

KNOW YOUR SPOTS

OUR FIRST TASK is to identify all the tapping spots on your body. Most of the spots are on your face or your hands; some are on your upper body. I will teach you all the possible spots, but don't worry; you'll probably be using only a few.

Your problem, or your obsession, or your fear, will respond to your tapping. You won't need to go to a professional. You are the expert here. You will know when tapping helps. You will learn which spots are the best spots for you to tap. It's a good idea, though, to become familiar with all the spots even if you'll be using just a small number of them. You'll soon discover that certain spots—and there's no way to predict which ones they'll be—will work better for you than others. So, knowing them all and trying them all is necessary for your success.

Results are usually evident when you tap on each appropriate spot approximately ten times, for about five seconds. Everyone is different. You may need more taps for more seconds while someone else may need fewer taps for just a couple of seconds. You might find that certain tapping spots need to be tapped more times than others.

This sounds incredible, doesn't it? In seconds your symptoms disappear. Yes, it is amazing; you will amaze yourself.

YOUR FACE

There are a number of tapping spots on your face. Let's begin with those.

Eyebrow One Spot

If you're wearing glasses, please remove them now. Touch your eyebrow—either one—it makes no difference. One tapping spot you'll be using is on the inner edge of your eyebrow, near your nose (see illustration below). Got it? This is tapping spot Eyebrow One. Using two fingers, tap on that spot. It is slightly above and to the side

of your nose. Now, use your other hand to tap on that same spot. Good. Next, tap that same spot on the other eyebrow. It is the inner edge of the other eyebrow. Tap it with two fingers and then tap it with two fingers of your other hand. For tapping Eyebrow One, you now have four variations—two eyes, two hands. Try them all and decide which is most comfortable for you. Which hand seems to tap most naturally? Which eyebrow seems to feel most comfortable being tapped? Anytime you are instructed to tap Eyebrow One, you now know just how to do it.

Now, get a stopwatch or a clock and practice for about ten seconds. How many times are you tapping within those ten seconds? Now tap ten times and note how many seconds have elapsed. Usually, you'll tap each spot between five and ten seconds, between seven and twelve times. Practice now and you'll get the rhythm that works best for you. You have just perfected tapping the Eyebrow One spot. Congratulations!

Eyebrow Two Spot

We're still up on your eyebrow. Again, if you wear eyeglasses, remove them when you tap this spot. Now we're at the other edge, closest to your temple and your hairline. This is the Eyebrow Two spot. Figure out which eyebrow is easiest and most comfortable for you to tap and which hand it is most comfortable to use. Most people prefer using their dominant hand. That is, a right-handed person uses his right hand, a left-handed person, her left hand. Look at your clock and tap your Eyebrow Two spot, at the outer edge of your eyebrow, for ten seconds. Use two fingers. Good.

Under-Eye Spot

Under your eye you will feel a bony semicircle. The center of the semicircle, right under your eyeball, is called the Under-Eye spot. This spot requires three fingers for tapping, so you'll cover a wide area beneath your eye. Don't be concerned if one of your fingers is practically touching the side of your nose. That's just fine. Sometimes

The Tapping Cure

tapping on this spot works best when you simultaneously tap under both eyes; right hand tapping under right eye, left hand tapping under left eye. Try it now. Tap about ten times. Pause and then repeat the tapping. You may notice something interesting. For many people this is a particularly sensitive tapping spot. If you are one of these folks, you'll find that in those few seconds of tapping, your mood may have changed or perhaps a particular symptom, such as a headache, may have disappeared. But don't worry if this tapping has had no effect on you. It's not supposed to quite yet. Only those people who are extremely receptive to tapping because of some inborn biological predisposition will benefit from this little bit of under-eye tapping.

Mustache Spot

Now we'll move down your face to the spot under your nose, above your lip. This is the Mustache spot. Use four fingers to tap along the area where a moustache might grow, or maybe is growing. Use your dominant hand and tap about seven or eight times. Good.

Most people do best at this spot when they are using their dominant hand, but you are free to experiment and if you are a rightie and prefer using your left hand for tapping your Mustache spot, try it. It might work for you.

