

# ***Emotional Release Tapping***

## **Basic Protocol**

- Start with rating the distress (SUD\*1) on a scale of 1 - 10, 10 being the worst ever.
- Decide on the sequence (algorithm) to use
- Tap the sequence - always end with tapping under collarbone
- Re-rate the distress (SUD 2) 1 - 10. If it's down 2 or more go to next step
  - If not, choose a different sequence, and start over
- Perform 9G protocol (the brain update procedure)
- Re-tap sequence that worked - ending with under collarbone
- Re-rate distress (SUD 3)
- SUD (\*) should be 2 or less
- Eye Roll

(\*) Subjective Unit of Distress

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## **Eye roll (er) - To see how effective this is:**

- Start by standing up and bend over towards your toes. Note how far down your fingers reach.
- Do the eye roll
- Repeat bending over towards your toes. Compare that result to the first time you bent over.

## **Eye roll protocol**

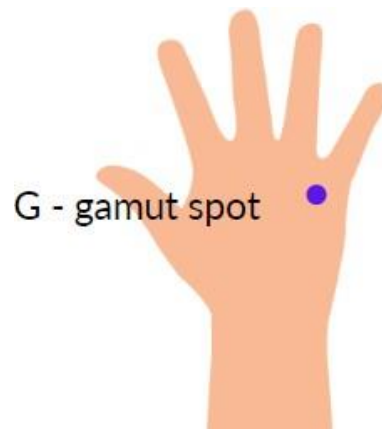
- Sit in a relaxed position
- Start tapping on the back of your hand below the ring finger and little finger - Gamut spot
- As you are tapping, keep your head straight and look down
- Slowly, without moving your head, gradually look up.

## ***Emotional Release Tapping***

### **9G - Gamut Procedure - Brain update**

While holding head steady - Begin tapping on the back of your hand at the gamut point - tap the whole time you are doing the following:

- Rate distress 1 – 10, 10 being the worse
- Open eyes, looking forward
- Close eyes
- Open eyes
  - Look down to one side
  - Look down to the other side
- Circle eyes - with full range of motion
  - One direction - slowly
  - Other direction - slowly
- Hum a tune (about 5 notes) with mouth closed
- Count to 5 out loud
- Hum a tune (about 5 notes) with mouth closed
- Rate distress 1 – 10 – is there a change?

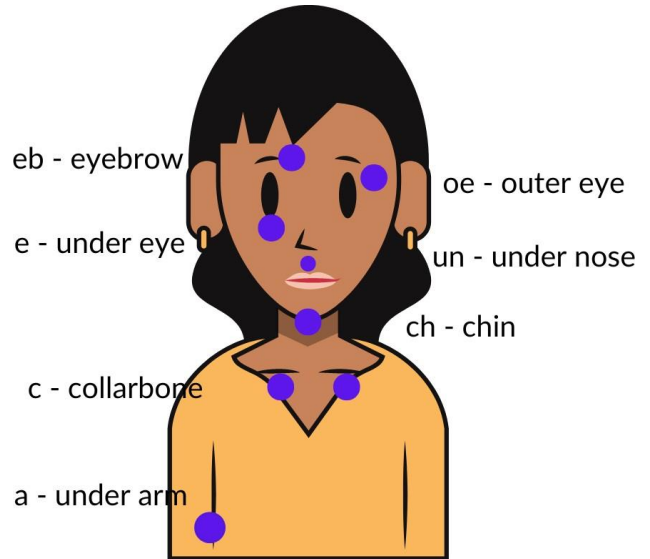


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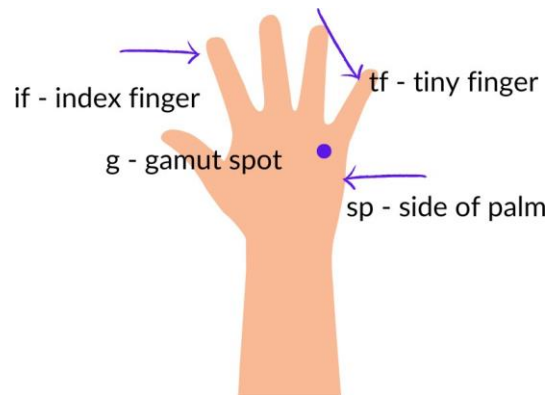
## Tapping Locations

You just need to lightly tap on the spots. Tapping should not cause bruising or pain.

eb - eyebrow - grief  
e - under eye - anxiety seen in digestion  
c - under collarbone - anxiety or fear  
a - under arm - at bra line - anxiety, low blood sugar, shaky, heart pounding, cold  
oe - outer eye - rage  
un - under nose - embarrassment  
ch - chin - shame



if - index finger - guilt  
tf - tiny finger - anger  
g - gamut spot - pain/depression  
sp - side of palm - start every treatment



