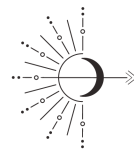


Emotional Frequency



Technique: Tapping

madeleineemansfield.com

Today's Focus

1

- What am I targeting? (a feeling/thought/body sensation/trigger)
- Where do I feel it in my body?
- Distress Rating **before** tapping. A rating of 0 means no distress, while a 10 signifies the highest level of distress.

☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

My Setup Statement (repeat 3 times at the side of the hand)

2

"Even though I feel **[X]** in my **[place]** about **[trigger]**, I accept how I feel and I'm open to a little ease/I accept myself as I am." Add body text

Tapping Round - Phrase Prompts

Tick the points you use. Say a short phrase at each. Validate the problem.

3

- ☐ Eyebrow: _____
- ☐ Side of Eye: _____
- ☐ Under Eye: _____
- ☐ Under Nose: _____
- ☐ Chin: _____
- ☐ Collarbone: _____
- ☐ Under Arm: _____
- ☐ Top of Head: _____

Re-rate and Notice

4

Distress Rating 0–10 **after round 1**: ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

- What changed (if anything)? sensations/thoughts/images:

Round 2 - Create Space

Key phrase: _____

5

Purpose: create space around the experience and reduce struggle.

Language: gentle permission, micro-choice, tiny movement rather than big leaps.

Distress Rating 0–10 **after round 2**: ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8 ☐ 9 ☐ 10

Round 3 - Changing the Narrative (if you've felt improvement)

☐ "I can handle this feeling."

☐ "It comes in waves and passes."

☐ "I'm allowed to take up space."

☐ Write your own: _____

Tap one gentle round while repeating your statement.

Close & Care Plan

7

- Grounding done (circle): sight / sound / touch / smell / taste
- One kind action I'll take in the next 24 hours:
- If distress rises later, I will: (e.g., 5-4-3-2-1, call a friend, crisis line)

Quick Reference

Points order: Eyebrow → Side of Eye → Under Eye → Under Nose → Chin → Collarbone → Under Arm → Top of Head.



- **Breath:** exhale slightly longer than inhale.
- **Consent:** skip any point that feels uncomfortable. Off-body tapping is OK (tap your thigh or forearm instead).
- **When not to tap alone:** recent major trauma, strong dissociation, active self-harm urges, or medical concerns — seek professional support.