

Acupressure Point	Example of a Statement	Comments
First Round of Tapping		Negative Emotion Rating: 9
Top of Head	I feel so embarrassed; so awful	Feel the emotions
Inner Edge of Eyebrow	I give myself permission to feel these feelings	It's okay to feel the emotions
Outer Corner of Eye	So ashamed; I feel stupid	Feel it
Below eye on bone	It's okay to feel this way	It is okay
Under nose	Sad, too. Really sad.	More emotions coming out
Middle of Chin	It is okay to feel sad, embarrassed, and ashamed	Once again, it's okay
One Inch below Collar Bone	I want to cry; I am so sad	Feeling more again
Four Inches under the armpit	It's okay to cry	Giving yourself permission
Heart Hold (hands crossed over heart)	Deep breath, rest for a moment	Self-soothing
Now, rate your level of negative emotion between 1 - 10 with 10 being the strongest.		Negative Emotion Rating: 8
Do the Karate Chop and Repeat Your Set Up Statement		

Next Round of Tapping:	Example of a Statement	Comments
Top of Head	I give myself permission to release these feelings	Starting to release
Inner Edge of Eye-brow	I can feel some of the shame leaving my body	Starting to release
Outer Corner of Eye	I can feel the embarrassment leaving my body	Acknowledging release
Below eye on bone	It's okay to release these feelings	Once again, it's okay
Under nose	I am releasing the sadness	More release
Middle of Chin	I am feeling lighter as the sadness goes	Feeling better
One Inch below Collar Bone	I am feeling peace and calm	Better still
Four Inches under the armpit	I did my best, and I forgive myself	Self-love
Heart Hold (hands crossed over heart)	Deep breath, rest for a moment	Self-soothing
Now, rate your level of negative emotion between 1 - 10 with 10 being the strongest.		Negative Emotion Rating: 5
Do the Karate Chop and Repeat Your Set Up Statement and Keep Tapping until you get enough relief.		