



NeftTI's 3 Step Surrogate EFT Process

What is Surrogate Tapping? And When Would You Use It?

Surrogate Tapping is the process of using EFT for someone/something else who is either not physically present with you; or, if they are physically present with you, they are unable/unwilling to tap for themselves.

We might choose to do surrogate work in situations involving someone/something we care about and where we hope to have a loving influence on them and their situation.

Examples:

A mother who has 'tried everything' to help her young son stop biting his nails.

A person who has a friend in a difficult health situation.

An adult who wants their partner to stop behaving in a particular way.

An adult who would like their clothes dryer to start working ...

And ...

And ...

There are 3 important issues to address:

- 1) How you, as the person doing the surrogate work is reacting to the situation and to the person who is having the 'issue'. The surrogate needs to work with themselves on all the aspects (emotions, sensations, images, thoughts, beliefs, behaviours) that are coming up for them. This is called 'doing your own work around the issue'.
- 2) How we, as the person doing the surrogate work is attached to our perception of the other person and their issue. This is also 'doing our own work around the issue'.
- 3) Our desire to 'control' the outcome. I.e: our attachment to what we believe the solution to the situation is – or even to how we believe the person ought to behave in this situation. This is also called 'doing our own work around the issue'.

As we do our work in these 3 areas, we are more able to be present for 'what is' in a peaceful way. This allows greater access to our understanding and compassion AND our intuition of what might be true for the other person.

Here's a 3 Step Process to do Surrogate EFT

An important note: The first 2 steps are the most important in this process. If you find yourself unwilling to engage in the first 2 steps, I'd suggest that surrogate work is not a good idea at that time. Rather, your personal work would be to tap through your resistance to doing your own work around the person and their issue.

Step 1

Sit in a chair with your body facing away from another chair. Imagine the person having the issue is sitting in that other chair.

Work on what's coming up for you around the person and the situation they are in. Use the pyramid of aspects to thoroughly acknowledge and accept each aspect that comes up for you.

Step 2

Now move your chair to face the imaginary person with the issue sitting in the other chair. Allow yourself to observe what you observe through all your senses as you look at them, again using the pyramid of aspects to be as thorough as possible.

Step 3 (Note: If you read about surrogate tapping from other sources, it's likely this will be the only step they discuss. To my mind, it is less important than steps 1) and 2) above.)

Move yourself into the chair of the imaginary person with the issue. Breathe and allow yourself to tap through what comes up intuitively as you imagine yourself as that person. Trust that whatever surfaces is important in some way and tap yourself through it.

Some issues to discuss:

- 1) Do you think there is a need to 'de-role' after step 3?
- 2) Do you think that we require 'permission' to surrogate tap for another person/thing?
- 3) Other?