

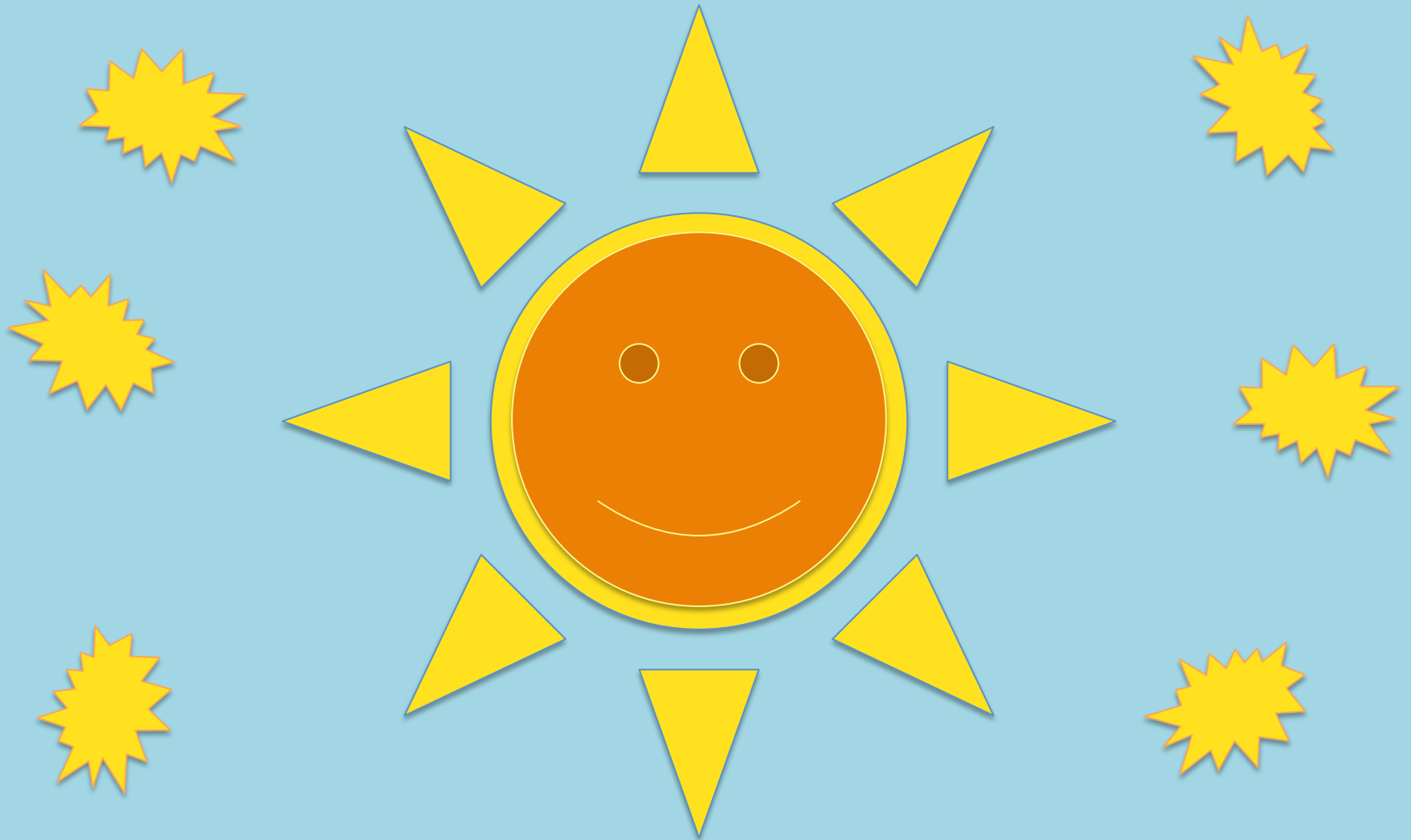
Tapping

for all ages

Psychological Acupressure

for Emotional Regulation

Tapping is Known as EFT Tapping (Emotional Freedom Technique)



How Can Tapping Help Me?