Chin Spot

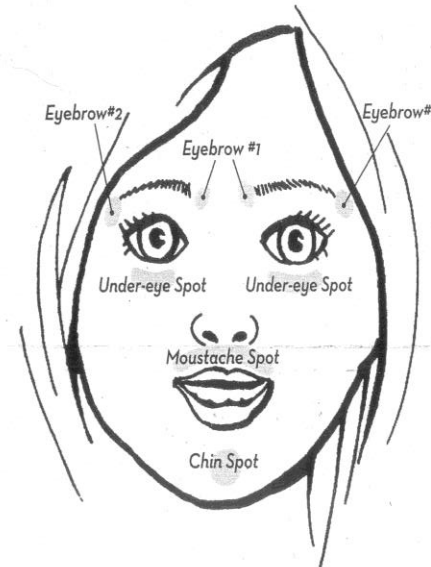
This spot is directly below your lower lip. It's the spot that is probably slightly indented, the topmost part of your chin. Using four fingers, tap on the entire upper chin area. Again, there is some evidence that your dominant hand is best here, but not necessarily. Make that decision for yourself and then tap ten times. You'll be covering pretty much the entire chin area. This spot is called, aptly, the Chin spot.

Review Your Face Spots

We've now learned all the tapping spots on your face. Review them for yourself. Eyebrow One is easy to remember because it's on the side

The Tapping Spots

of your eyebrow closest to your nose and you have one nose. Eyebrow Two is on your eyebrow closest to your temple and you have two temples. Under-Eye, Mustache, and Chin are self-explanatory. Tap each spot a couple of times now, saying the name of the spot as you tap.



True Report

I CAN'T BELIEVE how easy it is to tap in public. No one pays attention to me when I go through all my spots. At home, at work, on the train, it makes no difference. As long as I've got my fingers attached to me, I have my best security blanket.

—Allison

YOUR HANDS

There are several tapping spots on your hands and on certain fingers. Use your dominant hand for the tapping. So, if you are

The Tapping Cure

left-handed, you'll be tapping on your right hand with your left; if you are right-handed, please tap on your left hand.

Karate Spot

The place on your hand that you would use when breaking a board while engaged in the practice of karate is called the Karate spot. It is the edge of your hand running from the knuckle under your pinkie until your wrist. Run your fingers along that bone to be sure you know where it is. Now tap it. You'll probably need four fingers to take in that entire area on the side of your hand.

V Spot

This spot is the "V" between your pinkie and your ring finger. Follow these instructions assuming you are right-handed. (If you are left-handed, substitute the word *right* each time you see *left* in these instructions.) Now place your left hand in front of you, on your lap or on a table, palm down. Put your right pinkie in between your left pinkie and ring finger. The other three fingers of your right hand will extend down the front of your left hand. If you wish, you may raise your left hand and do the tapping with your hand in any comfortable position. Your four fingers are extending from the V between the ring finger and the pinkie, down beyond the knuckle, heading toward the wrist. See the illustration below for a clear view of the V spot.

Pinkie Spot

This is for your littlest finger, your pinkie. Tap with one or two fingers on the spot where your nail and finger touch. While tapping, you'll actually cover the top and the sides of the nail. We're particularly interested in tapping on the side of the pinkie nail that is closest to your thumb. Got it? Good.

Index Spot

This is for your index finger. Please tap with one or two fingers on the spot where your nail and finger touch. Again, cover the entire nail

The Tapping Spots

and pay particular attention to the side of your nail that is closest to your thumb. While you tap, be sure to tap that side of your nail.

Thumb Spot

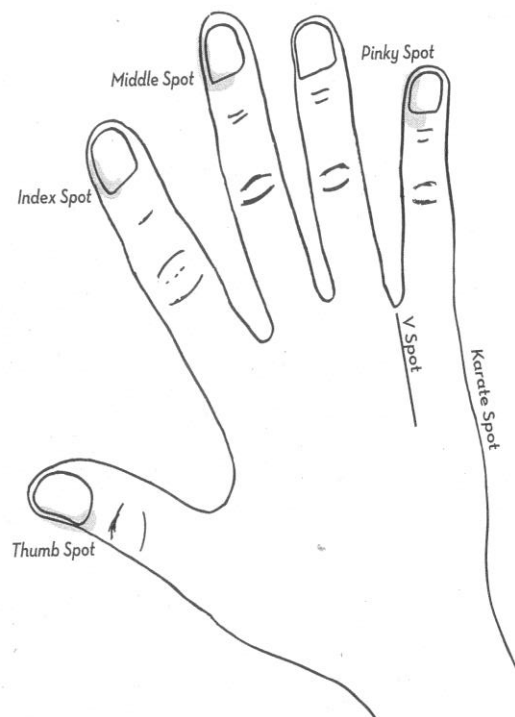
This is for your thumb. Tap with one or two fingers on the spot where your nail and finger touch, and be sure to include tapping on the outer edge of your thumb. (See diagram if this is confusing.)

