

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?"

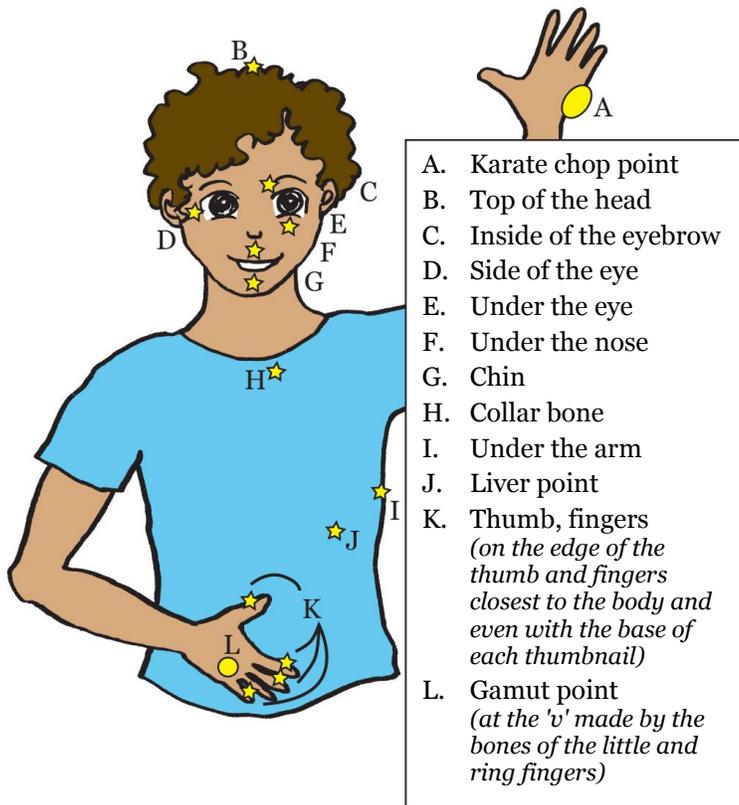


STEP TWO

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

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 problem,' 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 problem' or use specific words.
- Then, tap on the points (★) on the fingers and thumbs.
- Stop saying 'this problem' 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 problem.'

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 problem' 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 for additional information or for help in working on a particular issue. Other resources for 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.
- This information and associated products are not sponsored in any way by Gary Craig's organization or www.emofree.com. Emotional Freedom Techniques® and EFT® are registered trademarks.)