

# DAY 10 - STUDENT BREATH WORK & EFT TAPPING WORKBOOK

दिन 10 - छात्र कार्यपुस्तिका



## BREATH WORK & EFT TAPPING

श्वस कार्य और EFT टैपिंग

Practical Exercises, Partner Practice Logs & Skill Building

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Student Name / छात्र का नाम: \_\_\_\_\_

Date / दिनांक: \_\_\_\_\_

# SECTION 1: PRE-SESSION PREPARATION

## सत्र-पूर्व तैयारी

Complete BEFORE today's session begins:

आज का सत्र शुरू होने से पहले इसे पूरा करें:

### 1.1 DAY 9 REVIEW CHECK

#### दिन 9 पुनरावलोकन जांच

Test yourself! Complete without looking at notes:

#### THE DISCOVERY STATEMENT:

"The cause of all \_\_\_\_\_ emotions is a \_\_\_\_\_  
in the body's \_\_\_\_\_ system."

#### THE NINE TAPPING POINTS (name them):

1. K \_\_\_\_\_ C \_\_\_\_\_
2. T \_\_\_\_\_ of H \_\_\_\_\_
3. E \_\_\_\_\_
4. S \_\_\_\_\_ of E \_\_\_\_\_
5. U \_\_\_\_\_ E \_\_\_\_\_
6. U \_\_\_\_\_ N \_\_\_\_\_
7. C \_\_\_\_\_
8. C \_\_\_\_\_
9. U \_\_\_\_\_ A \_\_\_\_\_

#### THE SETUP STATEMENT FORMULA:

"Even though I have [\_\_\_\_\_],

I \_\_\_\_\_ and \_\_\_\_\_ accept myself."

**SUD SCALE RANGE:** \_\_\_\_ to \_\_\_\_

My confidence level from Day 9 learning: \_\_\_\_/10

### 1.2 TODAY'S LEARNING OBJECTIVES

#### आज के सीखने के उद्देश्य

By the end of today, I will be able to:

- Lead clients through breath awareness practices
- Demonstrate all 9 EFT tapping points accurately
- Create customized Setup Statements
- Conduct complete EFT tapping rounds
- Practice EFT with partners effectively
- Teach self-tapping to clients

What I'm most looking forward to practicing today:

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# SECTION 2: BREATH WORK PRACTICE

## श्वास कार्य अभ्यास

### 2.1 BASIC BREATH AWARENESS

#### मूल श्वास जागरूकता

##### TECHNIQUE NOTES:

The Purpose: Simply \_\_\_\_\_ the breath without changing it.

##### The Steps:

1. Sit comfortably with spine \_\_\_\_\_
2. Close \_\_\_\_\_ gently
3. Notice: Is breath fast or \_\_\_\_\_? Deep or \_\_\_\_\_?
4. Notice: Where do you feel it? Nostrils? \_\_\_\_\_? Belly?
5. Practice for \_\_-\_\_ minutes

##### MY PRACTICE NOTES:

What I noticed about my breath:

Speed:  Fast  Moderate  Slow

Depth:  Shallow  Medium  Deep

Location felt most:  Nostrils  Chest  Belly

How I felt afterward: \_\_\_\_\_

##### SCRIPT FOR CLIENTS (write in your own words):

"Close your eyes... \_\_\_\_\_  
\_\_\_\_\_"

### 2.2 DEEP BELLY BREATHING

#### गहरी उदर श्वास

##### TECHNIQUE NOTES:

The Purpose: Activate \_\_\_\_\_ response by breathing into belly.

##### The Steps:

1. One hand on \_\_\_\_\_, one on \_\_\_\_\_
2. Inhale through \_\_\_\_\_ - let BELLY rise
3. Chest stays \_\_\_\_\_
4. Exhale through \_\_\_\_\_ - belly falls
5. Make exhale \_\_\_\_\_ than inhale

Inhale count: \_\_\_\_ Exhale count: \_\_\_\_

##### WHY IT WORKS:

When you breathe into the belly, the \_\_\_\_\_ moves down.