Middle Spot

This is for your middle finger. Please tap with one or two fingers on the spot where your nail and finger touch. Again, tap on the side of the nail that is closest to your thumb.

Review Your Hand Spots

You can quickly tap on each of your finger spots—the index finger, pinkie, middle finger, and thumb. (All your fingers except the ring finger.) Then tap on your Karate spot and then your V spot. Excellent.



YOUR TORSO

There are several tapping spots between your neck and your waist.

Collarbone Spot

Locate the bone that travels from your shoulder straight across toward the center of your neck. You can feel the tip of the bone about one inch below your neck and then one inch to the side. Tap your collarbone using four fingers, so that one finger is at the tip of the collarbone and the other fingers are touching the bone, too. When your fingers become accustomed to tapping on this spot, you'll notice that you are actually tapping a bit below the collarbone. Many people report that they get their best results tapping a wee bit underneath, and not exactly on, the collarbone. You may use either hand to tap either collarbone. Some clients say that tapping both collarbones at once works best for them. Usually, though, it is sufficient to tap just one side. Either side, with either hand, will work just fine.

Have you ever worn a shirt that had a button-down collar? Tapping on your Collarbone is tapping at the place where a button would be if you were wearing a shirt with a button-down collar.

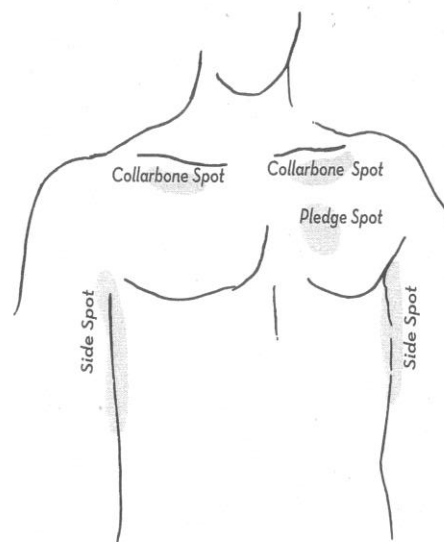
Side Spot

Midway between your underarm and your waist is the best spot for the tapping. If you are a woman it may be where your bra is. For a man it may be parallel to your nipple. Some people feel a soft area right at the appropriate spot. Most of us, though, have some fat covering the soft area and don't feel it. For some people the spot is a bit higher than midway and is closer to the shoulder than to the waist. It should be about four inches below your underarm. Tap your side using four fingers. Most people find it easiest to use the right hand to tap on the left side, or the left hand to tap on the right side, but you may do it any way that is comfortable for you. Some people use the hand on the same side of their body and tap using their thumb.

Pledge Spot

This is a spot on the left side of your chest and it is a spot that is not tapped; instead it is rubbed, gently, with your knuckles. It's a couple of inches below your left shoulder and a couple of inches in from your left side, going toward the center of your chest. You can easily find this spot if you put your right hand in position to pledge allegiance to the flag. While your hand is on your chest in that position, make a fist. Your knuckles are now on the Pledge spot. Simply move your fist in a circle, lightly pressing your knuckles on that spot. Go around and around a couple of times. Practice now.

These are the only spots you'll need to know. You are a unique individual and your body chemistry is unique, too. Thus, certain spots that will work well for you may not work well for your friend. That is OK. There are many alternate possibilities in this tapping cure.



she would prefer sitting on her boat with her husband to sitting in an office cubicle. And, of all the places they've ever lived, Lila confessed that this house is the one she loves the most.

I suggested that her water phobia is what is causing her anguish, and that is what she should address in her tapping. She chose her basic sentence to be: *I am scared of water and afraid to go sailing with my husband.*

A few weeks after our session Lila just happened to notice an ad in the local newspaper about private swim lessons for adults. She called, she went, and now she swims and she accompanies her husband on boating weekends.

