

Tapping Handout for Everyone - "The Basic Recipe"

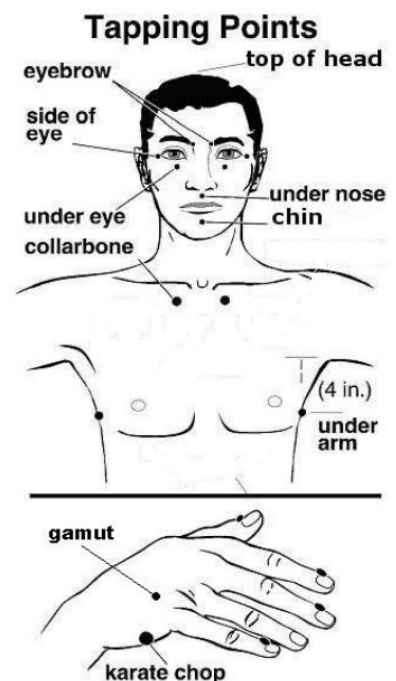
1) Make a "set up" statement :

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 approximately 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:

Ask yourself the following questions:

- What was going on when this began?
- What does this pain remind me of?
- If I could place an emotion on this pain, what would it be?
- What have I been told about this pain?
- What do I believe about this pain?

Additional tips if emotion is not resolving:

- Ask yourself "Does this remind me of another time in the past when I felt this way?"
- Be aware of changing aspects, i.e. anger changing to sadness
- 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) 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.

Squeeze all ten fingers until you feel relief.

2) Floor to ceiling eye roll:

Tap the 9 Gamut Point continuously while thinking about the problem. Keep your head steady as you move your eyes from the floor up to the ceiling, slowly, approximately 6 seconds.

Eye roll until you feel relief.

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Resources:

Movies:

- The Tapping Solution by Nick Ortner

Books:

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

Books for young people:

- 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

Books for teens:

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

Guided Meditation App:

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

See more resources on next page...

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Resources continued...

Websites:

- Tapwithin.com
- EFTUniverse.com
- TheTappingSolution.com – Nick Ortner
- TapWithBrad.com - Brad Yates
- Tappingplay.com

HAPPY TAPPING!