This activates the \_\_\_\_\_ nerve, which signals \_\_\_\_\_  
to the brain.

##### MY PRACTICE NOTES:

Was I able to keep my chest still?  Yes  Partially  No

What helped: \_\_\_\_\_

What was challenging: \_\_\_\_\_

##### SCRIPT FOR CLIENTS (write in your own words):

"Place one hand on your chest and one on your belly...  
\_\_\_\_\_"

## 2.3 4-7-8 BREATHING

### 4-7-8 श्वास

#### TECHNIQUE NOTES:

Also called: \_\_\_\_\_ Breath

#### The Counts:

- Inhale: \_\_\_\_ counts
- Hold: \_\_\_\_ counts
- Exhale: \_\_\_\_ counts

Special position: Tongue behind \_\_\_\_\_ front teeth

Exhale sound: \_\_\_\_\_

#### MY PRACTICE NOTES:

How many cycles completed: \_\_\_\_

How I felt afterward:  Calmer  Light-headed  Relaxed  No change  Other: \_\_\_\_

Would I use this with anxious clients?  Yes  Maybe  No

Why: \_\_\_\_\_

## 2.4 BOX BREATHING

### बॉक्स ब्रीदिंग

#### TECHNIQUE NOTES:

Also called: \_\_\_\_\_ Breathing

Used by: \_\_\_\_\_ (military group)

#### The Counts (all equal):

- Inhale: \_\_\_\_ counts
- Hold: \_\_\_\_ counts
- Exhale: \_\_\_\_ counts
- Hold empty: \_\_\_\_ counts

#### Draw the Box Visualization:



Label each side with the breath phase.

#### MY PRACTICE NOTES:

Best use for this technique: \_\_\_\_\_

## 2.5 PARTNER BREATH PRACTICE LOG

### साझेदार श्वास अभ्यास लॉग

#### WHEN I LED MY PARTNER:

Technique I chose: \_\_\_\_\_

What went well: \_\_\_\_\_

What I would improve: \_\_\_\_\_

Partner's feedback: \_\_\_\_\_

#### WHEN MY PARTNER LED ME:

Technique they used: \_\_\_\_\_

What worked well: \_\_\_\_\_

What I would suggest: \_\_\_\_\_

# SECTION 3: TAPPING POINTS MASTERY

## टैपिंग पॉइंट्स में महारत

### 3.1 POINT-BY-POINT REFERENCE

#### बिंदु-दर-बिंदु संदर्भ

Complete this reference chart for each point:

#### POINT 1: KARATE CHOP (KC) / हाथ का किनारा

Exact Location: \_\_\_\_\_

Meridian: Small \_\_\_\_\_

When Used: During \_\_\_\_\_ Statement

Associated With: Psychological \_\_\_\_\_, self-sabotage

#### POINT 2: TOP OF HEAD (TH) / सिर का ऊपरी भाग

Exact Location: \_\_\_\_\_

Meridian: \_\_\_\_\_ Vessel (all meridians meet)

