

# The Tapping Protocol

## 1. Identify your issue and notice where and how you feel it in your body.

(Noticing the feelings in your body is the most important step. Noticing curiously and respectfully with heart, as opposed to wanting a feeling to go away, will activate your nervous system for healing and make the process of change more comfortable and effective.)

## 2. Rate the intensity of what you feel on a scale of 0-10 where zero is an absence of feelings and ten is extreme.

## 3. Tap the point on the side of your hand continuously while repeating the following statement three times:

"Even though a part of me is feeling \_\_\_\_\_

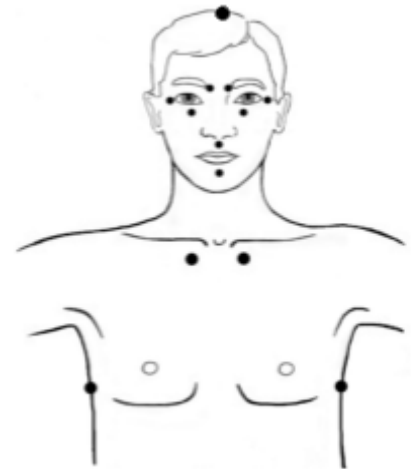
(fill in the blank with the best fitting emotion, such as sad, angry, guilty, fearful, etc.) my real self is present in a caring way".



## 4. Starting at the top tap the points in the body diagram 8-10 times while repeating a reminder phrase on each point that reminds you of how your issue feels.

(For example, you could say, "dull heartache in my chest", "suffocating sadness", or "fear that makes me clench my jaw".

The main point is to describe the felt emotional content of your experience as accurately as you can. Point locations: top of head, inner eyebrow, outside of eye, under eye, under nose, under lip, under collarbone, under armpit.)



## 5. You can tap through this sequence of points three full times.

(Then re-evaluate for any changes, either in the quality of what you're feeling or its intensity. Change can also present as a shift in perspective or outlook, or as increased intuition or creative insight. You can repeat these steps on a daily basis to invite more trust, safety, and neurological order.)

(more on back)

**6. If you notice a change or shift in how your issue feels take a minute to appreciate the feel of it no matter how large or small.**

You can also tap through the points again to reinforce the more positive feelings or outlook that are emerging. For example, while tapping the points you can include supportive language like, "more ease .... or more confidence .... or greater happiness", to help anchor the positive change.

(Once again, remember that this process helps you, your real self, to form a trusting relationship with your emotionally felt parts. In this process, you're becoming more identified with your real self and less identified with your emotional parts. The real you is becoming more stable and available while your parts are allowed to relax, flow, and be transformed.)

### **Some Important Concepts**

1. Remember that this tapping process helps you, your real self, to form a trusting relationship with your emotionally felt parts. In this process, you're becoming more identified with your real self and less identified with your emotional parts. The real you is becoming more stable while your parts are allowed to relax, flow, and be transformed.
2. When we tap we're not tapping to get rid of feelings because that would be a form of judgment or resistance that only intensifies the feelings. We're tapping to lubricate our body's natural capacity for flow or transformation. The more we tap with this inner relationship building attitude, the more trust, safety, and ease we create.
3. Tapping is often the technique of choice when an experience is overly intense, complex, or overwhelming. When feelings are more subtle or more navigable then even simpler processes may be more ideal.