

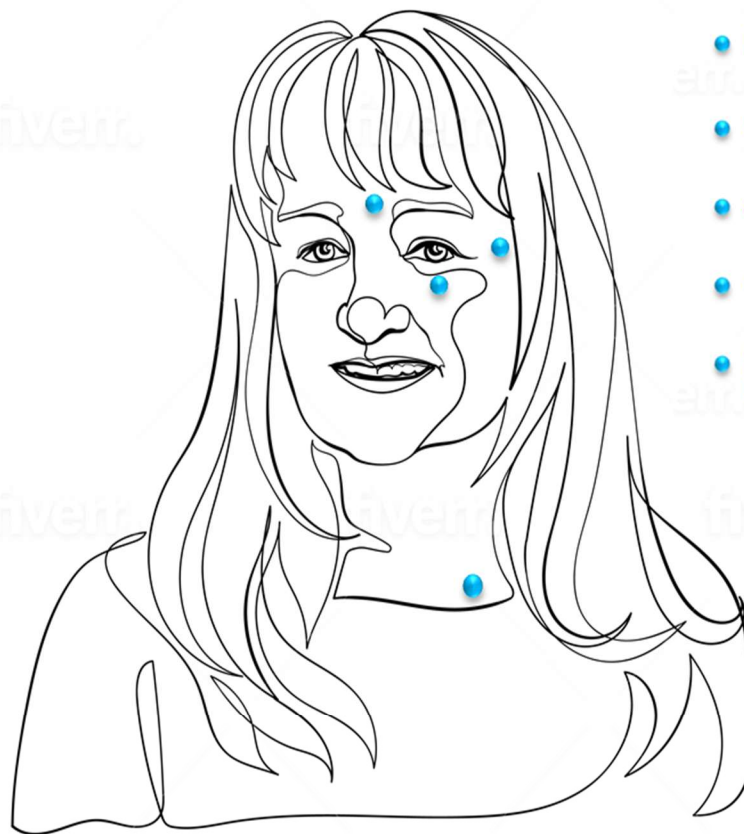
How to Use This Tapping Guide

Tapping is a gentle, self-soothing mindfulness practice you can use whenever you're feeling overwhelmed, tense, or experiencing strong emotions.

This simple guide shows you the key points to tap and calming phrases you can use as you move through the process. You don't need to get it perfect. Simply follow along, breathe deeply, and notice the sensation of your fingers on your skin as you tap.

Use this guide whenever it feels helpful—as a simple way to pause, breathe, and create a little more space around what you're feeling.

You can also follow along with guided tapping practices on the Belief Redesign™ YouTube channel.



- Between the eyes – “Let it go”
- Side of the eye – “Safe to Let it go”
- Underneath the eye – “Ok to Let it go”
- Collar bone – “ Just Let it go”
- Squeeze your wrist, take a deep breath in blow it out and say “Peace”