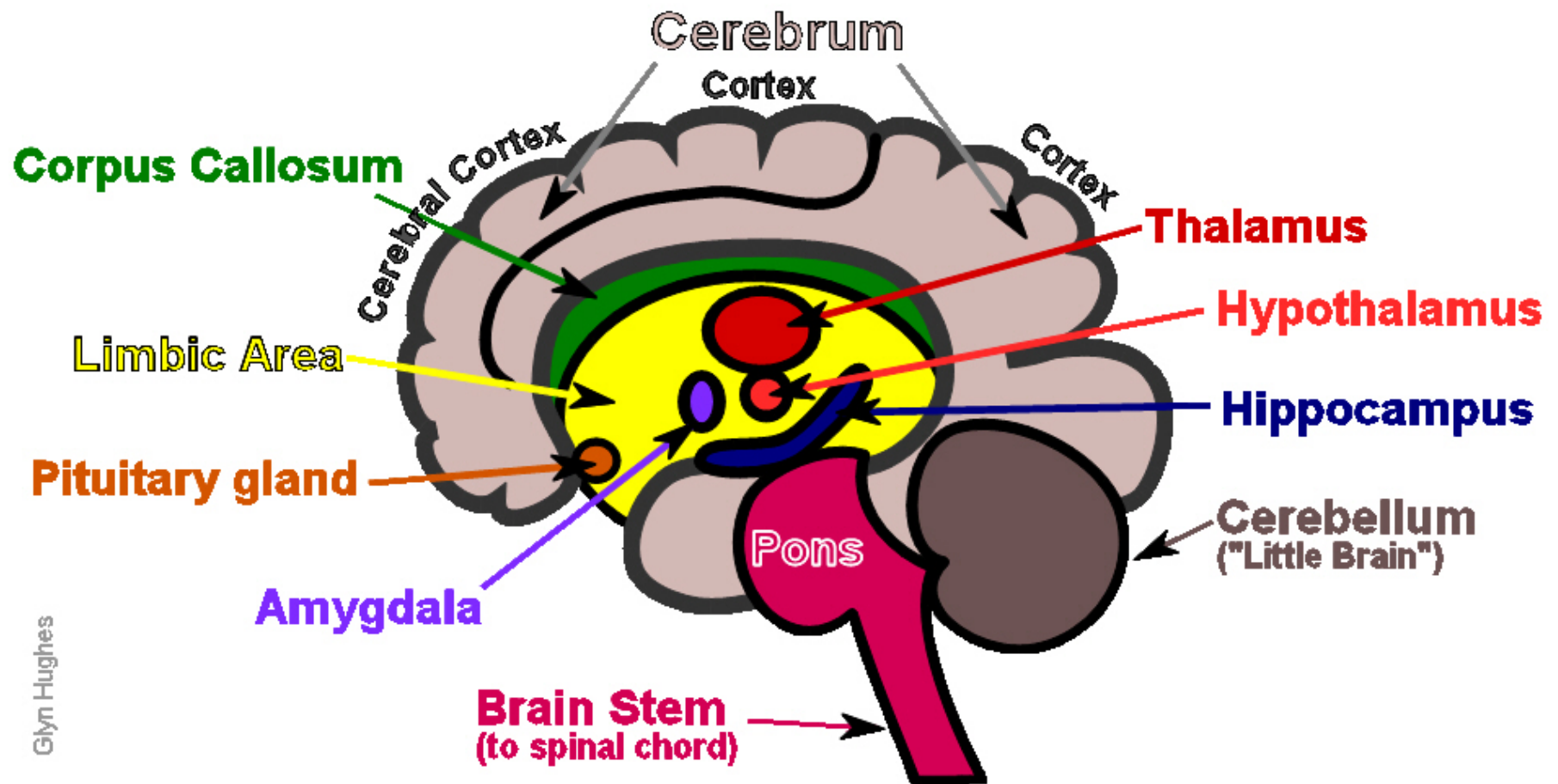
Tapping works with the
Limbic System of the Brain.

The word that best
describes what the limbic
system controls would be
emotions.

By tapping on the points to
the direct lines (meridians)
and giving positive
messages, we can calm our
emotions and the negative
messages from
Ms. Amy Gdala.
(the amygdala)

