

# TAP WITHIN

## Tapping Handout for Everyone - "Basic Recipe"

### 1) Make a "set up" statement :

Say out loud while tapping with fingertips on the Karate Chop point (side of hand)

*"Even though (whatever the problem is), I deeply and completely love and accept myself"*

- Repeat this statement 3 times while tapping on the Karate Chop Point
- Then say a reminder phrase (a few words that helps to remind you what you are tapping about) while tapping 6 or more times on each point

### 2) Tapping Points:

Top of head – make a small circle on top of head

Above eye – where eyebrow begins by the nose

Side of eye – on bone

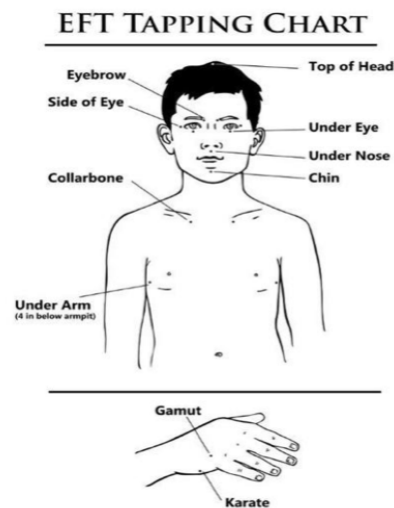
Under eye – on bone

Under nose

Under lip – in crease

Under Collarbone – 1" under, whole hand

Side – Hand width under armpit, saying: *"Letting it all go now."*



After the first round, if not completely resolved, say "

*Even though I still have some of this (whatever the problem is), I deeply and completely love and accept myself"*

Then:

*"This remaining problem..."*

**With this you are acknowledging the improvement.**

**REPEAT THE WHOLE CYCLE OUTLINED ABOVE AS MANY TIMES AS NECESSARY UNTIL YOU FEEL RELIEF.**

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## **Additional tips if pain is not resolving:**

1. Ask yourself the following questions:
  - a. What was going on when this began?
  - b. What does this pain remind me of?
  - c. If I could place an emotion on this pain, what would it be?
  - d. What have I been told about this pain?
  - e. What do I believe about this pain?
  - f. If surgery was involved and you feel the surgery was Traumatic, *“Tell the Story”* about the surgery itself, Tapping away any disruption that's left.

## **Additional tips if emotion is not resolving:**

1. Ask yourself “Does this remind me of another time in the past when I felt this way?”
2. Be aware of changing aspects, i.e. anger changing to sadness
3. Check in to see if there are any beliefs that are keeping this emotion from resolving, i.e. it's not ok to let go of this anger because what he/she did was wrong, etc.

## **Additional Techniques for Relief**

**1) Floor to ceiling eye roll:** Tap the 9 Gamut Point continuously and while thinking about the problem, keep your head steady and allow your eyes to focus from the floor up to the ceiling in a 6 second count.

**Eye roll until you feel relief.**

**2) Finger Squeeze: Good for insomnia or generalized anxiety.** Squeeze fingertips on the side of nail (not on top of fingernail) for 3 seconds each. Squeeze all fingers and thumb while breathing slowly. Tip: don't go below the fingernail, as the meridians are not below the nail.

**Squeeze all ten fingers until you feel relief.**

## Resources

### **Movies:**

- The Tapping Solution by Nick Ortner
- Tapping Play – Debbie Teichmann

### **Books:**

- The Tapping Solution - Nick Ortner
- Biology of Belief - Bruce Lipton
- The Genie in your Genes - Dawson Church

### **Books for kids:**

- Gorilla Thumps and Bear Hugs – Alex Ortner
- The Wizard’s Wish – Brad Yates
- Big Ted's Guide to Tapping – Alex Ken & Jen Smith
- Tap into Joy – Susan Jeffrey Busen
- Enchanted Fairy Taps: A Child's Introduction to Emotional Freedom Techniques – Adel Rawlinson

### **Books for teens:**

- Tapping for Teens – Jill Greenbaum
- EFT for Teens – Peta Stapleton
- Tapping for Parents, Children and Teenagers – Nick Ortner

### **Websites:**

- Tapwithin.com
- EFTUniverse.com
- EMOfree.com—Gary Craig
- TheTappingSolution.com – Nick Ortner

### **Tapping for Veterans:**

- PTSD treatment using EFT – [www.stressproject.org](http://www.stressproject.org)

### **Guided Meditation App:**

- Download “The Tapping Solution” App from the App Store