

How to Use Tapping for Anxiety

1. Write down the problem that is making you anxious and how it's making you feel right now. This could be an emotion or a feeling in the body (for example butterflies in your stomach).
2. Make a note of how intensely you feel this between 0 (lowest) and 10 (highest).
3. Tap on the side of the hand with your fingers and say aloud or in your head what is bothering you right now followed by one or more of the following statements:

"I love and accept myself", "I deeply and completely accept myself",
"I am doing the best I can", "I am OK", "I will be OK".

For example: "The test tomorrow is making me feel anxious. I feel a bit sick in my throat and rate it at 7 but I am doing the best I can and I will be OK".

4. Tap lightly on all the points mentioned below 7 times as you do one round tapping. If you really don't want to tap on some of the points you can miss one or two of them out:

- Top of the head
- Eyebrow point
- Side of the eye
- Under the eye
- Under the nose
- Under the chin
- On the collarbone
- Under the arm
- On the side of each fingertip

See a diagram of the tapping points on page 2

5. After one round of tapping, go back to your notes and write down how you are feeling about that problem now.
6. Keep doing the tapping until the intensity goes down to a 1 or even 0

The Tapping Points