Associated With: \_\_\_\_\_, spiritual connection

#### POINT 3: EYEBROW (EB) / भौंह

Exact Location: \_\_\_\_\_

Meridian: \_\_\_\_\_

Associated With: Trauma, hurt, \_\_\_\_\_, frustration

#### POINT 4: SIDE OF EYE (SE) / आंख का किनारा

Exact Location: \_\_\_\_\_

Meridian: \_\_\_\_\_

Associated With: Rage, \_\_\_\_\_, bitterness

#### POINT 5: UNDER EYE (UE) / आंख के नीचे

Exact Location: \_\_\_\_\_

Meridian: \_\_\_\_\_

Associated With: \_\_\_\_\_, fear, phobias, cravings

#### POINT 6: UNDER NOSE (UN) / नाक के नीचे

Exact Location: \_\_\_\_\_

Meridian: Governing \_\_\_\_\_

Associated With: \_\_\_\_\_, powerlessness

#### POINT 7: CHIN (CH) / ठुड़ी

Exact Location: \_\_\_\_\_

Meridian: \_\_\_\_\_ Vessel

Associated With: \_\_\_\_\_, confusion

#### POINT 8: COLLARBONE (CB) / कॉलरबोन

Exact Location: \_\_\_\_\_

Meridian: \_\_\_\_\_

Associated With: Anxiety, \_\_\_\_\_, stuck energy

#### POINT 9: UNDER ARM (UA) / बगल के नीचे

Exact Location: \_\_\_\_\_

Meridian: \_\_\_\_\_

Associated With: Self-worth, \_\_\_\_\_, worry

## 3.2 POINT LOCATION CHECK

### बिंदु स्थान जांच

Have your partner check your point locations:

POINT	ACCURATE?	NOTES
Karate Chop	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Top of Head	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Eyebrow	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Side of Eye	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Under Eye	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Under Nose	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Chin	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Collarbone	<input type="checkbox"/> Yes <input type="checkbox"/> No	
Under Arm	<input type="checkbox"/> Yes <input type="checkbox"/> No	

Partner's Initials: \_\_\_\_\_

Points I need to practice: \_\_\_\_\_

## 3.3 COMMON ERRORS AWARENESS

### सामान्य त्रुटियों की जागरूकता

For each point, note the common error and correction:

#### UNDER EYE:

Common error: Too \_\_\_\_\_ (on cheek) or too \_\_\_\_\_ (near eye)

Correct: On the \_\_\_\_\_, directly under the pupil

#### COLLARBONE:

Common error: On the actual \_\_\_\_\_ instead of below it

Correct: 1 inch \_\_\_\_\_ and 1 inch to the \_\_\_\_\_

#### UNDER ARM:

Common error: Too \_\_\_\_\_ (armpit) or too \_\_\_\_\_ (ribs)

Correct: About \_\_\_\_\_ inches below armpit

#### EYEBROW:

Common error: Too far \_\_\_\_\_ (middle of brow)

Correct: \_\_\_\_\_ edge, where eyebrow begins

# SECTION 4: CREATING SETUP STATEMENTS

## सेटअप स्टेटमेंट बनाना

### 4.1 INFORMATION GATHERING QUESTIONS

#### जानकारी एकत्र करने के प्रश्न

Write the questions you ask to create a powerful Setup:

1. "What \_\_\_\_\_ is the problem?"
2. "Where do you \_\_\_\_\_ it in your body?"
3. "On a scale of 0-10, how \_\_\_\_\_ is it right now?"
4. "What's the \_\_\_\_\_ part about it?"
5. "What do you \_\_\_\_\_ to yourself about this?"

### 4.2 SETUP STATEMENT PRACTICE

#### सेटअप स्टेटमेंट अभ्यास

##### SCENARIO 1: Client has fear of driving

Information gathered:

- Specific fear: Highway driving, especially merging
- Body sensation: Tight grip, sweaty palms, racing heart
- SUD: 8
- Worst part: "I'll cause an accident"
- Self-talk: "I'm a terrible driver"

Create the Setup Statement:

"Even though \_\_\_\_\_  
\_\_\_\_\_,"

I deeply and completely accept myself."

##### SCENARIO 2: Client has frustration with coworker

Information gathered:

- Specific issue: Coworker takes credit for client's ideas
- Body sensation: Burning in chest, clenched jaw
- SUD: 7
- Worst part: "It's so unfair"
- Self-talk: "I can't stand this person"

Create the Setup Statement:

"Even though \_\_\_\_\_  
\_\_\_\_\_,"

I deeply and completely accept myself."

