

The TappingStar Procedure

1. Ask, “On a scale of 0-10, with 10 being the most, how intense is this feeling or problem?”



2. Name the problem or issue, or simply call it ‘this issue.’
3. Tap on the karate chop point and say, “Even though I have ‘this issue,’ I’m a good kid.” Repeat 3 times.



4. Tap 7-8 times on each of the other points while you say the two words ‘this issue.’
5. Ask, “On a scale of 0-10, with 10 being the most, how intense is this feeling or problem?”



6. Repeat with more specific words than ‘this issue’ until you feel OK.

Teacher Notes:

- You and the students each tap on yourself.
- The karate chop point is on the side of the hand. Use the fingers of one hand to tap on the karate chop point of the other hand.
- Tap 7-8 times on each point (★) as you say ‘this issue’ or use specific words:
 - ★ Top of the head (on the crown)
 - ★ Inside of the eyebrow
 - ★ Side of the eye (on the bone area)
 - ★ Under the eye (on the bone area 1” under the center of the eye)
 - ★ Under the nose (on the indentation)
 - ★ Chin (on the indentation between the lips and the chin)
 - ★ Collar bone (place whole palm of hand over collar bone, just under where the tie knot would be if you had on a tie)
 - ★ Under the arm (about 4” down from the armpit’s center)
 - ★ Liver point (base of the rib about one-fourth of the way across the front of the body)
- Keep changing the statements to get more specific (based on student statements, if possible) until the intensity level drops to a 3 or below.
- Repeat the process for as many things as you can think of that are of concern. Persistence is the key to completely neutralizing the problem feelings.
- When necessary, you can use the tapping sequence without speaking out loud, but use the words whenever possible for better results.

See www.tappingstar.com for additional information or for help in working on a particular issue. Other resources on EFT as well as tapping in schools can be found there.

Caution: These techniques are not to be used in place of consulting with health care professionals.

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