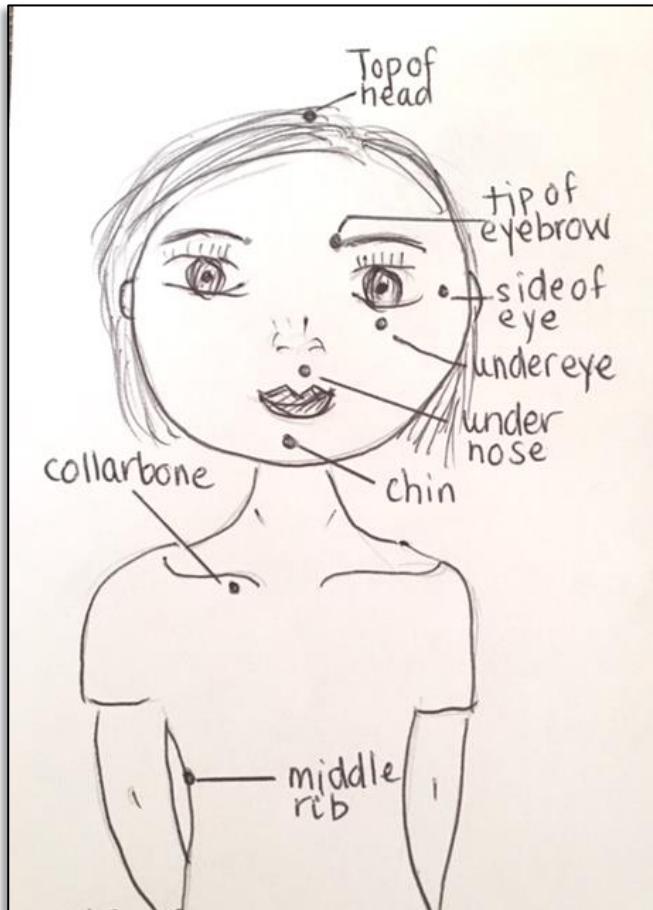


Tapping points



Ten tapping points for calm

Think of a problem or worry and say this while you karate chop the back of both hands. Repeating this sentence three times. *Even though I am annoyed/worried/angry/sad about (problem), I still deeply and completely love and respect myself.*

Now tap on each point saying the emotion e.g. Freaked out/nervous/annoyed etc

1. Karate chop together on heel of hands x 3
2. Top of head
3. Tip of eyebrow
4. Side of eye
5. Under eye
6. Under nose
7. Chin
8. Collarbone
9. Middle rib
10. Side of ankles

To finish bring wrists together and breathe, thinking of a happy memory.

How does this work?

Tapping works on the acupuncture meridians of the body. Repeating the sentence reassures your subconscious mind, allowing it to calm down. Sometimes you may need to do a few rounds.

When can I use it?

You can tap on any big emotion, whether you are frightened, nervous, angry, scared, crazy or confused.

- If you are **feeling scared or afraid** – some of us are afraid of flying, or speaking in public. Tap it out before getting on the plane or at home before the presentation.
- You might be **stressed or nervous** about an exam or job interview. Tap before you go.
- You might feel **lonely or depressed** – find a place you can tap on the feeling until you feel better.
- If you feel **angry** at a person or a situation you can't control. Tap it out. Then rate your emotion from 1 to 10 where one is low and ten is high. If your rating is still five or higher, do another round.