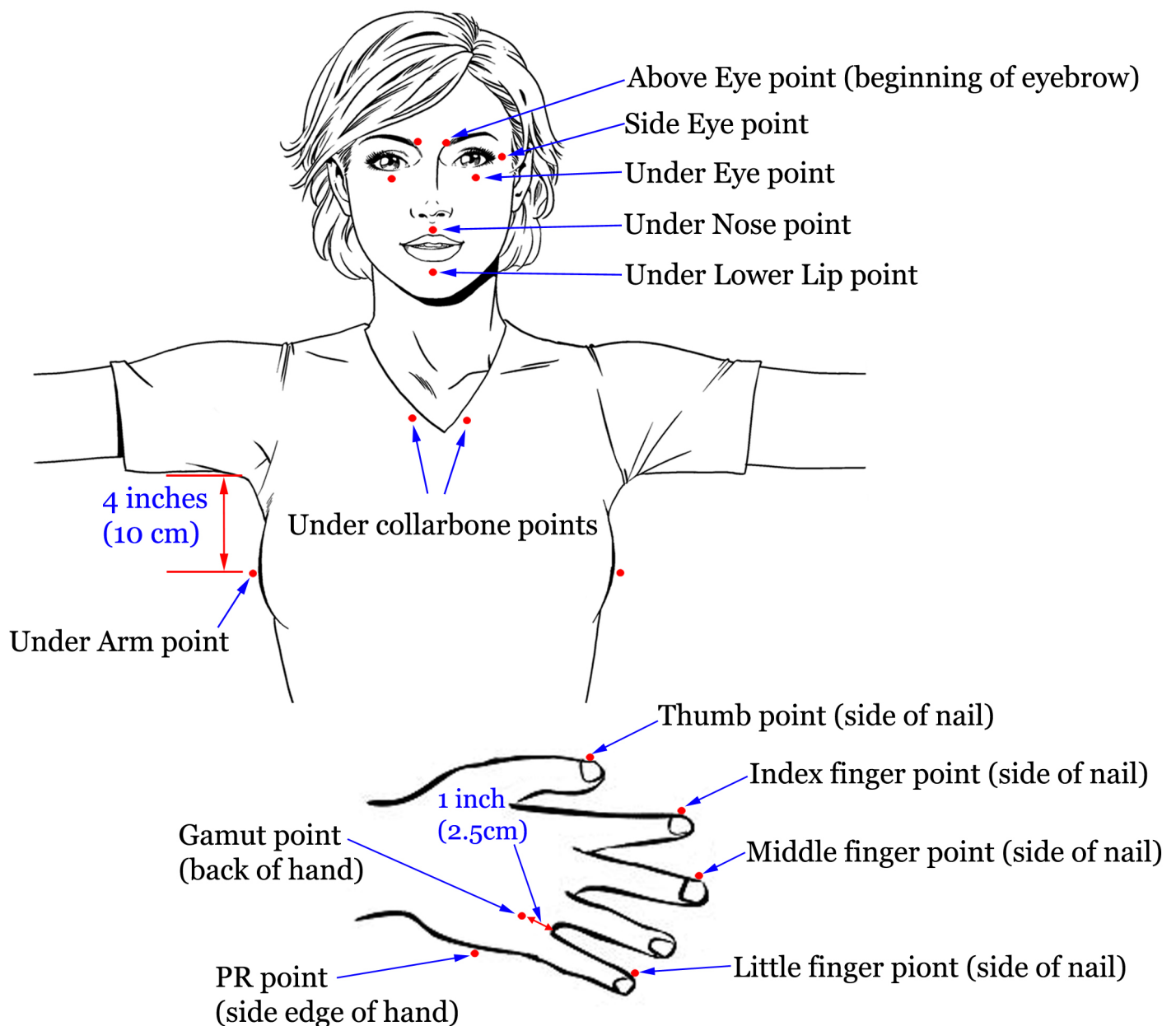


# The Body Chart of the Tapping Points



## Under collarbone point:

Run your finger down the middle of your throat until it comes to the bony notch at the top of your breastbone. Then move your finger down 1 inch (2.5 cm) and then either left or right 1 inch (2.5 cm).

## Under arm point:

This is on the side of your body 4 inches (10cm) below your armpit.

## Gamut point:

This is on the back of your hand. Put a finger between the knuckles of your ring and little finger. Then move your finger 1 inch (2.5cm) back towards your wrist. This is the gamut point.

## PR point:

This is mid way between the base of your little finger and your wrist on the outside edge of your hand. It is often referred to as the karate chop point.

## Thumb, Index, Middle and Little finger points:

These points are on the side of your nails. Imagine holding a cup or a can in your hand. The side of the fingernail points are on the top side. Whilst the side of the thumbnail point will be underneath.

# **The tapping sequence - General**

## **To help you overcome Social Anxiety**

### **LiberationInMind.com**

#### **How to tap:**

Put two or three fingers together and tap 5 to 10 times on the points in the following steps. Tap firmly and quickly. The location of the points on your body are described in the body chart sheet. Since you are using 2 or 3 fingers to tap, you do not need to exactly find the spot to tap on.

#### **Step 1:**

Think about something that causes you a negative emotion like anxiety or stress or fear or irritation or guilt or anger etc. Or, if you are already in a negative emotional state at the moment, stay with that. Rate the level of this negative emotion from 0 to 10, (0=no negative emotion, 10=the maximum it could be). Now tune into that thought or thing or situation that is causing you the negative emotion. Keep it in your mind as you go through the following steps.

#### **Step 2:**

Tap 5 – 10 times on the following points:

- PR point on the side edge of your hand
- Above your eye (at the beginning of your eyebrow)
- Side of your eye
- Under your eye
- Under your nose
- Under your lower lip
- Under your arm
- Under your collarbone
- Side of your thumbnail
- Side of your index fingernail
- Side of your middle fingernail
- Side of your little fingernail
- PR point



### **Step 5:**

Choose one positive word to describe how you would like to feel eg happy, calm, confident, good, successful, peaceful, safe, or another word which you like.

Now tap **continuously** on the PR point on the side edge of your hand, while you say the following, either out aloud or just a whisper:

I want to be ..... [your one positive word]

I can be .....

I will be .....

I am .....

I am ok

Tap **continuously** under your nose and take a **deep breath** in and out.

Tap **continuously** under your lower lip and take a **deep breath** in and out.

Tap **continuously** under your collar bone and take a **deep breath** in and out.

Tap **continuously** on your gamut point on the back of your hand and keep your head still, and using your eyes only, look from the floor all the way up to the ceiling, taking about 8-10 seconds to do so.

### **Step 6:**

Repeat step 5 tapping on the other side of your body, using your other hand to tap.

### **Step 7:**

Think about the thought or situation that used to cause you stress or anxiety. How do you feel about it now?

Well done. You have completed one sequence of tapping.

Repeat this as often as you need, to different thoughts and situations.