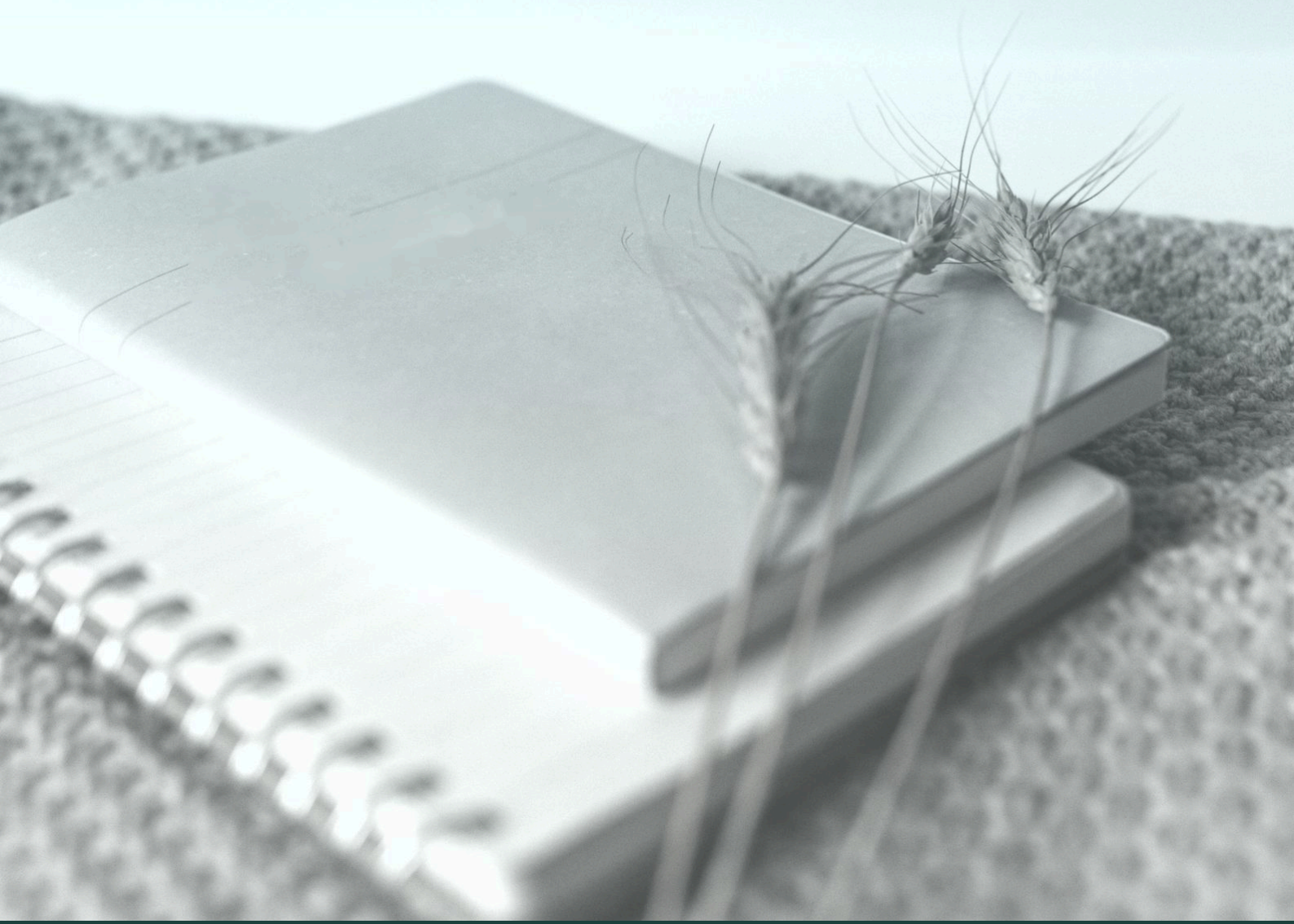
Work With Your *Pattern*

One focus. One manageable step.
At your own pace.



Vicki Harding
INTEGRATIVE WELLNESS

STEP 3 OF 3 · WORK WITH YOUR PATTERN

Work With Your *Pattern*

One focus. One manageable step. At your own pace.

Guided practice and reusable worksheets.

Use once you know the tapping basics in Step 2. Begin with a feeling or a belief.

You can write on a printed copy or type into the writing spaces. Save the PDF under a new name after adding notes and check that your entries have been kept.

STEP 1	STEP 2	STEP 3
Recognise the Pattern	Learn to Tap	Work With Your Pattern
The Beliefs Workbook	Let It Go	Guided practice

Vicki Harding · Integrative Wellness

The Pattern Collection · See all three steps online

Contents

Begin with what is here 3
Find a manageable focus 5
One example, throughout 7
What do you notice now? 9
A believable alternative 10
When you get stuck 11
Make room to choose 12
Give your pattern a map 13
Your practice sheet 15
Bring what you noticed 17
Support when you need it 18

Start where you are

Begin with what is here

You can begin here with a feeling, thought or habit, or bring a belief from the workbook. Find a comfortable place to sit.