# ***Emotional Release Tapping***

## **Algorithms**

er is eye roll

**Anger** - tf, c: 9G, tf, c, er

**Grief** - eb, c: 9G, eb c, er

**Embarrassment** - un, c: 9G, un, c, er

**Shame** - ch, c: 9G, ch, c, er

**Rage** - oe, c: 9G, oe, c, er

**Guilt** - if, c: 9G, if, c er

**Depression/pain:** gamut (30-50x), c: 9G, gamut(30-50x), c, er

### **Jet Lag:**

- East to West - eb, c: 9G, eb, c, er

- West to East - e, c: 9G, e, c, er

**Fear, Simple Phobia** - e, a, c: 9G, e, a, c, er

**Obsession and OCD** - c, e, c: 9G, c e, c, er

Alternative sequence options: e, a, c: 9G e, a, c, er

a, e, c: 9G a, e ,c, er

**Addictive Urges** - e, a, c: 9G, e, a, c, er

Alternative sequence options: e, c, a, c: 9G, e, c, a, c, er

Eb, e, c: 9G c, e, c, er

**Complex Trauma/Panic/Anxiety** - eb, e, a, c: 9G, eb, e, a, c, er

+ Guilt - eb, e, a, c, if, c: 9G, eb, e, a, c, if, c, er

+ Anger - eb, e, a, c, tf, c: 9G, eb, e, a, c, tf, c, er

+ Shame - eb, e, a, c, ch, c: 9G, eb, e, a, c, ch, c, er

+ Guilt, Anger, Shame: eb, e, a, c, if, tf, ch, c: 9G eb, e, a, c, if, tf, ch, c, er

# Emotional Release Tapping

## Quick Reference Guide

Rate emotional intensity 1- 10

Tap side of hand 5x

### **Complex Trauma:**

#### Anxiety

Eye Brow (grief)

Under Eye

Under Arm

Collar Bone

#### Optional Sequence Add ons:

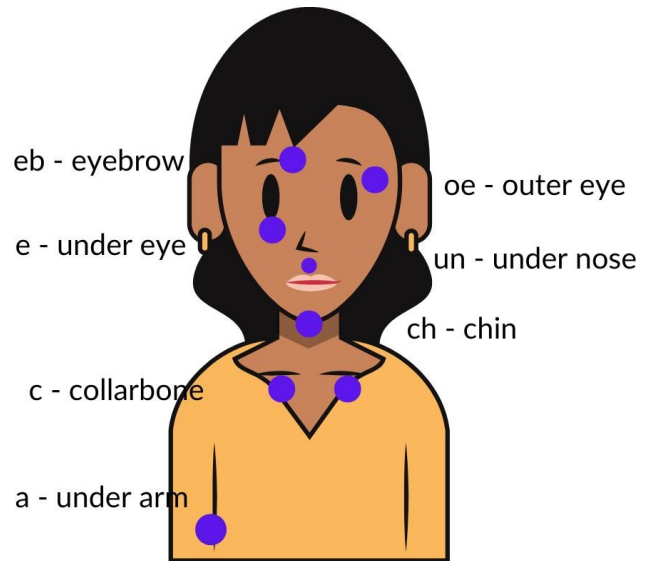
Anger: Little Finger

Rage: Outer Eye

Guilt: Index Finger

Shame: Chin

Embarrassed: Under Nose



Always end with Collar Bone

Re-Rate Emotional Intensity 1-10

If down 2 or more - continue - if not use another sequence

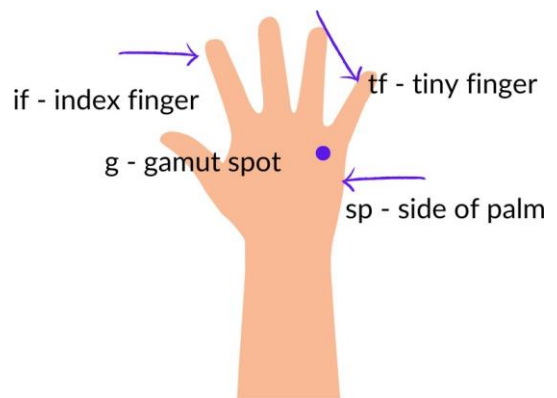
### Brain Update Procedure

Holding head steady, begin tapping the Gamut Spot- 5 beats per position

Eyes only:

- Open, straight ahead
- Close
- Open, look down right
- Open, look down left
- Big eye circle: repeat opposite direction
- Hum tune aloud
- Count to 5 aloud
- Hum again

- Repeat Sequence that worked
- Re-rate intensity should be < 2
- Eye Roll



## ***Emotional Release Tapping***

### **Key to Abbreviations for tapping points**

**SUD** subjective units of distress (a rating on a scale of 0-10 or 1-10 of how upset one is at the moment)

**e** under eye (under the pupil just below the rim of the bone)

**a** under arm (about 4 inches down from the armpit; in the middle of the bra line for women)

**c** collarbone -

**eb** eyebrow (at the point where the eyebrow begins, near the nose—the outside of the small toe also works if the person is not able to tap on the face)

**oe** outside of eye (about ½ inch straight out from the corners of the eyes, on the edges of the bones of the eye sockets on the side of the head)

**un** under nose (below the nose on the upper lip)

**ch** chin (in the cleft between the chin and lower lip)

**g** gamut spot (on the back of the hand in the indentation between the bones of the tiny finger and the ring finger about ½ inch back onto the hand—use 3 fingers to tap)

**er** floor-to-ceiling eye roll (while tapping the gamut spot, hold head level. Look down to the floor, and slowly, roll your eyes vertically up to the ceiling).