

Tapping procedure

Preparation

1. Sit quietly, take a few gentle breaths and become aware of your body.
2. Connect with the issue / emotion / pain that is bothering you.
3. Measure the intensity of the experienced discomfort on the subjective scale from 1—10 and write it down (don't worry about getting the number right – you only need it to see the dynamic).
4. Notice whether you can feel the disturbing emotion somewhere in your body (e.g. butterflies in your stomach, tense shoulders, burning sensation in the solar plexus, etc.).
5. Measure the level of the noticed physical discomfort and write it down.

Tapping sequence

Step 1: Setup statements (x 3)

Tap on the *karate chop* with four fingers of the other hand and say the following statements:

“Even though I have this / feel this _____ (name the problem) I deeply and completely accept myself and all of my feelings.”

**You can vary the wording and describe in as much detail as you choose the discomfort that you experience. Also the positive affirmation can vary. Here are some suggestions of powerful affirmations:*

- “I forgive myself for feeling this...”
- “I choose to relax just for this moment...”
- “I believe that I deserve happiness, love and healing”
- “I deeply and completely love and accept myself”
- “I honor all of my feelings”
- “I forgive my body (arm, neck, foot, or any part) for being in pain”
- “I want to learn to love myself and give myself support that I need”

Step 2: Tapping sequence (x 2 rounds of points)

During the tapping sequence use the reminder phrases or words that help you stay tuned in to your problem: e.g. “This problem,” “This burning sensation in my abdomen,” “This anxiety,” etc.

**Instead of saying the reminder phrases you can simply talk to yourself while tapping, as if you were talking to a friend complaining about your pain / problem.*

Top of head → eyebrow point → side of eye → under eye → under nose → chin → under collarbone → under arm → karate chop

Conclusion

Take three deep breaths (in through your nose and slowly out through your mouth). Have a drink of water. Re-evaluate the intensity of the discomfort. Repeat the tapping procedure until the discomfort is 0 or very low.

