

# **Tapping Basics**

## **The Ultimate Feel Better Tool**

First: Think about an **issue/emotion/problem** that is bothering you.  
**GIVE IT A NUMBER or a RATING from 0 to 10,**  
with 0 being no problem, and 10 being the worst it could possibly be.  
(It could be anger, stress, anxiety, a headache, sadness.....)

Karate Chop Point: Tap while saying – **THREE TIMES** – a phrase like this:

**“EVEN THOUGH I HAVE THIS \_\_\_\_\_  
(ISSUE/PROBLEM/EMOTION), I TOTALLY AND COMPLETELY  
ACCEPT MYSELF ANYWAY.”**

**(Or... “I know God loves and accepts me unconditionally.”)**

**(Or... “I totally and completely love and accept myself just as I am.”)**

**TAPPING POINTS:** (Use reminder phrase as you tap: Like “This stress”, or “This headache”, or “This anxiety, or anger”.)

**ON THE EYEBROW, NEXT TO THE NOSE**

**ON THE BONE AT THE SIDE OF THE EYES**

**UNDER THE EYES**

**UNDER THE NOSE**

**ON THE CHIN**

**ON THE COLLARBONE POINT**

**UNDER THE ARM (ABOUT 3-4 INCHES BELOW ARMPIT)**

**TOP OF THE HEAD**

**NOW, TAKE A DEEP BREATH, AND LET IT OUT SLOWLY.**

**After you tap, recheck the 0-10 scale to see where it is now. If it has not come down, tap on “This remaining \_\_\_\_\_”, or identify a new emotion that has come up for you and tap on that.**