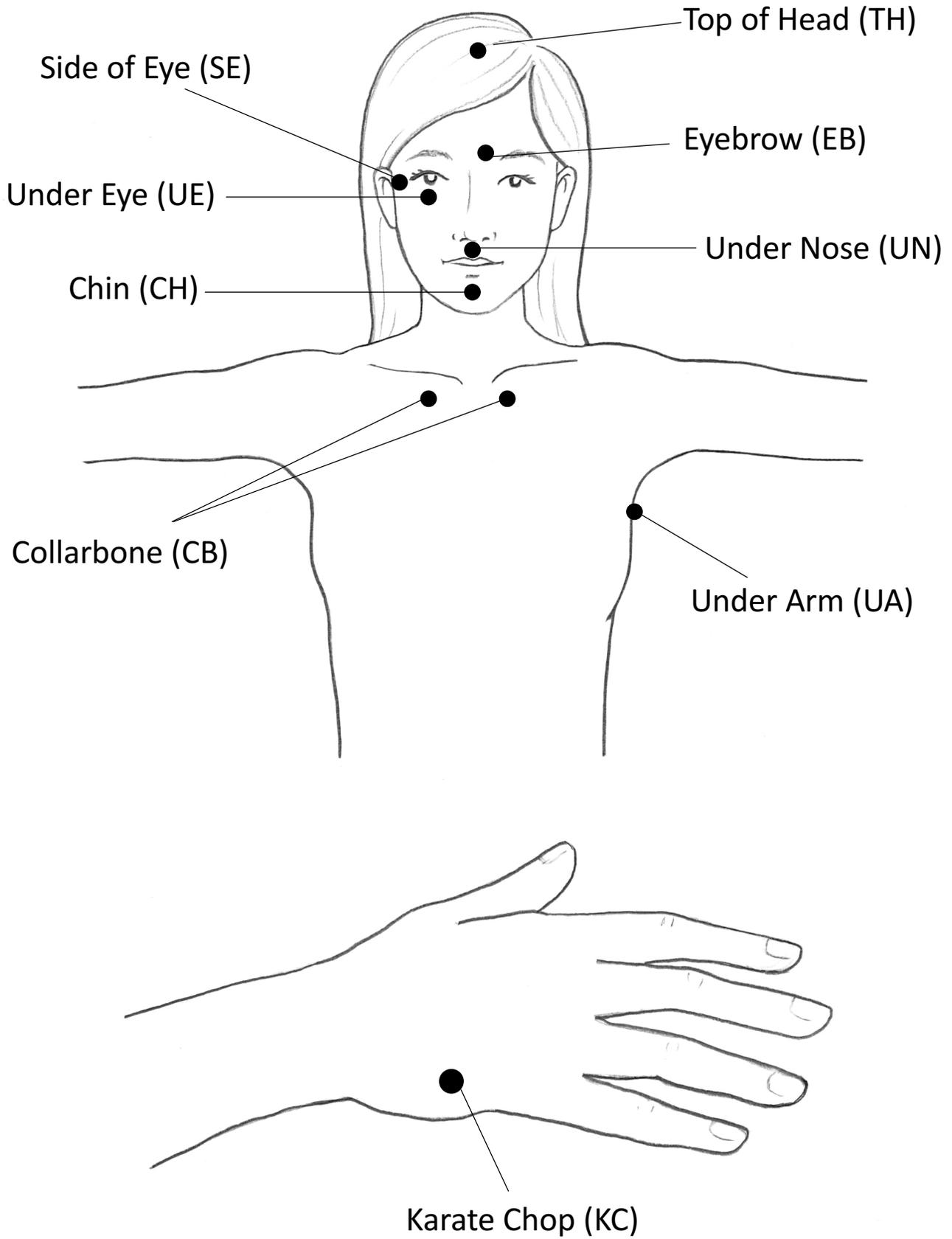


Tapping Point Reference Guide



Karate Chop (KC): The fleshy side of the hand

Eye brow (EB): On the inside edge of either eyebrow just above the bridge of your nose.

Side of Eye (SE): On the side of the outer edge of either eye.

Under Eye (UE): On the bone below the center of the eye.

Under Nose (UN): On the Philtrum between the nose and the upper lip.

Chin (CH): Midpoint between the mouth and chin.

