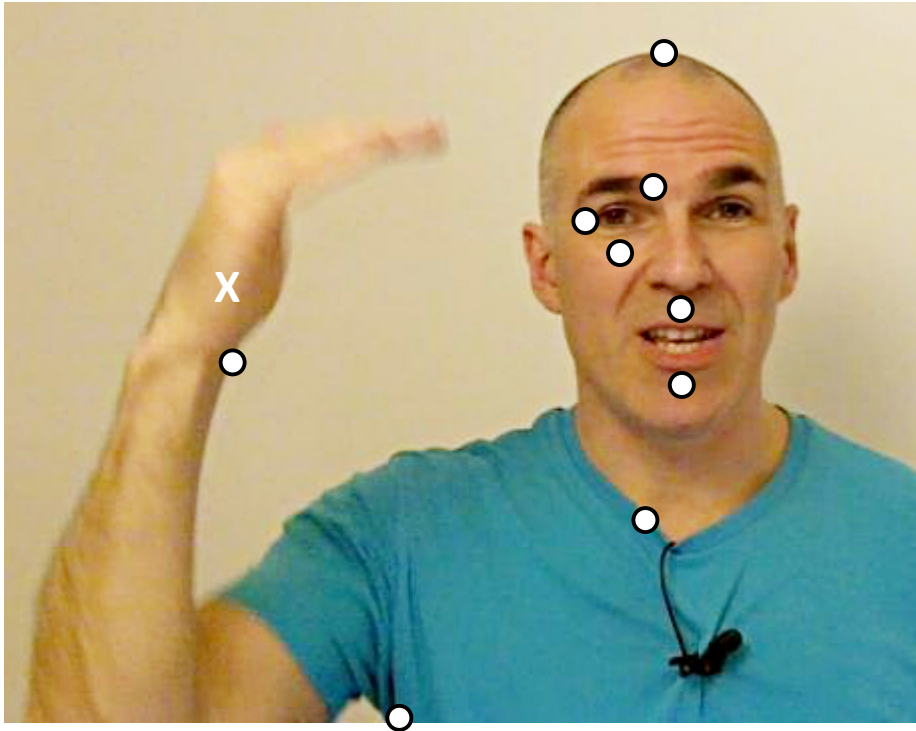


Tapping Away Upset – The Points



-- first, give the feeling of upset a score out of 10 --

Then ask yourself:

- ⤴ **where** is the feeling in my body?
- ⤴ if the feeling had a **colour**, what colour would it be?
- ⤴ if the colour had a **shape**, what shape would it be?
- ⤴ do I want to keep that feeling or let it go? (if “no”, ask “why?” and then tap for that)

For example, a feeling of worry might be “**this red diamond feeling in my tummy**” or it might be “**this green splodge of worry in my neck**”. See what is true for your feeling in your situation.

This description then forms the “**Reminder Phrase**” which you will insert into the sentences below.

NB: If tapping with young children, we don't need them to name their feelings – simply, “Does it feel good or bad inside?” is enough.

The **Reminder Phrase** goes in place of the blanks as follows...

1. The Setup

Repeat this statement 3 times: “**Even though I have this _____, I love and accept myself anyway**” while continuously tapping a Karate Chop point (X on diagram). [Kids' version: “**Even though I have this _____, I'm still a great boy/girl**”.]

2. The Tapping

For the actual Tapping simply repeat the Reminder Phrase while tapping approx 6 or 7 times on each of the points (O on diagram). To keep things simple, go from top to the bottom while repeating the Reminder Phrase “**this _____**”.

Take a deep breath

-- what score is the feeling out of 10 now? --

Repeat the above as needed until the score is low, or zero.

How do I access the feeling in the first place?

You know the kind of scenarios that you or your child find triggering, and your task is to identify the “bad” feelings that come up at those times, so that you can then tap for them and neutralise them.

There are several ways to do this:

- 1) “What’s it like when you have that feeling?” Sometimes this will be enough – you (or your child) will already know what the feeling is like. In which case simply give it a score out of 10 and identify the location, colour and shape using the questions on the other side of this sheet.

However, it may be trickier than that, and in any case it will often be helpful to go more deeply into it so you get a clearer and stronger sense of the feeling, by...

- 2) Think of a time **in the past** when that came up, e.g. you felt worried about something, or upset about what had happened, or guilty, or whatever (obviously you can prompt kids to think of specific times, rather than relying on them remembering). Close your eyes and go back and relive that moment – see what you saw, hear what you heard, and feel what it felt like. Then give it a score 0 to 10, and identify the location, colour and shape by asking the questions on the previous page.
- 3) Imagine being in such a scenario **in the future**. Close your eyes and go forward and live that moment – see what you’ll see, hear what you’ll hear, and feel what it’ll feel like. Then ask and answer the questions.

Often it will be useful to do both of these. For example, if someone is scared of dogs, you could ask them to recall times when they felt scared of dogs in the past, and tap for each of those in turn, and then ask them to imagine they are going somewhere in the future where dogs will be present.

If you get stuck, ask, “**What is it about that that most bothers you?**” So using our dogs example, the person might say “the biting” or “its smell” or “it might jump up”. In which case you ask, one at a time, “Ok, so when you think about it biting / its smell / it jumping up, does that feel good or bad inside?” And then tap for the bad feelings that each of those sub-triggers (biting, smell, jumping up) are triggering in the person.

What will happen?

As a rule of thumb, **do the most intensely triggering examples first**. This way you go to the heart of the issue and you likely won’t need to do the less triggering ones – the relief from tapping will generalise because it was actually the same trigger being fired on each occasion.

- Some scenarios will bring up multiple feelings. In which case tap for the strongest feeling first. Once that’s gone you can tap for the next-strongest (though you may find you don’t need to – tapping for the strongest feeling may actually neutralise the whole experience).
- Some scenarios may have one feeling that you’re aware of, but once you’ve tapped for that you find that other feelings come to the surface. If so that’s ok – simply tap for those next. (So in a child this could look like nothing had happened when you first tapped, when what’s really going on is that there are several layers of feelings to get through.)

The key is to neutralise the emotional charge associated with the remembered past (or imagined future) scenario.

NB: Sometimes when tapping for one thing something else may come up – another feeling or emotion, a memory or even a physical sensation, e.g. hot/cold, a pain in your shoulder, pins and needles in your foot, etc.

If this happens it has not happened at random – it has come up as a result of your tapping (which works at a deep, unconscious level). The good news is you do not need to analyse or understand it consciously – simply tap for it next, e.g. “*Even though I have this [feeling, memory, pain, pins and needles in my foot, etc.] I love and accept myself anyway.*”

And if something else comes up when you do that, tap for *that* thing next. And so on.

Thus you’ll be resolving unconscious emotional issues without even knowing what they are. You can of course stop at any time, but by continuing until there is nothing more coming up for you, you will have done a thorough job and will be getting the most benefit.