

## The EGO Tamer® Tapping Template:

**When:** \_\_\_\_\_ SUDs \_\_\_\_\_

**Where:** \_\_\_\_\_ SUDs \_\_\_\_\_

**Who:** \_\_\_\_\_ SUDs \_\_\_\_\_

**Did/Didn't Say or Do What:** \_\_\_\_\_ SUDs \_\_\_\_\_

\_\_\_\_\_

**I Saw** (wounds, damage, facial expressions, etc.) SUDs \_\_\_\_\_

\_\_\_\_\_

**I heard** (dreadful words, voice tones, sirens, etc.) SUDs \_\_\_\_\_

\_\_\_\_\_

**I felt** (may be many specific emotional thoughts/feelings and may be a specific tactile, physical experiences) SUDs (each one) \_\_\_\_\_

\_\_\_\_\_

**I could smell:** (rare, but important when it's relevant) SUDs \_\_\_\_\_

\_\_\_\_\_

**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 . . .*)

\_\_\_\_\_ SUDs \_\_\_\_\_

\_\_\_\_\_ SUDs \_\_\_\_\_

**NOTE:** Reactions will shift with each phrase and round. That's excellent! Write them down and roll with it!

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_