

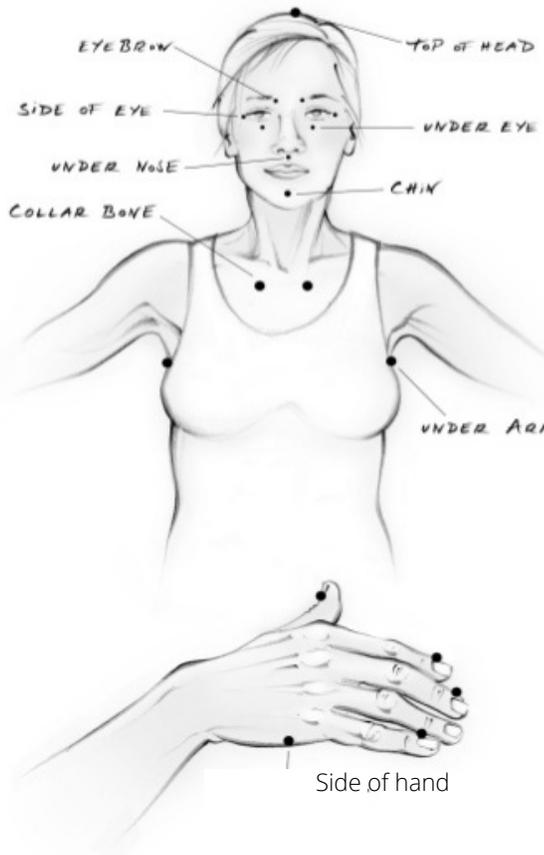


TAPPING BASICS:

Tapping on a series of acupressure points and pairing the tapping with specific phrases can teach the body to be calm and relaxed. This gives us the ability to see what is truly in front of us, rather than a perceived threat. It helps our bodies to learn that we are safe (even if we were not in the past), leading us to a responsive, rather than reactive way of life. The idea is to pair the calming signal with the uncomfortable experience of emotion until calm becomes an option for your body when these uncomfortable emotions arise.

Tapping is a skill. Practice and it will change your life!!

Rate sense in your body on a scale of 0-10.
0 being nothing, 10 being over the top, the worst. Set number aside.



Set-Up Phrase 3X on side of hand point:

"Even though I feel _____ about _____, I deeply and completely accept myself at this moment."

Can add if true: I forgive myself. I am open to shifting my energy/perspective/perception/attitude.

Reminder Rounds = tapping through the points for as long as it takes to diminish the discomfort in your body.

BE AUTHENTIC, not politically correct! Swear, say mean things you are thinking, pour it all out.

Repeat the problem in varying ways until you feel calmer about it.

Rate on the scale again. See if it has diminished. If it has, great, if not, notice if you are feeling the same aspect as when you started. Tap on the new aspect that has come up.

Then, and ONLY then, do you begin to introduce yourself to alternate possibilities. (Maybe it is possible...., I choose...., I am open to....)

Go to Breathing Space Studio on Facebook and
click on Videos for tapping examples!