##### SCENARIO 3: Client has test anxiety

Information gathered:

- Specific issue: Blanks out during important exams
- Body sensation: Foggy head, churning stomach
- SUD: 9
- Worst part: "All my studying is wasted"
- Self-talk: "I'm going to fail"

Create the Setup Statement:

"Even though \_\_\_\_\_  
\_\_\_\_\_,"

I deeply and completely accept myself."

# 4.3 LIVE PRACTICE - CREATING A SETUP WITH PARTNER

## लाइव अभ्यास - साझेदार के साथ सेटअप बनाना

### YOUR PARTNER'S ISSUE:

What is the problem? \_\_\_\_\_

Where in body? \_\_\_\_\_

SUD (0-10): \_\_\_\_\_

Worst part: \_\_\_\_\_

Self-talk: \_\_\_\_\_

### SETUP STATEMENT YOU CREATED:

"Even though \_\_\_\_\_

\_\_\_\_\_,"

I deeply and completely accept myself."

Partner's feedback on the Setup:

Felt accurate  Needed adjustment  Very powerful

Notes: \_\_\_\_\_

# SECTION 5: PARTNER PRACTICE ROUND 1

## साझेदार अभ्यास राउंड 1

### 5.1 AS PRACTITIONER

प्रेक्टिशनर के रूप में

Partner's Name: \_\_\_\_\_

Partner's Issue (brief): \_\_\_\_\_

#### BREATH WORK (2-3 minutes):

Technique used: \_\_\_\_\_

Partner's response:  Calmed  Somewhat calmed  No change

#### INFORMATION GATHERED:

Specific problem: \_\_\_\_\_

Body location: \_\_\_\_\_

Starting SUD: \_\_\_\_/10

Worst part: \_\_\_\_\_

Self-talk: \_\_\_\_\_

#### SETUP STATEMENT CREATED:

"Even though \_\_\_\_\_

\_\_\_\_\_,"

I deeply and completely accept myself."

#### TAPPING ROUNDS:

Round	SUD	Reminder Phrases Used
1	/10	
2	/10	
3	/10	
4	/10	
5	/10	

Final SUD: \_\_\_\_/10

SUD Change: From \_\_\_\_ to \_\_\_\_ = \_\_\_\_ points reduction

#### POSITIVE ROUND (if used):

Phrases used: \_\_\_\_\_

#### CLOSING:

Partner's feedback on how they feel: \_\_\_\_\_

### 5.2 AS CLIENT

क्लाइंट के रूप में

Issue I worked on: \_\_\_\_\_

Starting SUD: \_\_\_\_/10

Ending SUD: \_\_\_\_/10

#### FEEDBACK FOR MY PARTNER:

What they did well:

\_\_\_\_\_

What could be improved:

\_\_\_\_\_

Pacing:  Too fast  Just right  Too slow

Voice/Tone:  Calming  Neutral  Could be softer

Point guidance:  Clear  Somewhat clear  Needed more help

Setup Statement:  Felt right  Needed adjustment

Overall experience rating: \_\_\_\_/10

# SECTION 6: PARTNER PRACTICE ROUND 2

## साझेदार अभ्यास राउंड 2

### 6.1 AS PRACTITIONER

प्राॅक्टिशनर के रूप में

Partner's Name: \_\_\_\_\_

Partner's Issue (brief): \_\_\_\_\_

#### BREATH WORK (2-3 minutes):

Technique used: \_\_\_\_\_

Partner's response:  Calmed  Somewhat calmed  No change

#### INFORMATION GATHERED:

Specific problem: \_\_\_\_\_

Body location: \_\_\_\_\_

Starting SUD: \_\_\_\_/10

Worst part: \_\_\_\_\_

Self-talk: \_\_\_\_\_

#### SETUP STATEMENT CREATED:

"Even though \_\_\_\_\_

\_\_\_\_\_,"

I deeply and completely accept myself."