YOUR TURN

Now YOU WILL learn to construct your sentence and then expand it. First, identify the feeling you want to get rid of. Is it:

- Rage?
- Fear?
- Shame?
- Anger?
- Panic?
- Hatred?
- Guilt?
- Frustration?
- ????

Next, identify the memory or thought or behavior that is disturbing you. From the above list, here are examples of painful memories:

- Memory of father's criticisms
- Memory of mother's lack of love
- Memory of harming son

From the above list, here are examples of painful thoughts of the future:

- Fear of water
- Fear of making a mistake

From the above list, here are examples of painful current thoughts:

- Upset about wife's actions
- Hatred of appearance
- Lonely because no family

Construct your sentence—or it might be just a phrase—using your thought or memory, and your feeling. Describe your dilemma as best you can in just a few words. Now, write down your words.

REPORT CARD TIME

REMEMBER THE GRADING system with letters A through F that we used in chapter 2? It's time for you to grade your feelings now. When you think about your situation, how upset are you? Remember that to achieve your goal of A, perfectly at peace with this situation, you'll need to start out at D or F. F is the worst possible feeling; D is pretty bad but tolerable. How upset are you when you read those words you wrote? Please activate your strong emotions. Rate your distress and try to get your level up as high as possible. When you are ready, please write down your letter grade.

The more you arouse your negative feelings, the more rapidly they will disappear after tapping. When a memory is reactivated, with all its negative emotions, and when a thought is reflected upon, with all its negative emotions, a particular process occurs in your brain. Your brain permits your perception of the incident to become pliable and malleable. This is called neural plasticity. This is the

moment when an appropriate intervention can change the emotional memory. This is when tapping can dissipate the emotions. This is when you can go from an F to an A.

NEXT STEP

YOUR SENTENCE IS written and your letter grade is recorded. Now take a moment to read your statement. Say it out loud. Good. Now you will make a slight addition to your wording. You will add a few words before and after your sentence.

The words to appear **before** are: *Even though*

The words to appear **after** are: *I am OK*

In the examples taken from my clients, their sentences now read:

- *Even though* I get enraged when I think of how my father criticized me every day, *I am OK*.
- *Even though* I am scared of water and afraid to go sailing with my husband, *I am OK*.
- *Even though* I can't stand myself when I make a mistake, *I am OK*.
- *Even though* my wife never listens to me and I'm going crazy from the way she handles our kids, *I am OK*.
- *Even though* my mother never loved me and I am so hurt, *I am OK*.
- *Even though* I hate myself because I'm too fat, *I am OK*.
- *Even though* I'm all alone in the world and always feel lonely, *I am OK*.
- *Even though* I hurt my son and I can't forgive myself, *I am OK*.

KEY WORDS

IN ADDITION TO your report card letter grade, you now have one sentence written on your piece of paper. It begins with *Even though*

and it ends with *I am OK*. Please read your sentence aloud. Good. Next, I'd like you to think of a key word—a word that will represent this entire sentence to you. That way you won't always have to read the entire sentence; you'll sometimes just say the key word, and hearing that word will bring your sentence into your mind.

Here are key words for the examples listed above:

- *Even though* I get enraged when I think of how my father criticized me every day, *I am OK*. Key word: **criticism**
- *Even though* I am scared of water and afraid to go sailing with my husband, *I am OK*. Key word: **water**
- *Even though* I can't stand myself when I make a mistake, *I am OK*. Key word: **perfection**
- *Even though* my wife never listens to me and I'm going crazy from the way she handles our kids, *I am OK*. Key word: **wife**
- *Even though* my mother never loved me and I am so hurt, *I am OK*. Key word: **mother**
- *Even though* I hate myself because I'm too fat, *I am OK*. Key word: **fat**
- *Even though* I'm all alone in the world and always feel lonely, *I am OK*. Key word: **loneliness**
- *Even though* I hurt my son and I can't forgive myself, *I am OK*. Key word: **son**

Write your key word right underneath your sentence. You are now ready to begin tapping and to cure yourself. Let's go!

WISE WORDS

Uttering a word is like striking a note on the keyboard of the imagination.

—Ludwig Wittgenstein