Collarbone (CB): Between the sternum and collarbone, about 1 inch to left or right of center.

Under Arm (UA): Under the arm at the area of a woman's bra, about 4 inches below the armpit.

Top of Head (TH): On the top and center of the head.

Tapping Script for Stress and Anxiety

Before you begin tapping, ask yourself, "What is causing me to feel stress or anxiety in my life? What is causing my body to respond with overwhelm or fear? What is a recurring issue that I can't seem to get over?" It is helpful if you can get to the root of the emotion by identifying a primary event or concern that caused you to have a stress response.

Tune into your body and notice where you may be storing stress or anxiety. Notice any shortness of breath or tightness in your shoulders, chest or neck, headache or distress in your abdomen. These are all signs of an imbalance in the body.

Rate your stress intensity on a scale of 0-10, 0 being there is no anxiety in my body, I feel complete peace, 10 being over the top anxiety that is keeping me from living the life I desire. Begin by tapping on the Karate Chop point and continue to move through the various tapping point while repeating the statements below. Feel free to adjust the language to fit your needs.

KC: Even though there is anxiety in my body and it feels overwhelming, I deeply and completely love and accept myself.

KC: Even though this stress is wearing me down and my body aches from all this pressure that I feel, I deeply and completely love and accept myself.

KC: Even though on a unconscious level I'm frozen with fear with overwhelming stress. I deeply and completely love and accept myself as I am.

EB: All of this stress that I am feeling.

SE: I am feeling so much stress that it overwhelms me.

UE: My nervous system feels raw with stress.

UN: I can feel it in my muscles because they ache with all the pressure that I feel.

CH: I don't feel safe in my body and it's just too much.

CB: The slightest thing triggers me into a stress response that I feel powerless to control.

UA: I feel fear because I don't have control over this incoming stress that I feel.

TH: I feel afraid of all this fear, it's just too much for me.

EB: All of this stress that I am feeling.

SE: So much stress in my body.

UE: This stress has been with me so long I don't remember not feeling this way.

UN: All this fear, stress and anxiety.

CH: I don't know how to let it all go.

CB: There is not enough time to get done what I want to do and this just causes me to feel more stress.

UN: I choose to let go and release all of this stress and anxiety in my body.

TH: I am open to the possibility of a better way.

Take a deep breath and check in to how your body feels. Notice if there was any physical or emotional shifts. Rate your level of intensity on the scale of 0-10. Did the number go down? If so, great. If not, stay with it and do a few more rounds. It may be beneficial to continue through the tapping points and do a narrative of an experience that is causing you to feel distress. Was there any other emotions or thoughts that surfaced during the tapping session? If so, look at those as an opportunity to go deeper with the healing process.

When you are ready, you can tap on positive attributes you would like to integrate more of in your life. You don't want to force the positive to show up but rather allow it to come into being once you have released at some level the negative intensity. If you notice some mental chatter, during a positive tapping session, expressing resistance or a feeling that it is not true, you may wish to go back to clearing out the negative emotions until you arrive at a more neutral space.

Positive Tapping Script

Before you begin, check into your body and notice any sensations.
Take a few deep breaths and begin tapping on the points.

KC: Even though I have symptoms of stress in my body, I am open to releasing them now.

KC: Even though there is so much pressure that I feel internally, I trust that there is a better way for me.

KC: Even though I can't remember a time when I was free of stress, I allow the possibility for this to arrive in my life.

EB: I recognize that I use these patterns of stress to make me feel safe.

SE: I have found a better way that it supportive and kind to my body.

UE: I release the stress I have been holding onto. I remember what it feels like to feel calm.

UN: I allow my body to relax as I release the stress from my body.

CH: I allow the feeling of peace to wash over me.

CB: My Body is feeling calmer and more relaxed as I release the stress that I have held onto.

UA: I am ready to feel whole and at peace with who I am.

TH: This peace is infusing my body with love.

EB: I have greater control over how I respond to my environment.

SE: Regardless of the stress in my life, I choose to feel peace.

UE: I take back my power and I choose to feel peace right now.

UN: All of this peace in my body.

CH: It feels good to be relaxed and calm.

CB: I trust in the divine to support me in my life.

UA: I trust in the divine to support me with my body.

TH: I trust in the divine that all is well.

Continue to check in with your body when new emotions appear. If you don't get results right away, continue to tap and be patient with yourself.