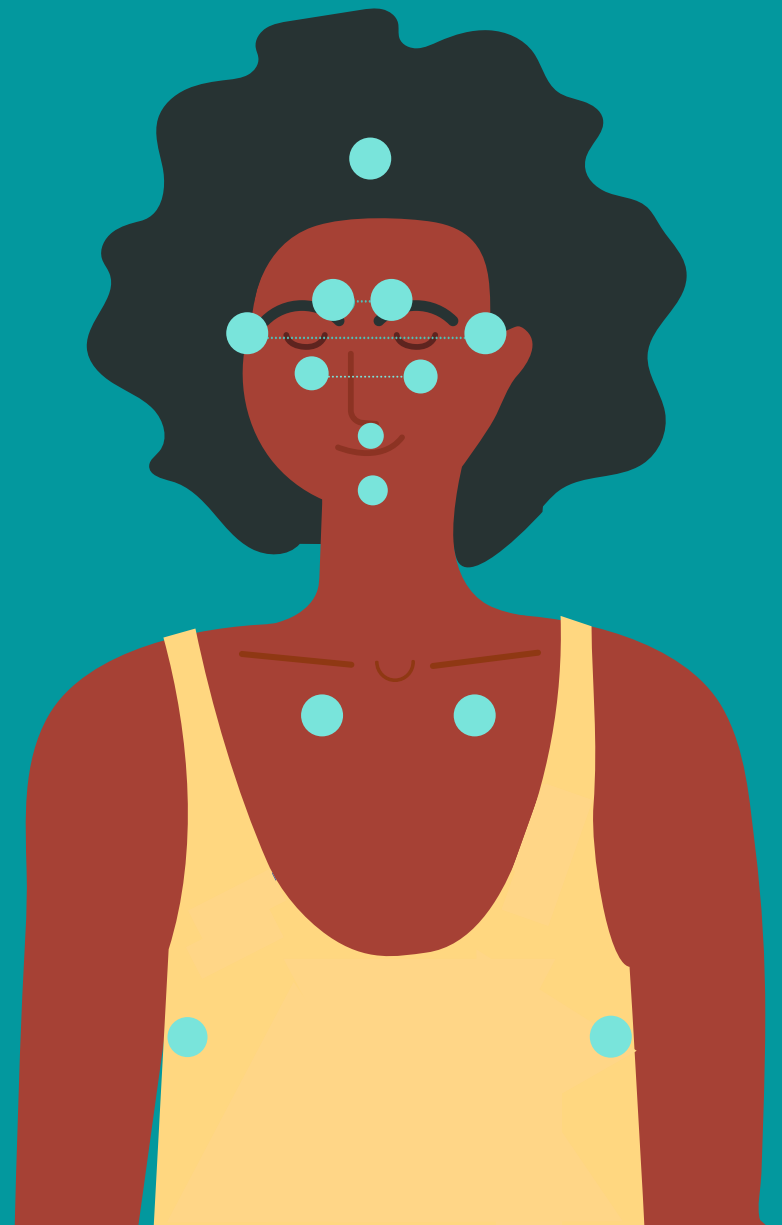


TAPPING

Tapping combines the principles of Traditional Chinese Medicine (TCM), acupuncture points based on the meridian system and unblocking the flow of Qi (life force energy), and modern neuroscience, regulating the fight-flight stress response.

Its roots date back to 5,000 years of ancient wisdom.

Modern practitioners like Callahan (TFT), Carrington (Acutap), Craig, (EFT) and others have developed specific tapping techniques, but anyone can tap on their own, without any prior experience.



TAPPING STEPS

1 Identify a challenge

Bring to mind something that feels difficult. Focus on one challenge at a time. Allow yourself to feel the pain or discomfort without pushing it away.

2 Check the intensity

Notice: How intense is the issue for you, on a scale of 0 to 10?

3 Start with your hands

While tapping the side of your hands (see next slide) 5-7 times each, repeat a phrase that acknowledges the challenge and affirms self acceptance. For example: "Even though I feel _____, I deeply and completely accept myself." You can also use simple statements that affirm your power, courage, self love, etc.

4 Move through the points

Tap each of the points (points 2-9, next slide) about 5-7 times, in order, while repeating your self acceptance phrase above.

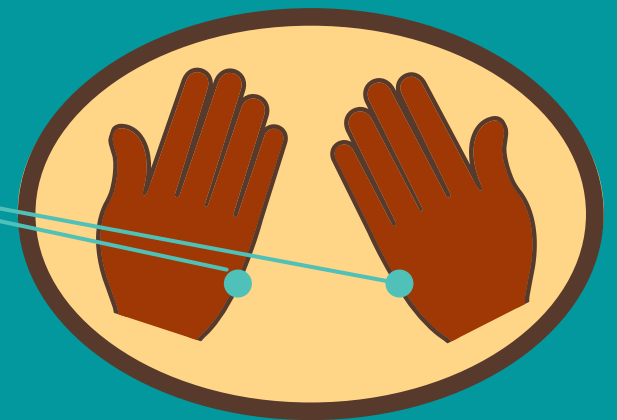
5 Check the intensity

Notice: How intense is the issue for you now, on a scale of 0 to 10? Repeat the steps, as needed.

