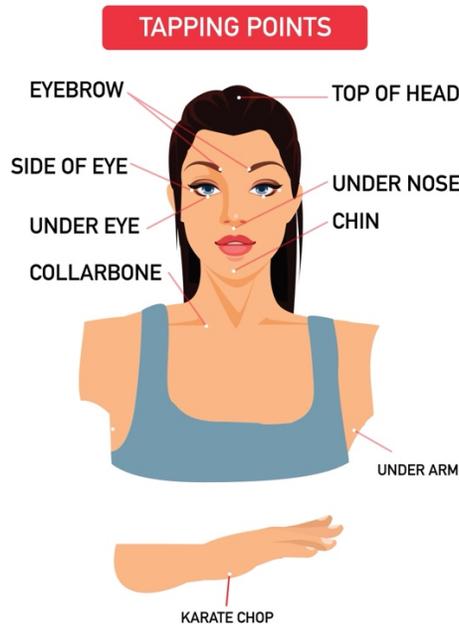


Pause before you Purchase Tapping Routine

Tapping is a somatic technique that uses gentle pressure on specific meridian points to calm your nervous system and release the physical weight of stress. Simply use your fingertips to gently tap on each point while focusing on your breath and the words provided to help your body shift out of stress and into a state of calm.



The Setup (The "Karate Chop" Point): Tap the side of your hand and say 3 times:
Even though I really want to buy this right now and I feel this urgent 'need' in my body, I choose to pause and honor what I'm actually feeling.

The Sequence (Acknowledging the Urge): (repeat each statement 3 times while tapping)

- **Eye brow:** This intense urge to spend.
- **Side of Eye:** I feel like I need this right now.
- **Under Eye:** My body feels restless and impulsive.
- **Under Nose:** Maybe I'm trying to soothe a stressful day.
- **Chin:** This pressure to just hit "buy."
- **Collarbone:** Thinking this purchase will make me feel better.
- **Under Arm:** This tightness in my chest when I say "no" to myself.
- **Top of Head:** Admitting that I'm looking for a quick hit of joy.

The Shift (Choosing Presence): (repeat each statement 3 times while tapping)

- **Eye brow:** I am allowed to want things, but I don't have to act on it.
- **Side of Eye:** Taking a deep breath into this restlessness.
- **Under Eye:** I have everything I truly need in this moment.
- **Under Nose:** My peace is worth more than this purchase.
- **Chin:** I am choosing to be kind to my future self.
- **Collarbone:** Letting the "urgent" feeling drift away.
- **Under Arm:** I am in control of my choices.
- **Top of Head:** I am safe, I am satisfied, and I am enough exactly as I am.