Ask “How do I feel right now?” You can tap on a feeling such as sadness without naming a belief. To explore further, ask: “What would I have to believe is true about myself in order to feel, think, or behave this way?”

If a belief comes up

Ask: “Does this actually make sense?” and “Is this helping me?”

Know the tapping basics

Keep the Let It Go guide handy. It covers the points and sequence. The free EFT course offers more detail.

The feeling, thought or belief I am exploring

Use your own words. You do not need to name a belief.

Choose one moment to explore

Choose one manageable moment connected with what you notice now. A recent message or brief everyday experience is enough. If no example comes to mind, begin with the feeling itself.

Our running example

Belief: My needs matter less than other people’s.
Moment: Saying yes to helping a friend last weekend when I needed rest.

My feeling or chosen example

What do I notice now? A short description is enough.

What I took this to mean (optional)

What I felt drawn to do (optional)

Your first round

Find a manageable focus

Bring your feeling or chosen moment lightly to mind. What feels uncomfortable now? You might notice frustration, a thought such as "I let myself down", or a sensation in your body. Choose one part that stands out.

What I am noticing now

My starting intensity

0 = no distress about this focus; 10 = the most intense distress I can imagine. "Not sure" is fine.

Rate what you notice now. The number is a way to track your experience, not a test of whether it is suitable to explore alone.

If emotion rises more than expected

Ease your attention away from the upsetting detail. Drop the words and keep tapping gently around the points as the feeling settles. You can also gently hold the points and breathe comfortably instead of tapping, sometimes called Touch and Breathe.

You do not need to return to the memory or keep exploring it. If things feel overwhelming or are not settling, seek support. Significant trauma calls for a practitioner with relevant specialist training. Read the guidance on when something bigger surfaces.

Give your round a few words

Setup: Tap the side of your hand and say your Setup Statement three times. Name your current response, followed by an accepting phrase that feels honest. The worked example shows one below; when you get stuck offers a gentler ending if you need one.

Use words that sound like you

Even though I feel [the feeling] when [the specific moment], I accept myself anyway.

The feeling and the moment are the two that matter, that's usually enough to start. Once the intensity has come down a little, five or below is a good guide, you can add where you notice it in your body if that feels useful. Early on, while it's still strong, it's fine to leave the body out altogether.

My Setup Statement

Reminder: Use a short phrase to name the same focus as you tap through the points in the guide. Keep the wording close to your own experience.

The same idea, shorter

This [the feeling], about [the specific moment].

Once things have eased a little, you can fold in a body location too, for example: "This anger in my throat, about what she said." No need to reach for it in the first round or two.

If something else surfaces as you tap, sadness after anger, say, keep going with what you set up while it's still the loudest. Once something else feels more present, even before the first has fully settled, that's usually your cue to follow it instead: set up fresh for the new feeling and continue.

My Reminder Phrase

After a round, pause and notice what is present. The after a tapping round section helps you choose what's next. You can read the worked example first.

Read before trying your own

One example, throughout

An illustration of how the wording can follow what someone notices.

The belief: My needs matter less than other people's.
The moment: Saying yes to a friend when I needed rest.
The first focus: Frustration about my answer, with tightness in my chest.

Begin with what is here

In this example, the person rates their frustration at 4 out of 10. They tap the side of their hand and say the Setup Statement three times:

"Even though I feel frustrated about saying yes when I needed rest, I deeply and completely accept myself."

They tap through the guide's sequence with the Reminder Phrase:

"This frustration about saying yes."

Check what is present now

The tightness feels less noticeable. The frustration is still there, now rated at 3. They also notice a thought: "I was worried about disappointing her." They write that down instead of assuming the whole issue is finished.

Let the wording follow the feeling

The worry feels manageable to approach, so they choose it for another round. They give this new focus its own starting number.

"Even though I worry about disappointing her if I say no, this is where I am right now."

For the Reminder Phrase, they use "This worry about disappointing her." Afterwards, they check how that same worry feels.

Find a believable next step

When they feel ready to finish, "I can pause before giving an answer" feels believable. Their next action is to say, "Let me check and get back to you." They leave future requests for another day.

A note on the example

Your experience can look different

The numbers and changes here illustrate one possible experience. A round may bring no noticeable change, or you may decide to leave it there. The after a tapping round section helps you choose what to do next.

The example is there to show the shape of the process, not to set a target.

Pause and check in

What do you notice now?

Return lightly to the same focus you rated before tapping. What do you notice now? Check the same feeling before comparing numbers. If a different feeling has appeared, give it a separate note or starting number.

What I notice after this round

The same focus, after tapping

A number, a short description, “no change” or “not sure”.

The same feeling remains

If it still feels manageable and you want to continue, use words such as “some of this frustration is still here” for another round. Recheck that same focus afterwards.

A different feeling appears

Name it in your own words. Decide whether it feels manageable to approach. You can work with that specific feeling or simply write it down for another time.

There is no clear change

Check whether your wording matches the particular moment and feeling. A smaller detail may be easier to describe. You can also finish here; there is no requirement to repeat rounds until a number falls.

