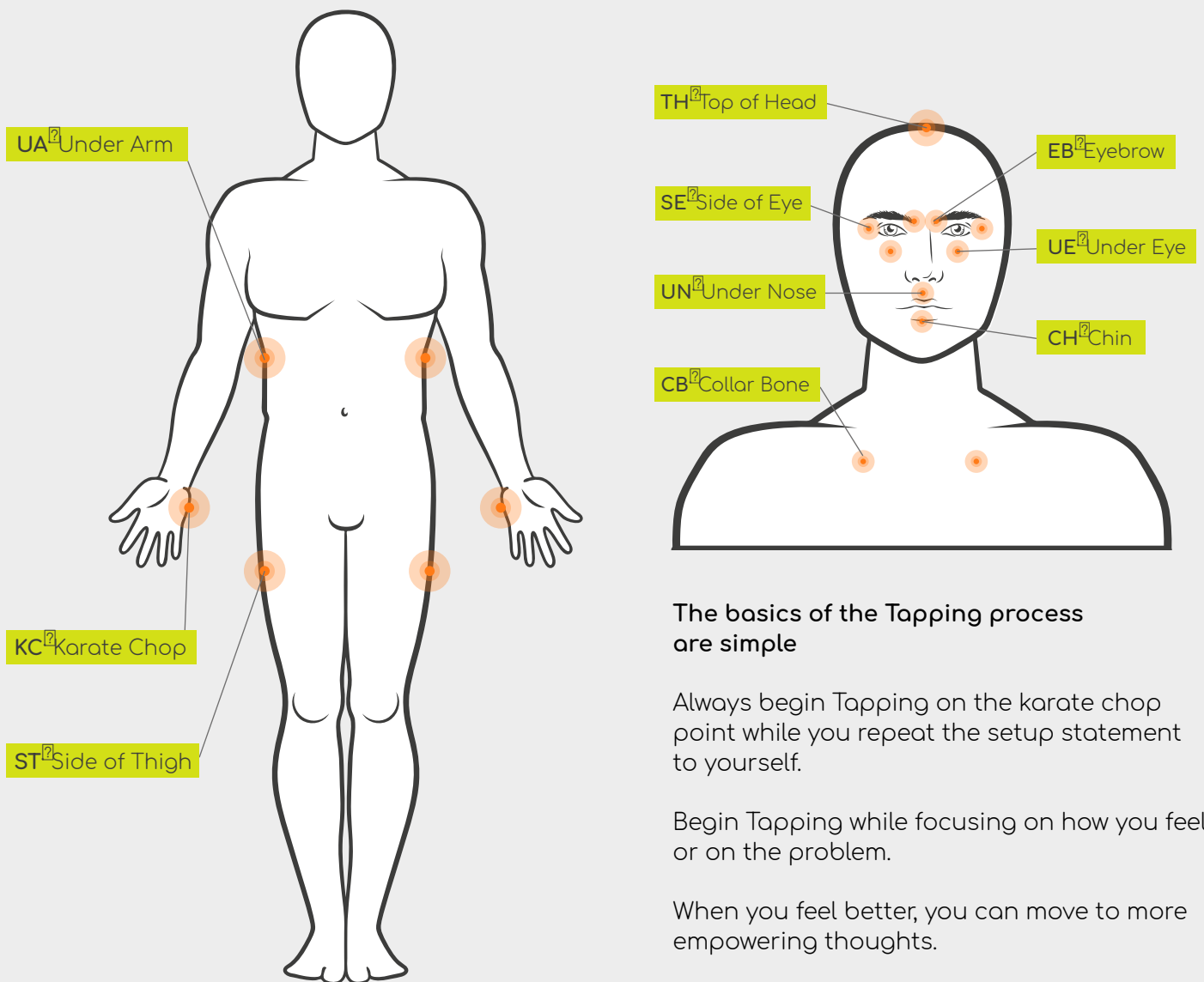




NLP Tapping Points

Tap your way to emotional freedom.

To make things easier when starting to explore your own NLP Tapping rituals, here is a short list of the most popular Tapping points of the body. When you practice, you select a favourite location, and use it whenever you need to Tap. But remember, once you've selected a Tapping point for a particular subject, you MUST keep it consistent – so no switching things around.



The basics of the Tapping process are simple

Always begin Tapping on the karate chop point while you repeat the setup statement to yourself.

Begin Tapping while focusing on how you feel or on the problem.

When you feel better, you can move to more empowering thoughts.





Tapping for general anxiety

Follow the steps below

Lets break down the steps²

Identify the problem on which you want to focus.

Consider the problem or situation. How do you feel about it right now? Rate the intensity level of your anxiety on a scale of 0 to 10, with zero being the lowest level of anxiety and ten being the highest.

Compose a setup statement. Your setup statement should acknowledge the problem you want to deal with, then follow it with a phrase of acceptance.

Setup Statement Examples

Even though I am [worried], I deeply and completely accept myself.

Even though I feel that [I am not okay as I am], I deeply and completely accept myself.

Even though I think [I don't fit in], I deeply and completely accept myself.

Even though I am afraid that [if they really knew me they would not like me], I deeply and completely accept myself.

Even though I tell myself [They will think I'm stupid if I talk], I deeply and completely accept myself.

Begin Tapping

With four fingers on one hand, begin tapping the Karate Chop point on your other hand. The Karate Chop point is on the outer edge of the hand, on the opposite side from the thumb.

Repeat the setup statement three times aloud, while simultaneously tapping the Karate Chop point. Now take a deep breath.

Now, tap about 5 to 7 times each on the remaining eight points in the sequence described below. As you tap on each point, repeat a simple reminder phrase, such as "my anxiety" or "my interview" or "my financial situation" to help you mentally focus on your issue.

Now that you've completed the sequence, focus on your problem again. How intense is the anxiety now, in comparison to a few minutes ago? Give it a rating on the same 0 to 10 scale. Did you notice a shift? If your anxiety level is still higher than 2 or 3, you can do another round of tapping. Keep tapping through the sequence until the anxiety is gone. You can change your setup statement slightly to take into account your efforts to fix the problem or your desire for continued progress.

