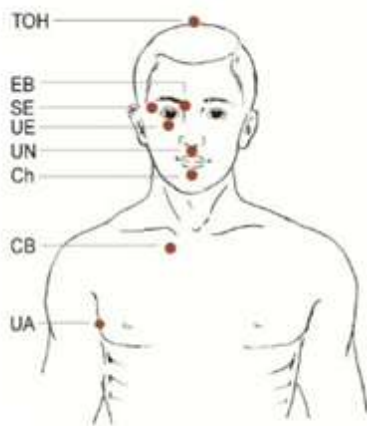
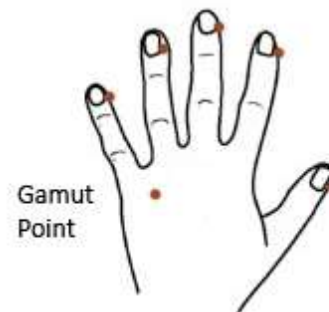
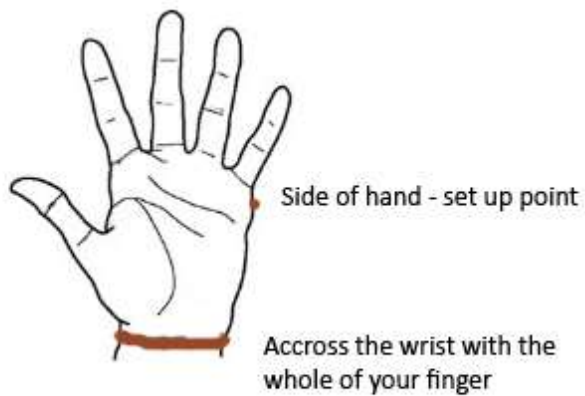


Tapping Points



TOH: Top of head
EB: Inner Eyebrow
SE: Sid of Eyeprow
UE: Under Eye
UN: Under Nose
CH: Chin
CB: Collar Bone
UA: Under Arm



Tapping Sequence

Side of Hand: Just at the base of the little finger – this is the set up point

TOH: On the top of the head. If you were to draw a line from one ear, over the head, to the other ear, and another line from your nose to the back of your neck, the TOH point is where those two lines would intersect.

EB: At the beginning of the eyebrow, just above and to one side of the nose. This point is abbreviated EB for beginning of the EyeBrow.

SE: On the bone bordering the outside corner of the eye. This point is abbreviated SE for Side of the Eye.

UE: On the bone under an eye about 1 inch below your pupil. This point is abbreviated UE for Under the Eye.

UN: On the small area between the bottom of your nose and the top of your upper lip. This point is abbreviated UN for Under the Nose.

Ch: Midway between the point of your chin and the bottom of your lower lip. Even though it is not directly on the point of the chin, we call it the chin point because it is descriptive enough for people to understand easily. This point is abbreviated Ch for Chin.

CB: The junction where the sternum (breastbone), collarbone and the first rib meet. To locate it, first place your forefinger on the U-shaped notch at the top of the breastbone (about where a man would knot his tie). From the bottom of the U, move your forefinger down toward the navel 1 inch and then go to the left (or right) 1 inch. This point is abbreviated CB for CollarBone even though it is not on the collarbone (or clavicle) per se. It is at the beginning of the collarbone and we call it the collarbone point because that is a lot easier to say than "the junction where the sternum (breastbone), collarbone and the first rib meet."

UA: On the side of the body, at a point even with the nipple (for men) or in the middle of the bra strap (for women). It is about 4 inches below the armpit. This point is abbreviated UA for Under the Arm.

Across the wrist: use the length of your first finger to tap across the inside of your wrist

Thumb/Fingers: Tap the edge of your thumbnail and each finger in turn from first to little finger in order

Gamut Point: The point to tap on the back of your hand in the dent between the tendons of your little and ring finger

Tapping Sequence

Assess the level of the emotion/pain (1 mild to 10 dreadful)

While tapping the Side of Hand Point repeat the set up phrase 3 times: **EVEN THOUGH I HAVE THIS (issue/problem/pain) I DEEPLY AND COMPLETELY ACCEPT MYSELF** (If you do not feel that you accept yourself say something positive like I am OK, I am doing my best, I am safe now, I am willing to change – anything as long as it is positive)

Tap lightly about 7 times on each point while repeating a short version of the statement you used in the set up – so if you started with ‘Even tho i am feeling very depressed because I am ill’ shorten it or just ‘depressed’ – starting at the top of the head

Do a couple of rounds and assess the level

Repeat until the level comes down to 3 or under....

If the level sticks and/or just to finish use the 9 Gamut Procedure:

Continuously tap on the gamut point (on back of hand between little finger and ring finger bone) while performing each of the 9 actions below:-

Eyes closed

Eyes open

Eyes hard right

Eyes hard left

Roll eyes clockwise

Roll eyes anti clockwise

Hum (eg happy birthday) for 5 secs

Count 1-9 rapidly

Hum 5 secs