

# A GUIDE TO Tapping



## 01 THE SET-UP STATEMENT

[ The **Subject/Feeling** + **Acceptance Phrase** ]

Example: "Even though I feel stressed and tight in my stomach, I completely accept these feelings and completely accept myself."

## 02 RATING THE INTENSITY

Check in: how intense would you rate the feeling on a scale of 0-10?

0 = no intensity, calm and peaceful.  
10 = the most intense.



## 03 BEGINNING THE PROCESS



Say the setup phrase while tapping on the side of the hand (point 1). Use the ends of the fingertips to tap lightly.

## 04 TAPPING THROUGH THE POINTS

Begin tapping on points 2-9 for a few seconds each, with a short reminder phrase, eg, "this stress", "tight stomach".

You can tap on 1 or both sides of the body. Perform two rounds.



## 05 CHECK IN. REPEAT?

Take a deep breath in and a slow breath out. Measure the intensity rate again.

The aim is to get the intensity rate to 2 or less, so you may want to repeat this process.

e.g. "even though I *still* feel \_\_\_\_\_ I completely accept myself".



"If the intensity level seems stuck, notice if the issue has shifted. For example instead of feeling stressed, are you now noticing that you feel irritated? Try tapping on the new feeling."