#### TAPPING ROUNDS:

Round	SUD	Reminder Phrases Used
1	/10	
2	/10	
3	/10	
4	/10	
5	/10	

Final SUD: \_\_\_\_/10

SUD Change: From \_\_\_\_ to \_\_\_\_ = \_\_\_\_ points reduction

#### WHAT I DID DIFFERENTLY FROM ROUND 1:

\_\_\_\_\_

#### POSITIVE ROUND (if used):

Phrases used: \_\_\_\_\_

### 6.2 AS CLIENT

क्लाइंट के रूप में

Issue I worked on: \_\_\_\_\_

Starting SUD: \_\_\_\_/10

Ending SUD: \_\_\_\_/10

#### FEEDBACK FOR MY PARTNER:

What they did well:

\_\_\_\_\_

What could be improved:

\_\_\_\_\_

Overall experience rating: \_\_\_\_/10

# SECTION 7: TEACHING SELF-TAPPING TO CLIENTS

## ग्राहकों को स्व-टैपिंग सिखाना

### 7.1 SIMPLIFIED INSTRUCTIONS FOR CLIENTS

#### ग्राहकों के लिए सरलीकृत निर्देश

Write out the instructions you would give a client:

"Here's what I want you to do at home when [the issue] comes up:

1. \_\_\_\_\_

Then tap through these points saying '\_\_\_\_\_':

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

1. \_\_\_\_\_"

### 7.2 WHAT TO PROVIDE CLIENTS

#### ग्राहकों को क्या प्रदान करें

Checklist for client take-home materials:

- Written instructions for self-tapping
- Tapping points diagram
- Their specific Setup Statement: \_\_\_\_\_
- Your contact information for emergencies
- Optional: Audio recording of a session

### 7.3 PRACTICE - TEACH YOUR PARTNER

#### अभ्यास - अपने साझेदार को सिखाएं

Pretend your partner has never heard of EFT. Teach them self-tapping.

Partner's feedback:

Was the explanation clear?  Yes  Mostly  No

Could they follow the instructions?  Yes  Mostly  No

Suggestions for improvement: \_\_\_\_\_

# SECTION 8: SKILLS SELF-ASSESSMENT

## कौशल स्व-मूल्यांकन

### 8.1 BEFORE AND AFTER COMPARISON

#### पहले और बाद की तुलना

Rate your confidence BEFORE and AFTER today's practice:

SKILL	BEFORE	AFTER
Leading breath awareness	/10	/10
Leading deep belly breathing	/10	/10
Leading 4-7-8 breathing	/10	/10
Locating all 9 tapping points	/10	/10
Demonstrating points to clients	/10	/10
Gathering information for Setup	/10	/10
Creating powerful Setup Statements	/10	/10
Leading the Setup on Karate Chop	/10	/10
Leading the tapping sequence	/10	/10
Varying reminder phrases	/10	/10
Checking and tracking SUD	/10	/10
Conducting positive installation	/10	/10
Teaching self-tapping to clients	/10	/10

### 8.2 REFLECTION

#### प्रतिबिंब

What was the most valuable learning today?

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What surprised me about my partner practice?

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What do I want to practice more?

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How confident do I feel about using EFT with real clients?

Very confident  Somewhat confident  Need more practice

What would increase my confidence? \_\_\_\_\_

# SECTION 9: POST-SESSION REFLECTION

## सत्र-पश्चात प्रतिबिंब

### 9.1 KEY INSIGHTS

#### मुख्य अंतर्दृष्टि

What I learned about BREATH WORK today:

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What I learned about SETUP STATEMENTS today:

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What I learned about CONDUCTING SESSIONS today:

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What I learned about MYSELF as a practitioner today:

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### 9.2 QUESTIONS I STILL HAVE

#### मेरे पास अभी भी प्रश्न हैं

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# SECTION 10: HOMEWORK ASSIGNMENTS

## गृहकार्य असाइनमेंट

Complete before Day 11:

