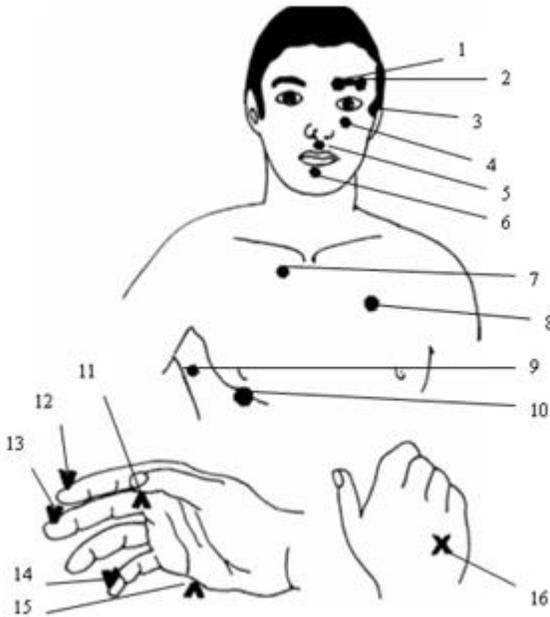


## TAPPING HANDOUT



(modified EFT, TFT and HBLU process)

**A. Concentrate on a specific feeling and notice its location in your body.** On a scale of 1-10 rate how severe is the feeling.

**B. Tap the Karate Chop Point, #15** While saying "I love, accept and respect myself, even though I have this \_\_\_\_\_ (problem, feeling of fear, guilt, anger, etc.)" And even though I have this \_\_\_\_\_, I still love and except myself. And even though I don't understand this \_\_\_\_\_, I still love and respect myself, And even though I haven't yet released this \_\_\_\_\_ I still love and accept myself.

**C. Stimulate nerve endings 1-14 by tapping** with fingertips for a few seconds (15-30 times).

1. Bridge of nose by eyebrow
2. Outside edge of eyebrow
3. Side of eye
4. Under eye
5. Under nose
6. Under mouth
7. Under collar bone
8. Sore spot on chest (rub gently)
9. Under arm on rib (rub gently)
10. Bottom rib below nipple (rub gently)
11. Side of thumb
12. Side of index finger
13. Side of middle finger
14. Side of little finger
15. Karate chop spot
16. The Gamut spot (between little and ring finger knuckles)

### D. Do the 9-Gamut

Tap the Gamut Point, #16, on back of hand through the following steps:

1. Close eyes
2. Open eyes
3. Look down to one side
4. Look down to the other side
5. Roll eyes around in a circle in one direction
6. Roll eyes around in the other directions
7. Hum a tune
8. Count to 40 by 2's
9. Hum a tune
10. Slowly roll eyes from floor to ceiling

**E. Relax, breathe, roll your neck, close your eyes and tune in to the original thought. Re-rate it. If higher than a "2" Repeat Step C**

**F. After every round, recheck how severe is the feeling.** It might be gone altogether or be low on the scale. If the level of that emotion is above 2, go inside and investigate what *else* about the situation makes you feel frightened, angry, sad, etc. Focus on that subject and repeat the process.

\*At any point, feel free to add deep breathing, pacing back and forth, rocking, gently stamping your feet, or massaging or shaking the tension out of your body.