Things feel quieter

You can leave the exercise here. Notice whether a different view of the situation comes naturally, without needing to produce a positive statement.

It feels too much

Ease away from the upsetting content and return to the guidance on preparing to tap. The aim now is to settle, with support if needed.

A believable alternative

When you are ready

What feels possible now? For our example, it is “I can pause before giving an answer.” If an alternative feels forced, leave it for another day. You can finish with what you have noticed so far.

A statement that feels believable to me

You can leave this blank.

A little guidance along the way

When you get stuck

I cannot choose a number or feel anything in my body.

You can use a description instead: slight, noticeable, strong, unchanged or uncertain. A thought or an emotion is enough to describe your response. Do not search for a sensation you cannot feel.

The self-acceptance phrase does not feel true.

Adjust the ending so it feels honest. For example: "Even though I feel this frustration about saying yes, this is where I am right now." Use words you can say without forcing yourself to agree with them.

I'm angry, sad and hurt all at once.

Choosing one feeling gives you a clearer focus for the round. Pick the one that's loudest right now and use it in your Setup Statement and Reminder Phrase, as described under preparing to tap. Stay with it while it's the loudest; if another one takes over before this one's fully settled, follow that one next. Notice what changes for you after each round, including no change.

Nothing seems different.

Check what you actually focused on. "My needs never matter" is broad. "I felt frustrated when I sent that message" gives you a particular moment to work with. If further rounds feel unhelpful or tiring, finish the exercise and note where you got to.

The moment feels easier, but the belief still feels true.

Write both things down. A change in your response to one moment does not tell you everything about the wider belief. You can return to another manageable example later, or bring what you noticed to a session.

I did the old thing again.

Notice the situation and what made the new response difficult to use. Was the request unexpected? Did you need a shorter phrase or more time? Adjust one small thing for next time. You can acknowledge what happened without giving yourself a verdict.

One small action

Make room to choose

Choose one practical response to try when this pattern next appears. Keep it small enough to use in an ordinary moment. Our example is a pause: “Let me check and get back to you.” You can practise saying your own phrase aloud once before you need it.

When this situation happens, I will try...

Name the situation and one small action or phrase.

What would make that easier?

For example: keeping the phrase in my phone, or giving myself time before replying.

Come back after a real moment

Return after you have had a chance to try your action. Record what actually happened, including anything that did not go as planned.

What happened, and what did I notice?

One thing I would keep or adjust next time

Return to this if useful

Give your pattern a map

If you notice a belief, this optional map can help organise the moments connected with it. In EFT, a belief is sometimes pictured as a tabletop supported by individual experiences. The map does not establish where a belief came from.

Put your belief in the centre and give each example a short title. Use a separate practice sheet for whichever example you choose to explore. One branch is enough to begin.

My belief

Example 1

Example 2, if useful

Example 3, if useful

The one example I would like to explore next

Anything I would prefer to bring to a session

A short title is enough. You do not need to write the details.

A map you can revisit

Add a branch when a specific moment comes to mind. You can explore one example at a time and return to the same belief another day.

Print or save a fresh copy

Your practice sheet

Use this after reading the guidance. Follow one manageable example and record what you actually notice.

Date

The feeling, thought or belief I am working with

A feeling or specific moment

What I took this to mean (optional)

What I felt drawn to do (optional)

My response before tapping

Starting intensity or description

0 = no distress; 10 = most intense imaginable. You can use words.

My Setup Statement

My Reminder Phrase

What I notice after tapping

The same focus: intensity now

If a new feeling appears, note it separately.

A believable alternative, if one comes naturally

One small action to try

After trying it: what happened and what might I adjust?

If emotion becomes too much, ease away from the upsetting detail and continue gentle tapping as you settle. Refer back to preparing to tap and seek support when needed. You do not need to continue exploring the issue.

If you would like support

Bring what you noticed

Bring the feeling or belief, any moment you explored and what still feels difficult. Your notes give us a starting point for a session.

Unsure where to begin together? Book a free 15-minute chat.
Warm regards, Vicki

Vicki Harding offers complementary wellness and energy-based services. ConTact C.A.R.E Flinchlock Release is a martial arts based discipline and describes itself as a practical study in the nature of stillness. All services are complementary and are intended to support general wellbeing alongside, not in place of, care from your doctor or other health professional. Individual experiences vary. Nothing in this website is medical advice, diagnosis, treatment or cure. Please consult a licensed doctor or mental-health professional for medical or psychological concerns.

EFT guidance draws on the EFT International Introductory Tapping Manual supplied for this resource, particularly pp. 10, 12, 14 and 15, 16 and 17, 19 and 20, 30, 33 and 34, 38, 39 and 40, and 41 and 42. This guided practice is Vicki's companion resource.

Support when you need it

In New Zealand, call or text 1737 for free, confidential emotional support, any time. If someone is in immediate danger, call 111.

If you're feeling overwhelmed, you can find support options in your country. If someone is in immediate danger, contact the local emergency service.