BASIC TAPPING POINTS

Tap your fingers 5 to 7 times on each of the points below, in the following order.

1 Side of Each Hand



2 Top of Head

3 Eyebrows

4 Side of Eyes

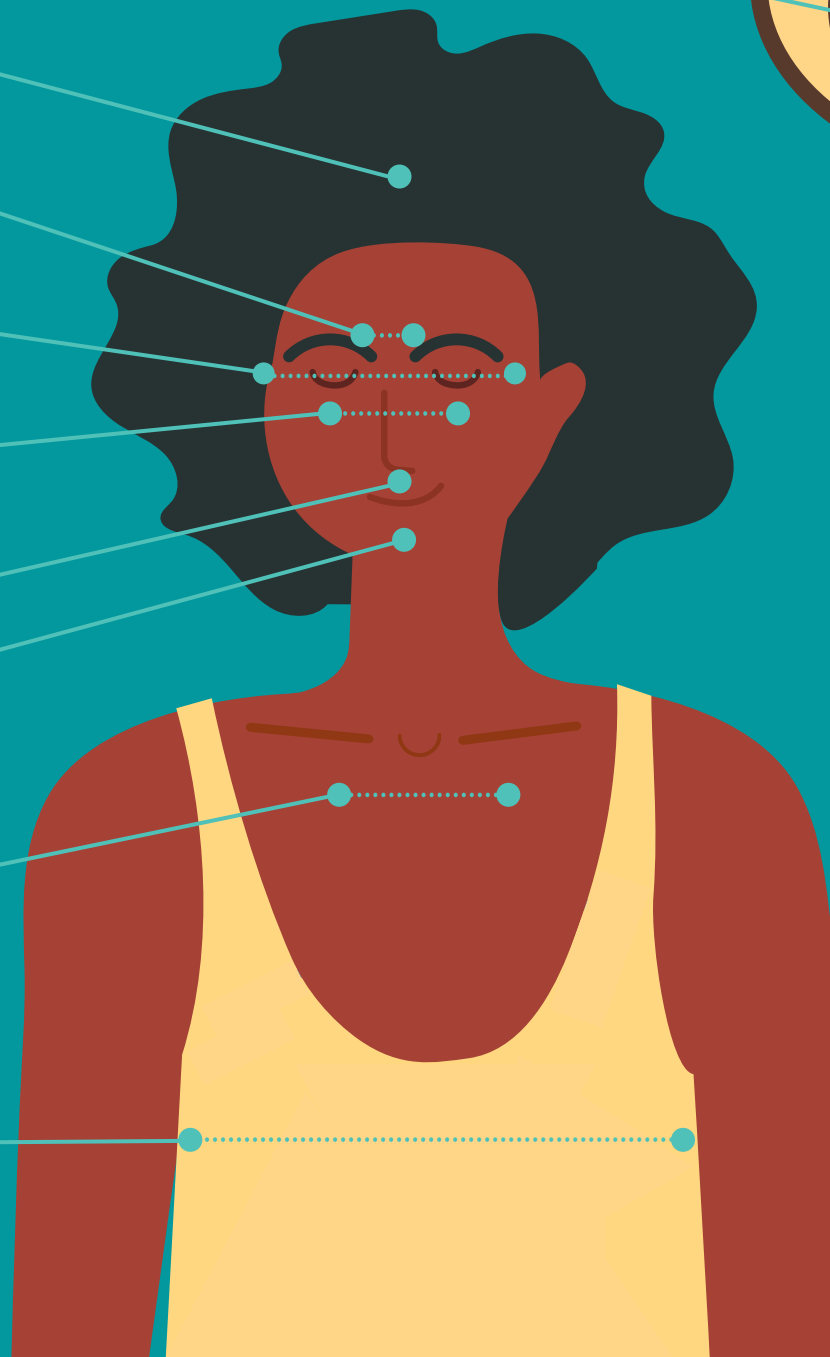
5 Under Eyes

6 Under Nose

7 Chin

8 Collarbone

9 Under Arms



SIMPLE TAPPING AFFIRMATIONS

- I am enough
- I am beautiful
- I am whole
- I am loved
- My needs matter
- The universe is holding me
- My ancestors are with me
- I am brave and powerful
- How I feel does not define me
- I release all that no longer serves me
- I forgive myself for not being perfect
- I honor my body's wisdom and need for care
- I can do difficult things
- I call in grace and ease
- I am grateful for _____
- I allow abundance to flow in and through me
- I am healing

DID YOU KNOW?



Tapping can help with stress, depression, anxiety, chronic pain, and more.



It's okay if you don't say anything. Tapping while leaning into feelings of discomfort and acceptance can still have therapeutic and healing effects.



Tapping alongside someone else or in a group has extra benefits, including nervous system co-regulation and cultivating feelings of safety and connection.