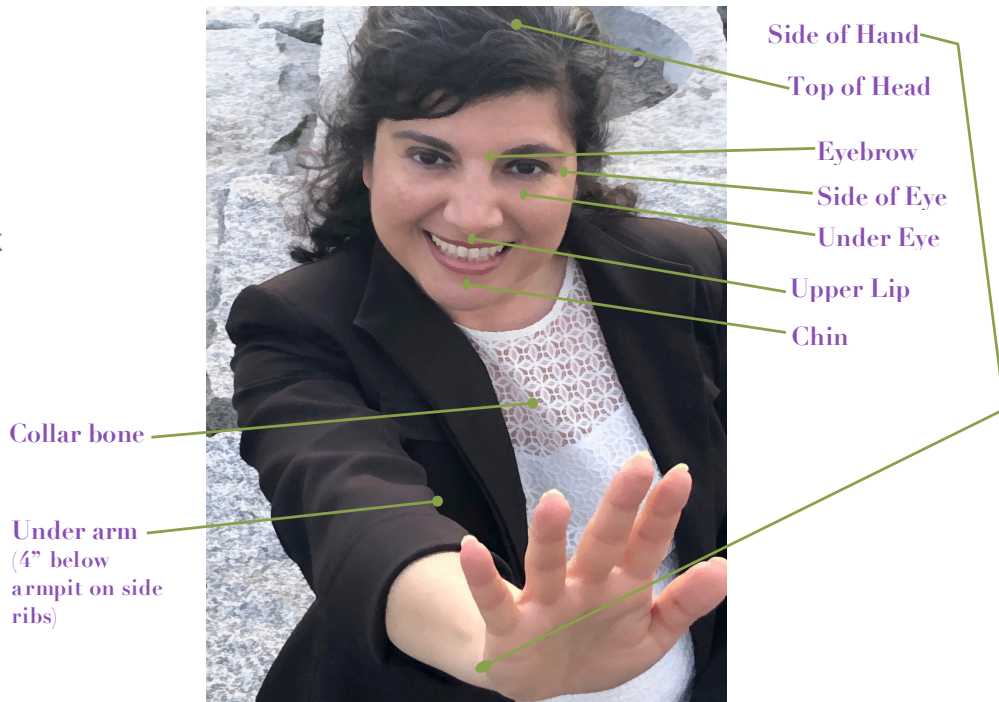
Instance	Reactions	Justifications	Underlying
What is the upsetting incident or argument?	Were there any thoughts/reactions when you were triggered?	What makes the reaction a valid reaction to have?	Is there any possible underlying emotion? Does this remind you of something else?

Use this log to journal and identify at least 5 instances for tapping. For each instance, you can do separate rounds of tapping for the instance, reaction, justification or underlying emotions/similar issues. See how to get started ideas on the next page



Tapping Guide

Here is a tapping guide: it's a quick reference that has all the tapping points, and reminder how to do the EFT Process



Assess your situation—Tune into a specific situation you'll be tapping on. Assess the level of discomfort you are experiencing by giving it a value on a scale of 0-10.

Start at side of hand point—using the 2-4 fingers of your dominant hand to tap on the hand point of the opposite hand. While tapping, you will repeat this affirmation 3 times: 'Even though I have..... [this problem], I deeply and completely accept myself'

Tap on remaining points—tap with 2 fingers on each point (starting at the eyebrow and finishing on the top of the head) repeating the reminder phrase once or twice at each point: 'This [Emotion] in my [where you felt it in your body]'

Re-assess— take a second to take a breath or a sip of water, then tune into the same situation that you were tapping on and check again the 0-10 level.

Repeat—re-do the tapping as necessary until the discomfort has cleared. Look for shifts in emotions or parts of the situation that cause discomfort and.

TIPS: to get the most from tapping, eliminate the two most common errors: 1) being too general instead of focusing on a specific situation 2) moving to positive affirmations prematurely. Please consider subscribing to my newsletter for more tips.

Tips for Success using EFT for Communication

Start small and recent–

It can be overwhelming to start addressing relationship challenges. Start with small, recent issues that are less overwhelming. Use the EFT Trigger Log (see previous page) to document your triggers and help you focus

Let things ‘bubble’ up and log it for later--

Add these new ideas to the log. Even if it seems odd, they are often meaningful associations to our brains. Its ideal to continue to work on tapping whatever you were originally working to an intensity of 2 or lower (using 0-10 scale in the Tapping Guide)

Get Started quickly: EFT Tapping Prompts for Communication issues

Some people (like me) find journaling hard to do. Using tapping prompts can be a great way to start right in. This might even generate ideas for the journaling tool.

Communication Tapping Prompts

Prompt: “Even though ...	Emotions	Body sensation
...just thinking about tapping on this makes me feel...”		
... ___ (my partner) needs to change ___ (thing X)”		
___(my partner) never listens “		
___(my partner) should know how I’m feeling”		
...I have told ___(my partner) before about ___ (problem x)”		
... this won’t work for me”		
...I do more than ___my partner”		
... I might change but ___ (my partner) won’t”		
...if I say something, I’ll get ___ reaction “		
...if I say something I’ll look like a complainer”		
...I’m asking to improve that because I’m needy”		
...___(my partner) will make it about me”		
...___(my partner) will tell me I’m too ___ (sensitive, etc)”		
... I need to be perfect to ask for ___”		

Use these prompts to create tapping rounds. Adjust the prompt in any way that suits your situation better. What emotion you are feeling for that specific prompt, and what body sensations are coming up?. If you have new ideas bubble up, note them in the triggers log and do separate tapping rounds when you finish your first issue.