

TAPPING DIARY

DATE:

ISSUE/PROBLEM I WANT TO WORK ON:

How does it make me feel? Where in my body do I feel it?

SET-UP STATEMENT: (eg “**even though** I... am holding on to all this anxiety and I feel it in my chest and the pit of my stomach, **I completely accept my feelings and I completely accept myself**”. Or “**even though I feel ...stressed because I have to give a presentation and I am scared I will mess-up, I accept these feelings and I am safe here and safe now**”)

REMINDER PHRASES:

INTENSITY RATING 0-10 PRIOR TO TAPPING:

Rating 0 = no distress, feeling calm and peaceful

Rating 10= the worst I can imagine

Round 1:

Round 2:

Round 3:

Round 4:

OTHER THINGS I BECAME AWARE OF DURING TAPPING: