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QUICK START GUIDE TO TAPPING

Label It, Feel It, Dump It



Create Setup Statement

- 1 Identify a problem or issue
- 2 Label the specific emotion around the issue: fear, anger, sadness, guilt, loss, envy
- 3 Add an affirmation: I give a voice to this feeling, I honor my feelings, I completely love myself
- 4 Rate the intensity of your problem from 0-10 with ten being the strongest negativity around the issue

SETUP STATEMENT:

Even though I feel _____ (Label one emotion) about (briefly describe issue/problem) _____

 (insert affirmation such as - I give a voice to these feelings) Rate intensity of issue _____ (SUDS)

Label It: Focus on and repeat the above Setup Statement three times while continuously tapping on the karate chop point.

Feel It: Tap several times on each of the points while saying short "reminder phrases" that reflect your emotions around this issue or tell the details and emotions about the problem.

Dump It: Once your SUDs is nearly zero or you simply want to end your Tapping session on the positive, you can replace the negative phrases for positive pivoting ones: I choose to be calm and peaceful; I choose to release this _____ (emotion).

Tips: Focus on emotions - it doesn't matter which hand, how many fingers or how many times you tap. After a couple rounds check your SUD's level. Resume Tapping on this exact **LABELED** emotion until the level is nearly a zero. If another emotion arises like sadness or guilt this is another topic to Tap.

***Caveat - permanent changes occur only with a low SUDS, not happy thoughts.**

****Email me for more examples of Positive Pivoting Phrases (PPP).**