

TFT Tapping Script

Take a moment to tune in to how you feel today. Do you feel stressed or frustrated? Do you feel anxious or overwhelmed? Are you tired, sad or depressed? Take notice of where you feel it in your body. Do you feel tense, tight or heavy in your head, your neck, your chest, or somewhere else in your body? Take a deep breath now, close your eyes and rate the level of your discomfort between 1 and 10 (with 10 being the strongest)

With your eyes open now, start by tapping on the side of your hand (the karate chop point) and take 2-3 deep breaths as you think about WHY you feel this negative emotion. Now tap the following points approximately 10 times each as you follow the prompts

Tapping Point

Under your nose:	Think about your issue and the discomfort it causes you.
Above your eyes:	Feel your discomfort
Outer eyebrows:	Take a deep breath and let it go
Under your eyes:	Relax your shoulders and release your tension
Under your arms:	Take another deep breath and let it go
Collarbones (below bones):	Say out loud "I release all stress and tension from my body"
Little Finger:	Say out loud "I love and accept myself, just as I am"
Middle Finger:	Say out loud "I love and accept others, just as they are"
Index Finger:	Say out loud "Letting go of all negative thoughts and feelings"
Collarbones (below bones):	Say out loud "I am safe. I am loved. I am supported"

Stop tapping and take 3 deep breaths. Notice how you feel now. Do you still have your discomfort? If so, what rating would you give it now?

Repeat this tapping sequence as needed (as often as you like).

For more information, please contact Melissa on 0402 504 665 or visit www.anxietyfreetft.com.au

For more TFT tapping videos, please follow me on <https://www.facebook.com/anxietyfreetft/>

For further information and visual representation of the tapping points, please visit <http://www.rogercallahan.com/pathways/Chart-of-Tapping-Points.pdf>