

Tracking After First Round

After the tapping round, therapist asks “What comes up?” Client answers, key words:

Therapist asks for SUDS “What number are you now?” _____

(Therapist repeats cycle incorporating client’s new words and dropping earlier words as client drops earlier words and as SUDS drops)

To have the client refocus on the memory, the therapist asks:

- “Go back to memory, what happens?” or
- “Has the picture changed in any way?” If yes, “How has it changed?” or
- “What happens inside your body now?”

Client answers, key words: _____

If less than 2, the *tail end*, the therapist asks, “What makes it a 2 and not a zero?” Client answers, key words:

Therapist repeats the cycle using ONLY these new words.

If completely new memory comes up, therapist begins anew: unpacking picture, body sensations, negative cognition, SUDS. Therapist returns to check SUDS of initial memory after second memory is resolved.

Memory resolved if the SUDS is zero, and there is no negative body sensations and no negative thoughts.

When memory resolved, not before, therapists asks “In the future, when you remember this event, what do you want to think about yourself instead of (negative cognition). I am (should be opposite of negative cognition)?”

If needed prompt with “Is it true that you are (negative thought?)”