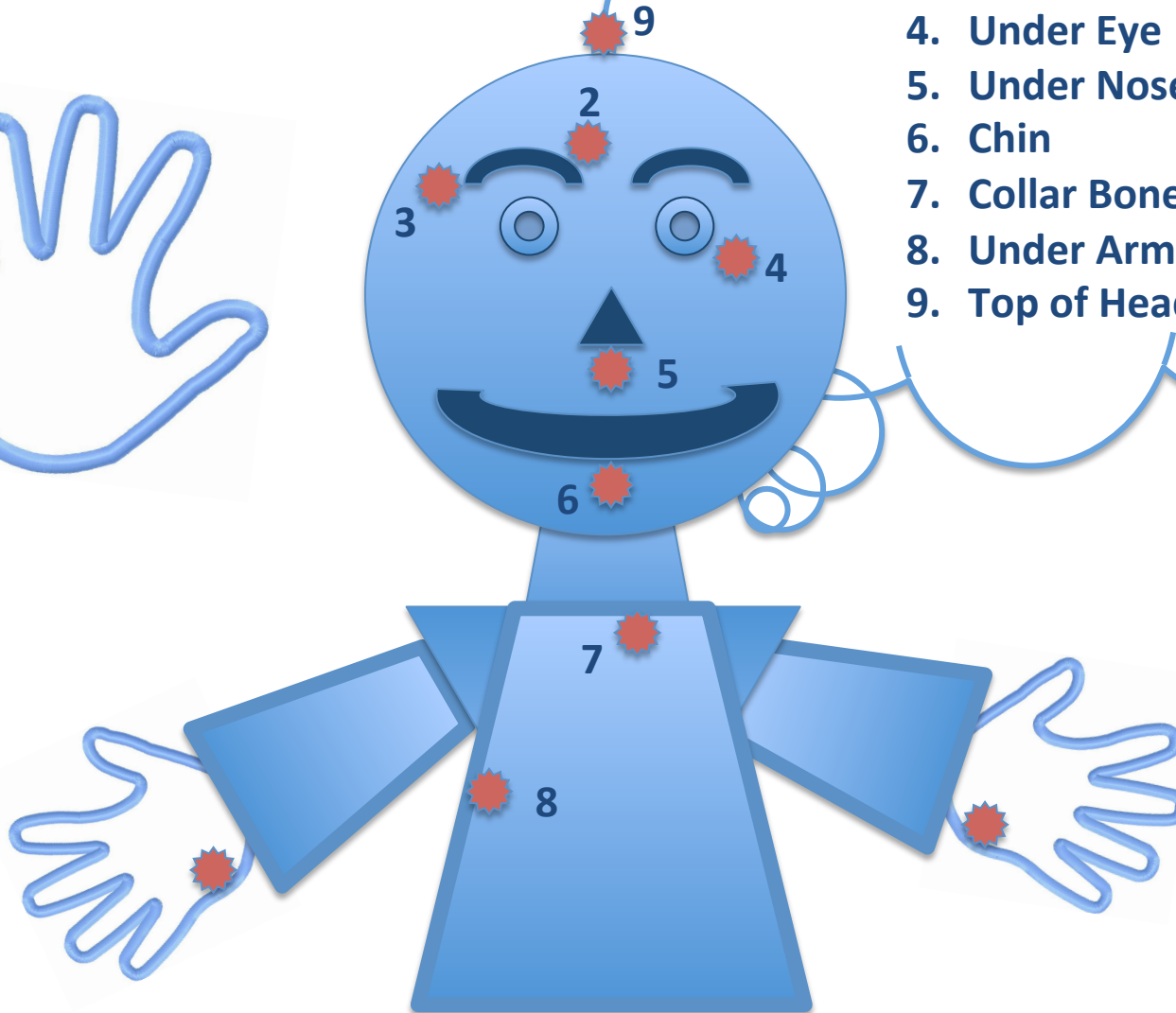


The Brain



Tapping Points

1. Karate Chop
2. Above Eyebrow
3. Outside Eye
4. Under Eye
5. Under Nose
6. Chin
7. Collar Bone
8. Under Arm
9. Top of Head



