

PHOTO TAPPING WITH ELENI VARDAKI

EFT Tapping Exercises for Dealing with Unresolved Emotions

Here are two easy ways to apply EFT Tapping for self-compassion, and self-love.

NO. 1: TAPPING ON A PHOTO ALBUM FROM ADULTHOOD

You choose an album, which is from a period in your life that when you think about it, it brings up some difficult emotion or maybe a disconnection where you've just kind of tried to bury it, forget about it because it was a painful time in your life. Maybe it's a previous marriage or a relationship that ended in a very painful way. Or maybe it was happy memories from raising your children, from their childhood, and they're now adults. They're going off to university and they're working. Even though it's a happy memory, at this point in time it brings up some difficult emotions or sensations when you think about looking through it. Or it might not even be a difficult emotion. It might be just you feel like you'd like some clarity on what happened at that phase in your life.

You choose whatever album it is that you want to work on, and as you have it in front of you, before even opening the photo album, you start tapping. What's going on in your body? As you look at this photo album, notice what's coming up for you in your body. And then you go through the basic EFT Tapping points and you acknowledge, "This is just what I'm feeling right now." It could be perhaps a going cold, a physical sensation of kind of distancing or a kind of dread of "I don't know what I'm going to see. I can't really remember what's in this photo album." You know? Or it could be an emotion about an emotion. I'm scared of feeling sad because I have a feeling that there might be pictures in here that will bring up sadness. So whatever it is that you're feeling, you tap through these basic EFT Tapping points and you take a breath in...nice long exhale...

And then you pause. And you notice, "How am I feeling? Am I OK to continue?" If not, you do another round: "Even though I'm still a bit hesitant to open this, I accept this is how I feel" (Set-Up Statement) And you go through the rounds: "Still a bit hesitant to open it" (Reminder Phrase). Or maybe you are ready to open it. As you open it, you can either keep tapping through the clinical EFT Tapping points to keep yourself regulated. As you look at the pictures in this photo album, notice what's going on. "What am I seeing? Who is around me?" Try and really connect with your eyes from your past self. So look into your eyes. "What was I feeling at that time? What might have I been feeling at that time?" Noticing what's going on in the photo and tapping through the clinical EFT points to keep yourself regulated.

If you feel emotion, then you stop what you're doing, and you work on that. So you stop going through the album and you work on, "Even though I'm feeling really angry right now" or "I'm feeling really sad right now". And you give it a number on a scale of 0-10. It might be, you know, a

ELENI VARDAKI

EDUCATIONAL CONSULTANT

6. Just guess. Is it a 6? Is it a 7? "I'm 7/10 angry right now. I'm here to work on that so that I can clear this." You know? Because that's what we're doing here. It's emotional decluttering, so that you can look at these photos without this old emotion that you've still got, that you've been holding onto, whether for a couple of years or a couple of weeks, that you want to now work on and declutter. So "Even though I still feel this _____(whatever the emotion is). Or it might even be that you're feeling a bit disconnected: "Even though I still feel this sense of disconnection, I don't recognize myself in these pictures, I'm here to work on that so that I can reconnect with myself."

And then you go through the points, and again, you're acknowledging whatever it is that's coming up for you as you tap through the points. When you're ready, when that intensity has gone down to as far as it can go, if it can go down to 0 or 1, even better. But as far as it can go, you go on to the next part of the photo album or the next photo.

NO. 2: TAPPING ON CHILDHOOD PHOTOS

Another way that you can apply EFT Tapping for gaining clarity or emotional decluttering is to choose a particular phase in your childhood. So this is really great for Inner Child work, own work homework kind of own work exercise in between sessions with your coach or therapist. If you're doing any therapeutic coaching work or any psychotherapy work, this is something you can do in between sessions to help gain clarity. Or you can bring it to a session with your therapeutic coach or your psychotherapist.

Choose a period in your life. It could be from the time you were born to age 5 or 6, like maybe it was your baptism, if you were born Christian. Have photos from different parts in your development from, you know, age 0 to 6. And again, you're tapping through the points, or you can just choose one that you find particularly comforting and just stay at that one point. And as you're looking through these photos, and notice if at any point there's a shift or a surge in emotion or a surge in kind of disconnection of like, "I don't connect with myself there". Or "I'm feeling really sad when I look at this". Even though it's a happy photo perhaps, but there's something about it that rings up sadness.

You stop what you're doing, you start inside of the hand, "Even though I feel really ___sad, disconnected, what have you___ when I look at this photo" and just accept what's coming up for you. Set an intention that you want to work on that and that's what you want to do right now. Go through each point acknowledging whatever the sensation thought or emotion is that's coming up for you. And you tap through the points. And then once you're done the whole round, you take a nice breath in. Nice long exhale.

And do another Body Scan. Top of the head to the tips of your toes. Are you noticing any tension, any sensation? Is the emotion, if you're working on an emotion, still as intense as it was before?

ELENI VARDAKI

EDUCATIONAL CONSULTANT

Are there any new thoughts? Is there any clarity that you're gaining on what it is you wanted to gain clarity on. A sense of self? Who am I and who was I, and that connection between who I was and who I am.

If you had an emotional disconnection to that younger part of yourself, is there more self-compassion? Is there more understanding? Try as much as you can to keep coming back to looking at your own eyes when you were a child, whether it's age 0 to 6, or it could be your teenage years. Maybe you want to go back to your teenage years because you want to get some clarity on what was going on. Not just from your memory, but also looking at actual photos of, maybe age 14 to 19, or 13 to 18, or what have you. And have those lined up and go through them in order. And let me know how you get on.

Hope this was helpful.

To learn more about Eleni's services go to her official website: <https://elenivardaki.com/>