

TAPPING PROTOCOL

FOR ANXIETY, PHOBIAS, CHRONIC PAIN, INSOMNIA and URGE TO USE DRUGS OR ALCOHOL

- 1) First rate (1-10) the intensity of your anxiety (10... the most intense, 1... minimal anxiety)
- 2) While continuously tapping the Karate Chop Spot with 2 fingers from the opposite hand, say out loud, "Even though I have this anxiety [or "even though I have this lower left back pain", or "even though I have this urge to drink vodka"] I totally and completely accept myself." Do this 3X.
- 3) If you can, be specific. ie "Even though I have this anxiety of reporting to my boss, or "even though I have this claustrophobia", or "even though I have this fear of heights, airplanes, snakes", or "even though I have this headache behind my right eye", "even though I have this urge to drink wine..."
- 4) Then, while saying a shortened version of the problem ("this anxiety" or "my back pain" or "urge to use drugs", TAP with the tips of 1 or 2 fingers - about 7X-10X - each of the following spots (either hand... either side):
 1. LB - where your eyebrow begins (above the nose & to the side... be precise)
 2. SE - side of eye (just outside the eye socket)
 3. UE - under the eye (just under the eye socket)
 4. UN - under nose (between nose & upper lip)
 5. CH - just above your chin (between lower lip and chin)
 6. CB - collar bone 1 inch below where your left & right collar bones meet in the center, just below your neck. First identify the 2 bony projections, then ID the notch between them, then go 1 inch below. Use 3-4 fingers to TAP that spot.
 7. UA - under arm Also called the bra strap area.
 8. TH - top of head (Tap the center and then go in a small circle a few times)

At the end of the tapping, which should take about 45-55 seconds, re rate(0-10) your anxiety or chronic pain (or your urge to use drugs or drink alcohol). If not a "zero" or if you need more improvement, repeat the 2nd round by simply adding the word "STILL". ie "even though I STILL have this anxiety, I totally and completely accept myself." Also add the word STILL when tapping each of the 8 spots. ie "Still have this anxiety" or "Still have this back pain" or "Still have this urge to drink." It's the same as round 1 with the addition of the word STILL while tapping the Karate Chop spot AND with each of the other 8 spots.

I hope you get a good laugh with my art work.

