

Tapping Procedure

1. Setup

Identify your problem. If you have trouble with this ask yourself “If I knew the answer it would be...”. Be still and listen. You’ll get an answer.

Rate the intensity of your problem on a scale of 1-10 (10 is the worst).

While continuously tapping the “karate chop” point say:
“Even though I _____ (state the problem), I deeply and completely **love and accept** myself.”

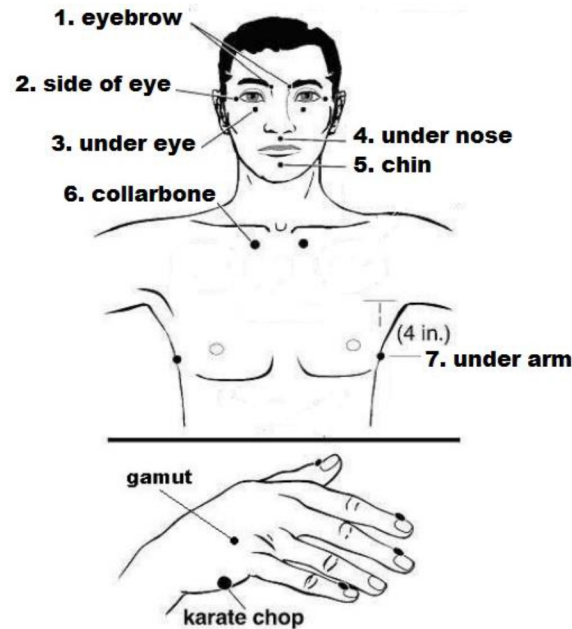
Then, while still tapping the “karate chop” point, say:
“Even though I _____ (state the problem), I deeply and completely **love and forgive** myself.”

Finally, while tapping the “karate chop” point, say:
“Even though I _____ (state the problem), I **allow myself to heal.**”

Create a short reminder phrase based on your problem.

2. Sequence

Tap on the points labeled 1-7 about 7 times each while stating your reminder phrase.



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3. 9 Gamut

While continuously tapping the “gamut” point, perform these 9 actions.

1. Close Eyes
2. Open Eyes
3. Look Down Hard to the Right (keep head steady)
4. Look Down Hard to the Left (keep head steady)
5. Roll Eyes in a Circle to the Right
6. Roll Eyes in a Circle to the Left
7. Hum 5 Seconds of Song (Happy Birthday)
8. Count 1-5
9. Hum 5 Seconds of a Song Again

4. Repeat #2

Tap on the points labeled 1-7 about 7 times each while stating your reminder phrase.

If the intensity of your problem has lowered but is still above a level 2-3, repeat the entire procedure with the setup statement “Even though I still have some _____ (state the problem) ...” and use “Remaining _____” as the reminder phrase.