



THE TAPPING POINTS

THE BASIC RECIPE

Here's a summary of what we call the "basic recipe". Use the guide on the left to help you remember where to tap.

STEP 1

Determine the *intensity level* of the current problem. Rate it on a scale of 1 to 10.



STEP 2

The *set-up*. State the problem & then a statement of acceptance. (E.g. "even I though I have this ... (say what your problem is e.g. headache, stiff back, etc.), I deeply and completely accept myself"). Be *specific* when stating the problem. Tap on the *karate chop* point while saying the set-up statement. Repeat the statement *3 times*.



STEP 3

The *reminder phrase*. This is the short version of the problem. Say this while tapping on each point. Tap about 7 times on each point before moving to the next one. Start at the top and work down.



STEP 4

Re-check the intensity level. Again rate it on a scale of 1 to 10. How far has intensity diminished? If it is down to a 0 or a 1, check if it's OK to leave it there. If so, then this round of tapping is complete.



If the intensity has lessened somewhat but the number is still high enough for you to want to reduce it further, move to Step 5.

STEP 5

Adjust the set-up & reminder phrase. (E.g. "even I though I *still* have some of this ... (state the problem) *left over*, I deeply and completely accept myself"). Start tapping from the top and say "This remaining problem..." while tapping on each point.

Go back to Step 4 and recheck the intensity or alternatively, start a *new* round of tapping with a *new set-up* and *reminder phrase*.