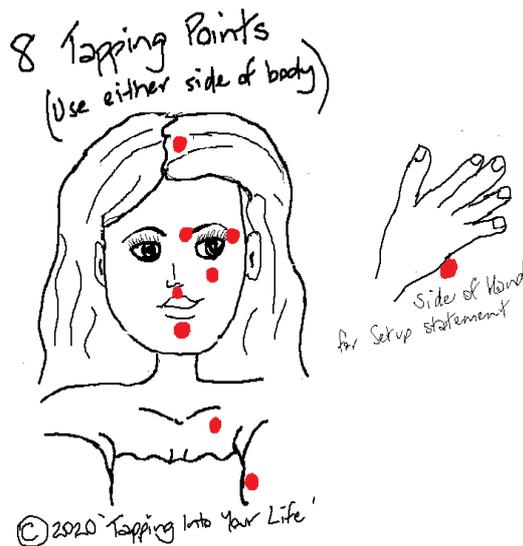


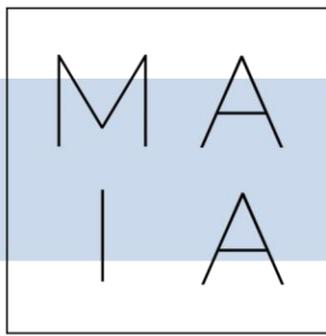
PSYCHOLOGICAL SERVICES  
TAPPING ... AN ENERGY PSYCHOLOGY TECHNIQUE  
(ALSO KNOWN AS EFT-EMOTIONAL FREEDOM TECHNIQUES)

**Overwhelmed?** Then start with tap & breathe. Tap on 8 points on your upper body (see diagram) while taking slow deep breaths. Move on to next point with each breath. No words needed. When you feel calmer, then you can begin using the Full Tapping Recipe.



### Tapping Recipe

1. What's the issue? Rate it out of 10. E.g. anxiety (0=no distress, 10=most distress)
2. State the problem while tapping on the side of the hand. (Examples below)
3. Tap through 8 points in the upper body while saying a short reminder phrase.
4. Take a deep breath and a sip of water and check in. Emotion- is it the same or changed, rerate your distress out of 10, and check the texture, shape and colour).
5. Tap again until rating is 0 or close to it.



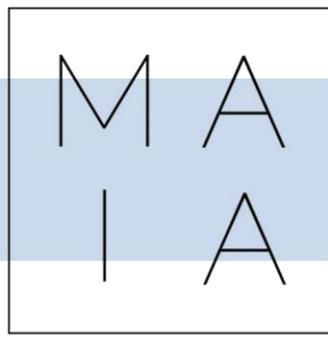
## PSYCHOLOGICAL SERVICES

### Remember:

1. Be as specific as you can. If you can't be, just start where you're at and clarity will come.
2. If the emotion changes, begin a new setup statement.
3. Add in the words 'remaining' (this 'remaining' anxiety in my stomach) and statements 'I can choose to let it go', 'it's safe to let it go', and 'it's ok to let it go' in subsequent rounds.

### Setup Statement Examples of what to tap on right now:

1. **Even though I feel this *rough dark knot of anxiety in my stomach* about *not being able to pay the bills*, I understand how I feel.**
2. **Even though I feel *frustrated* that *I can't visit my grandchildren* it'll be ok.**
- 2a. **Even though I feel this *purple spiky lump of frustration in my head* that *I can't visit my grandchildren* it'll be ok.** (More detailed version of above statement)
3. **Even though I feel this *tight red blob of fear in my chest* that *I won't be able to get another job*, I completely accept myself.**
4. **Even though I feel this *stabbing black knife of anger in my heart* about *having to be isolated*, I'm working on loving and accepting myself.**
5. **Even though I feel this *grey wave of sadness in my throat* that *life will never be the same*, I can choose to let it go.**



## PSYCHOLOGICAL SERVICES

### *Tapping on 8 Points on Upper Body (For eg. 1)*

Feeling this knot of anxiety in my stomach. (Top of head)

This dark rough knot of anxiety. (Start of eyebrow)

Feeling anxious about not being able to pay my bills. (End of eyebrow)

This dark knot of anxiety in my stomach. (Under eye)

All this anxiety in my stomach. (Under nose)

Anxious I can't pay the bills. (Under lip)

This dark knot of anxiety in my stomach. (Chest- under collar bone)

All this rough anxiety I'm feeling. (Under arm-mid chest)

### *Subsequent Rounds (Add in words in italics)*

This *remaining* knot of anxiety in my stomach.

This *remaining* dark rough knot of anxiety.

*Remaining* anxious about not being able to pay my bills.

This *remaining* dark knot of anxiety in my stomach.

This *remaining* anxiety in my stomach.

*I can choose to let it go.*

*It's safe to let it go.*

*I want to let it go.*