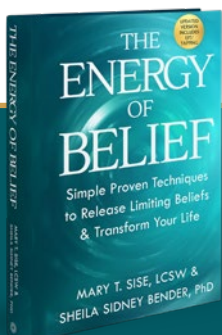


# BASIC TAPPING PROTOCOL

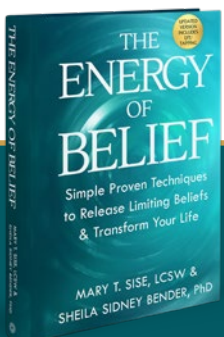
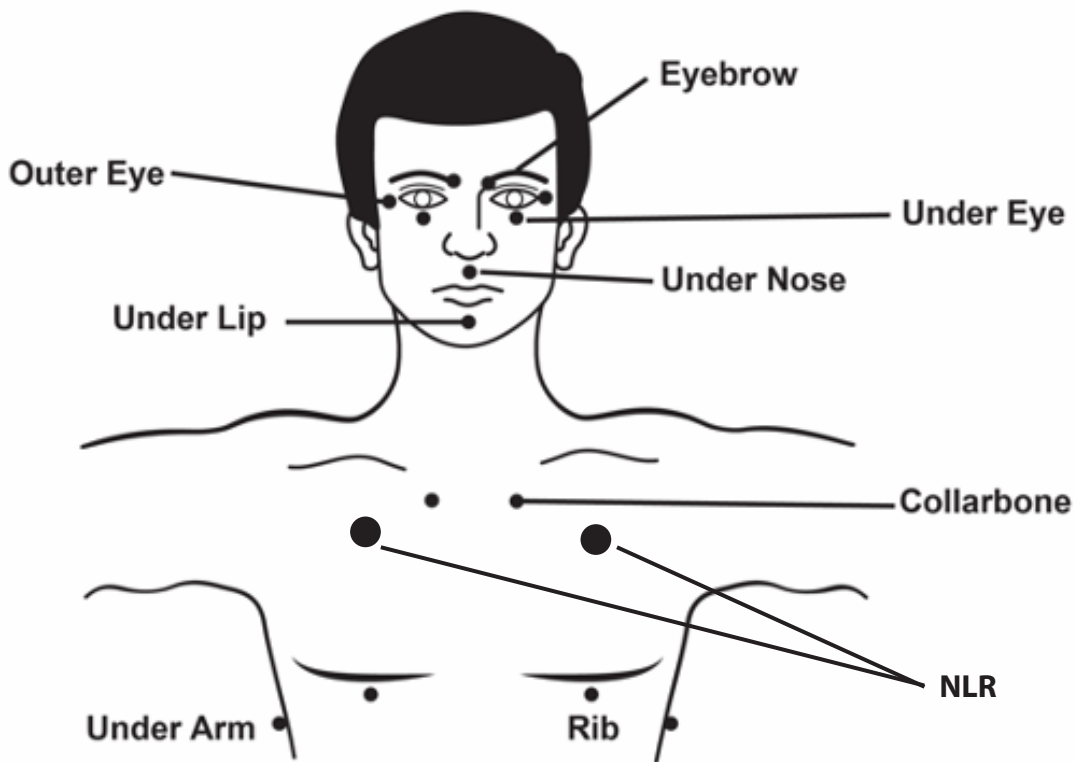
1. Give a brief description of the problem, belief, or fear.
2. Check: Where does your body hold the distress?
3. Rate the distress on 0-10 scale, with 0 being no distress at all, and 10 being extreme emotional distress
4. Rub the NLR spot on the chest and say:  
"Even though I feel \_\_\_\_\_ (scared, angry lonely etc.), I accept myself." \_\_\_\_\_"  
OR, For a belief: "Even though I believe I am worthless, never going to get better etc., I accept myself."
5. Tap the side of the hand with an intention (3x): "I am choosing/ready to release this problem, belief fear: \_\_\_\_\_ — it's roots, origins & all that it means and does to me."
6. Tap all the meridian points:
  - Inner Eye
  - Outer Eye
  - Under Eye
  - Under Nose
  - Under Lip
  - Under Arm
  - Rib/Under Breast
  - Thumb
  - Index Finger
  - Middle Finger
  - Little Finger
  - Back of the Hand
  - Side of the Hand
  - Collarbone
7. Brain Integration Sequence:  
With fingers on the back of the hand spot:
  - Close eyes, Open eyes
  - Look down to the left, then to the right
  - Roll eyes in a circle one way, Roll eyes in a circle the opposite way
  - Hum, Count, Hum
8. Repeat tapping on all the meridian points
9. Check your work; if lower than a 2, go to eye roll. If higher than a 2, repeat using the words **completely** in the affirmation & intention.
10. Check your work again — if **not** a 2 check:
  - Emotion changed or body sensations changed?
  - Are there any blocking beliefs?
11. If under a 2 — Use the Eye Roll Treatment:
  - With fingers on the back of the hand spot
  - Hold head straight & take a full breath in and out
  - Drop eyes to the floor then slowly roll eyes above head



THE ENERGY OF BELIEF

energyofbelief.com | MarySise.com

# TAPPING POINTS



THE ENERGY OF BELIEF

energyofbelief.com | MarySise.com