

Introduction to Tapping

The cause of all negative emotion begins with a thought and results in a disruption in the body's system. This disruption can keep us from healing, experiencing positive emotions and negatively affect our general wellbeing.

Background

- Our bodies have a sophisticated energy system widely recognized by many civilizations and cultures over the centuries.
- In the East, Chinese Medicine has always addressed the energy system.
- Only over the last 2 decades has the West begun to really catch up.
- There is scientific evidence of the need and benefits to stabilizing the energy system to keep the body and mind in balance.
- Acupuncture now covered by some insurance companies.

How does Tapping work?

- A traumatic event or negative belief can cause a disruption that gets stuck in one or more of our energetic pathways.
- When we recall the experience or belief, our energy system is triggered, and a negative emotion is released.
- Tapping cleans and clears the connection to the belief or memory. We still have the memory or belief, but it no longer affects us, we just feel neutral to it.

Key to successful Tapping

- Focus on only one specific issue at a time.
- Give yourself a benchmark - Identify a key issue or specific feeling and notice its location/feeling in your body.
- On a scale of 1-10 rate how severe is the feeling.
- Repeat full tapping sequence until the emotion is below a 2 on your rating scale.

Tapping Technique for Covid-19 Grief

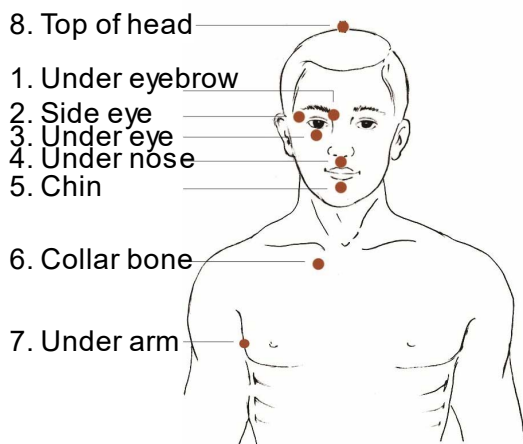
A/Make a complete list of your current and future losses and rate overall how you are feeling on a scale of 1-10, with 10 being most uncomfortable.

B/Tap the side of your hand (the area between the wrist and pinky finger with the 4 fingers of the other hand while saying:



“I love, accept and respect myself even though I have all this grief and even though I am experiencing sadness, denial, anger, bargaining and acceptance, I still love and respect myself. And even though I have experienced many losses during this time such as _____ (read your list of losses here) I still love, accept and respect myself. And even though I have no control over this virus or this whole situation I still love, accept and respect myself.

C/Tap the following 8-acupressure points 15-20 times in sequence while taking a deep breath in and expelling all the air out at each point.



D/Go through the 8 points again adding positive statements like “I can do this”, “I am strong and healthy”, “I am calm and present”

E/Check back in and re-rate how you are feelings now.

F/Repeat all steps if desired.