



- KC** Side of hand
- TH** Top head
- EB** Eyebrow
- SE** Side eye
- UE** Under eye
- UN** Under nose
- CH** Chin
- CB** Collarbone
- UA** Under arm
- R** Ribs

Tapping Instructions

A simple guide to understand where on the body to tap and how to use this technique on your on body.

- 1 Identify the issue you would like to work on. I.e. pain or emotion
- 2 Score the intensity of the problem on a scale of 0 - 10
- 3 Begin by tapping on your "karate chop point"
- 4 Even though I have this (insert problem here), I deeply and completely love and accept myself. Repeat x 2
- 5 Using a short reminder phrase i.e. This throbbing headache, tap each point approx. 7 times each, starting from the Top head, tap on each point in the order they appear down the body, finish up with the ribs.
- 6 Repeat tapping sequence (optional to include 9 Gamut)
- 7 Score the intensity of the problem on a scale of 0 - 10. The problem could have:
 1. Disappeared completely - well done!
 2. Reduced in intensity - do more rounds of tapping, adjusting the wording appropriately (e.g. "even though I still feel a bit sad or I have this remaining sadness, I deeply and completely love and accept myself")
 3. Changed to something else or in the case of a physical pain, moved to elsewhere in the body (do further rounds of tapping, adjusting the wording appropriately)
 4. Increased in intensity - this is relevant feedback and again alter your wording to fit what you are feeling as you do further rounds of tapping.
- 8 Stop when you feel relief and ready to move on.