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Keyword Technique – Worksheet

The *Keyword Technique* is used to explore issues which are either very private, or too traumatic to address, or if there is any indecision. Sometimes the keyword is useful when there is a medical label; for example Cancer or Anxiety, and saying that word out loud is very triggering. By using the Keyword, you can take the edge off the word.

1. Begin by giving the private issue or indecision a name - this is known as the *keyword name*. It can be an unrelated name if need be.

Write down the keyword name: _____.

2. Ask yourself, “*What is the intensity level of the keyword?*”

Write down the intensity level: _____.

3. Then ask yourself, “*How does it make you feel?*”

Write down the feeling, _____

4. Then ask yourself, “*Where do I feel it in the body?*”

Write it down: _____

5. Start with the simplified tapping protocol by tapping on the side of the hand (Karate Chop) and saying: “*Even though I have this _____ (keyword) and I can feel it in my _____ (location) and it is a _____ on 10 (1,2,3 etc. on 10) and it makes me feel _____ (feeling or sensation), I love and accept myself.*”

6. Then repeat the sequence a second time: “*Even though I have this _____ (keyword) in _____ (location), it’s a _____ (number) on 10, and it*

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makes me feel _____ (feeling or sensation), I love and accept myself anyway.”

7. And finally repeat the tapping sequence a third time: *“Even though I have _____ (keyword) in _____ (location) it’s a ____ (number) on 10, and it makes me feel _____ (feeling or sensation), I love and accept myself anyway.”*

8. Then tap on the facial and upper body points using the Reminder Phrase (the phrases that include information on the Keyword name, number and feeling), while saying it out loud:
 - Eyebrow: *this _____ (keyword)*
 - Side of the Eye/Temple: *number ____ (SUD)*
 - Under the Eye: *so _____ (feeling or sensation)*
 - Under the Nose: *makes me feel so _____ (feeling or sensation)*
 - Chin: *this _____ (keyword)*
 - Collarbone: *it makes me feel so _____ (feeling or sensation)*
 - Thumb: *I just feel so _____ (feeling or sensation)*
 - Index Finger: *in my _____ (location)*
 - Middle Finger: *this _____ (keyword)*
 - Little Finger: *so _____ (feeling or sensation)*

9. Close the sequence by tapping on the Karate Chop: *“Even though I have _____ (keyword) in _____ (location), it’s a ____ (number) on 10, and it makes me feel _____ (feeling or sensation), I love and accept myself anyway.*

10. Take a gentle breath in & out, and then a sip of water.

11. Check the SUDs level and ask yourself, *“What number is the SUD at now? Is it higher than before, the same as before or less than before?”* If higher or the same as before, repeat Steps 2-9 till the number comes down by at least 1-3

points or feels manageable. If the number is lower, then continue with the below steps.

12. Give a keyword for the latest number.

Write down the new keyword: _____.

Repeat Steps 2-10. As you tap, what you will find is that the keyword no longer feels as intense, or that you feel clearer about the indecision. Once you have been able to take the edge off the keyword you can then explore any memories that emerge, with other techniques like *Tell the Story* and *Movie Technique*.