

# The TappingStar Procedure

## STEP ONE

Rate the feeling from a specific emotion. Note: Recalling a specific event for that emotion will provide the best results. Ask, "On a scale of 0-10, with 10 being the most, how intense is this feeling or problem?"

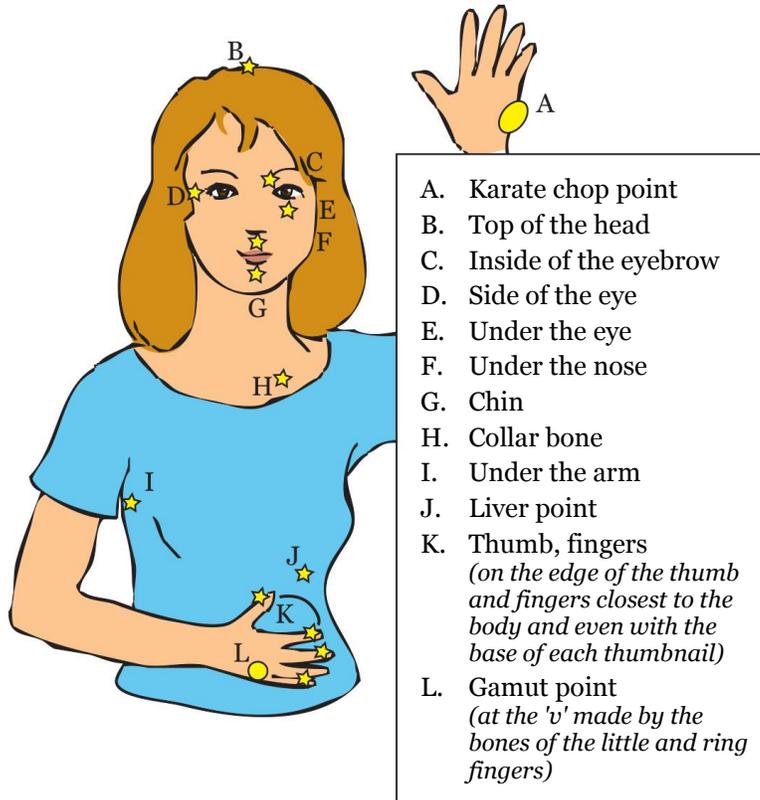


## STEP TWO

Name the problem or issue, or simply call it 'this issue.'

## STEP THREE

Tap on the karate chop point (A) by using the fingers of one hand to tap on the karate chop point of the other hand. Say, "Even though I have 'this issue,' I'm all right." Repeat 3 times.



## STEP FOUR

- Tap 7-8 times on each point (★) on the head and body as you say 'this issue' or use specific words.
- Then, tap on the points (★) on the fingers and thumbs.
- Stop saying 'this issue' as you tap on the Gamut point (L) continuously while doing the following:
  1. Eyes closed.
  2. Eyes open.
  3. Eyes hard down right while holding the head steady.
  4. Eyes hard down left while holding the head steady.
  5. Roll eyes in a circle as though seeing each number on a big clock.
  6. Same as #5 only reverse the direction in which you roll your eyes.
  7. Hum 2 seconds of a song like 'Row, Row, Row Your Boat.'
  8. Count rapidly from 1 to 5.
  9. Hum 2 seconds of a song again.
- Then, tap the points on the head and body again while saying 'this issue.'

## STEP FIVE

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



## STEP SIX

Repeat with more specific words than 'this issue' until you feel OK.

### HINTS

- 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 best results.

- See [www.tappingstar.com](http://www.tappingstar.com) for additional information or for help in working on a particular issue. Other resources on EFT and MTT as well as tapping in schools can be found there.
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