Trauma Tapping Technique

Think lightly about whatever bothers you, and tap firmly and rhythmically, approximately 15 times on each point shown below using two fingers, at a fairly fast rate. Take two deep breaths, relax and repeat the whole sequence on the opposite side. Take two deep breaths and relax again when done. Repeat until calm.

Visit www.SelfHelpForTrauma.com for an instruction video and to learn about the project.