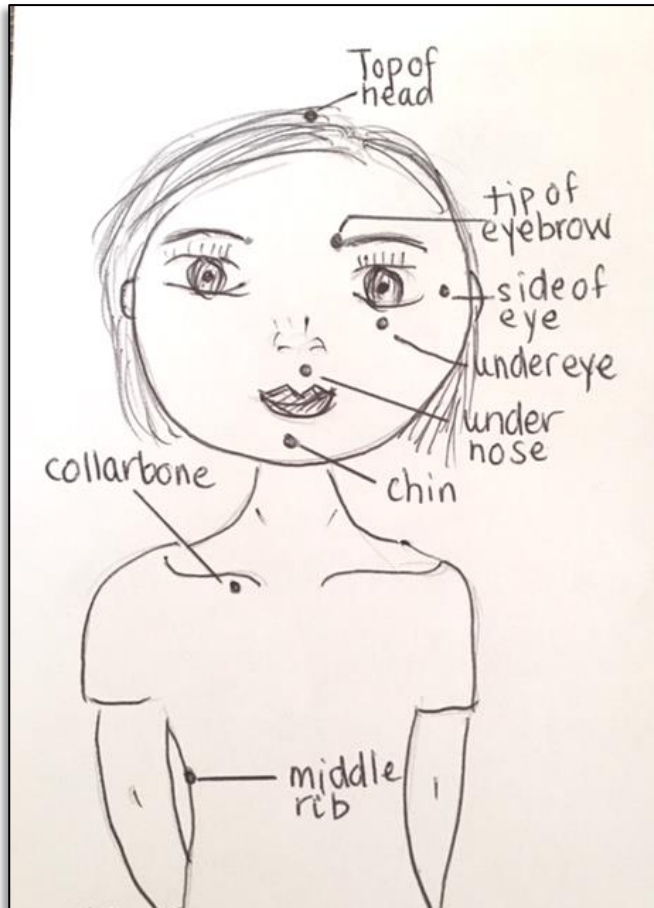


Tapping points



Ten tapping points for calm

Think of a problem or worry you have and tap on it, repeating the sentence:

Even though I am annoyed/worried/angry/sad about (problem), I still deeply and completely love and respect myself. Say this three times at first point (Karate chop.)

1. Karate chop together on heel of hands
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. Bring wrists together, take a breath and think of a happy memory

How does this work?

Tapping works on the acupuncture points of the body. Repeating the sentence reassures your 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 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 **isolated 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. One is low and ten is high. If it is still five or higher, do another round.