### 10.1 SELF-TAPPING PRACTICE

#### स्व-टैपिंग अभ्यास

**ASSIGNMENT 1: Practice Self-Tapping (15-20 minutes)**

Choose an issue and tap on yourself

Issue: \_\_\_\_\_

Starting SUD: \_\_\_\_/10

After Round 1: \_\_\_\_/10

After Round 2: \_\_\_\_/10

After Round 3: \_\_\_\_/10

Final SUD: \_\_\_\_/10

Notes: \_\_\_\_\_

### 10.2 BREATH PRACTICE

#### श्वस अभ्यास

**ASSIGNMENT 2: Lead Breath Work with Someone**

Practice leading a family member or friend through breath work

Person: \_\_\_\_\_

Technique used: \_\_\_\_\_

Their response: \_\_\_\_\_

What I learned: \_\_\_\_\_

### 10.3 REVIEW AND PREPARE

#### समीक्षा और तैयारी

**ASSIGNMENT 3: Review Today's Materials**

Go through your notes and coursebook

Completed

**ASSIGNMENT 4: Prepare for Day 11**

Tomorrow: Tratak meditation & EFT for Anxiety

Completed

# SECTION 11 & 12: QUICK REFERENCE & COMPLETION

## त्वरित संदर्भ कार्ड और पूर्णता चेकलिस्ट

### 📄 DAY 10: BREATH WORK & EFT TAPPING श्वास कार्य और EFT टैपिंग

#### BREATH TECHNIQUES:

- Basic Awareness: Just observe without changing
- Belly Breathing: Inhale belly rises, exhale belly falls
- 4-7-8: Inhale 4, Hold 7, Exhale 8
- Box: 4-4-4-4 (inhale-hold-exhale-hold)

#### SETUP QUESTIONS:

1. What exactly is the problem?
2. Where in your body?
3. 0-10 how intense?
4. What's the worst part?
5. What do you tell yourself?

#### SESSION FLOW:

Breath → Gather Info → Setup (KC 3x) → Sequence → Check SUD → Repeat until low → Positive round → Close → Teach self-tap

#### TAPPING SEQUENCE:

TH → EB → SE → UE → UN → CH → CB → UA → (back to TH)

#### KEYS TO SUCCESS:

- Breath first, always
- Be SPECIFIC in Setup Statements
- Check SUD after EVERY round
- Use client's own words
- Vary reminder phrases

## SECTION 12: SESSION COMPLETION CHECKLIST

### सत्र पूर्णता चेकलिस्ट

Before leaving today, ensure you have completed:

- Breath work practice (Section 2)
- Tapping points mastery (Section 3)
- Setup Statement practice (Section 4)
- Partner Practice Round 1 - as practitioner (Section 5.1)
- Partner Practice Round 1 - as client (Section 5.2)
- Partner Practice Round 2 - as practitioner (Section 6.1)
- Partner Practice Round 2 - as client (Section 6.2)
- Teaching self-tapping practice (Section 7)
- Skills self-assessment (Section 8)
- Post-session reflection (Section 9)
- Understood homework assignments (Section 10)

#### PRACTICE SUMMARY:

Total partner sessions completed as practitioner: \_\_\_\_

Total SUD points reduced across all sessions: \_\_\_\_

Breath techniques I feel confident leading: \_\_\_\_\_

My readiness to use EFT with real clients: \_\_\_\_/10

Instructor's Signature (if applicable): \_\_\_\_\_

#### END OF DAY 10 WORKBOOK

DECODE LIFE TRANSFORMATION - Level 1

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"Today your hands learned to heal. Your breath opened the door. Your voice guided the way. You are no longer just learning EFT - you are DOING EFT." - Manudada

#### TOMORROW - DAY 11: CONCENTRATION & EFT FOR ANXIETY (PRACTICAL)

कल - दिन 11: एकाग्रता और चिंता के लिए EFT (व्यावहारिक)

🙏 नमस्ते 🙏