Take A
Few
Deep
Breaths



Begin with the Karate Point of the Hand

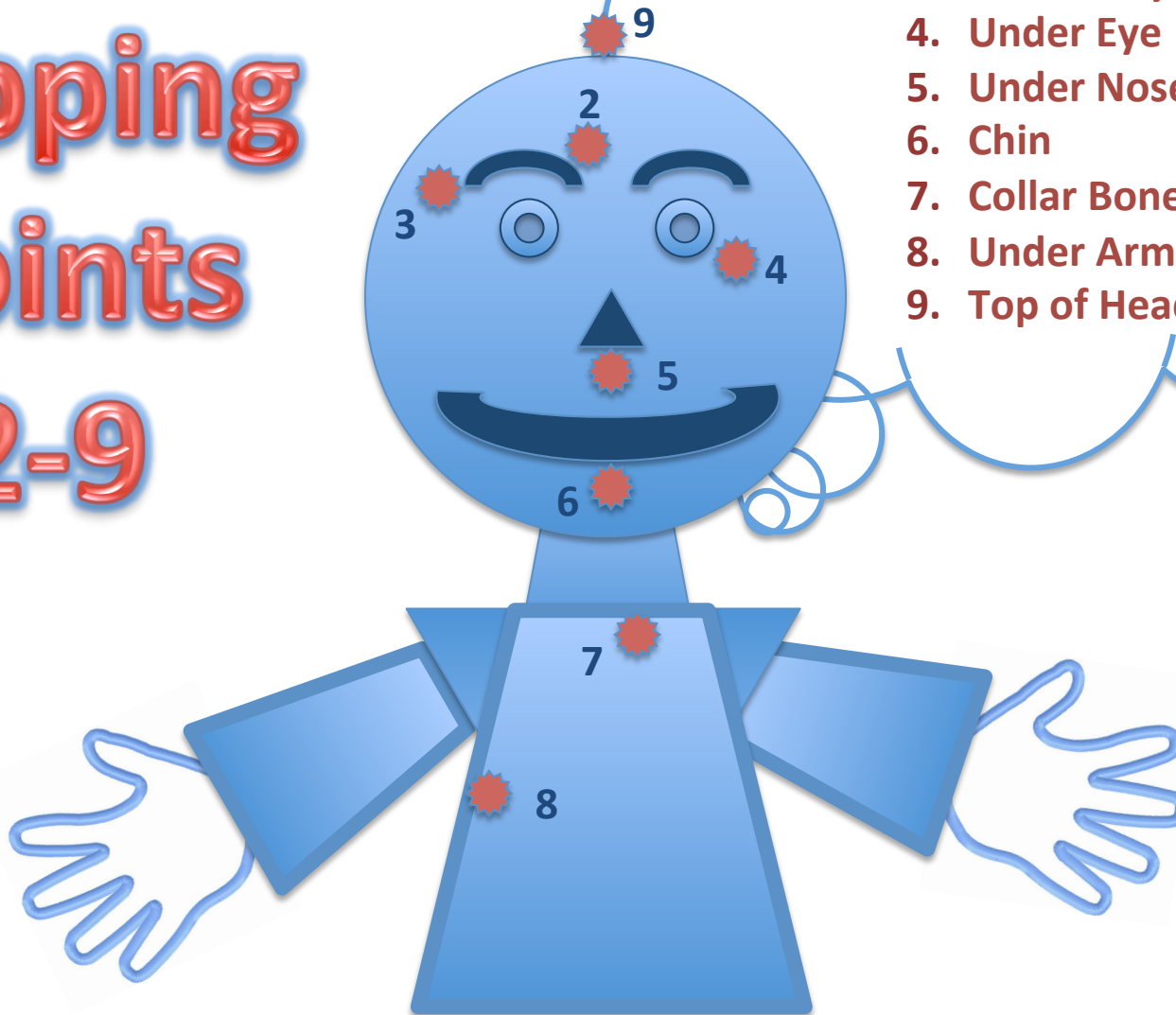


**"I may have this terrible
anxiety or sadness
but I can love,
care for and
believe in myself."
(Repeat several times)**

**Tap on the Karate Point
on the side of the hand.**

**You can go from one
hand to the other if desired.
While gently tapping on the side
of the hand, give yourself warm,
soothing messages.**

The Tapping Points 2-9



1. Karate Chop
2. Above Eyebrow
3. Outside Eye
4. Under Eye
5. Under Nose
6. Chin
7. Collar Bone
8. Under Arm
9. Top of Head

Rate What is Troubling You

- On a Scale from 0 to 10
- 0 being no problem at all
- 10 being as bad as it gets.
- Start with tapping gently on each point from point 2 through 9.
- Tap gently and welcome your problem:
- “Hello trouble, I am going to welcome you and tap you less scary!”
- Continue to tap on each point starting with the eyebrow and ending with the top of the head.
- Begin giving the message, “Although I have this worry or problem, I can face it, welcome it and learn from it. I can, because I believe in me.”
- After several rounds of tapping and giving yourself positive messages, rate your problem again.
- Has your number lowered?

Learn More About Tapping

- <http://www.healing-with-eft.com/>
- <http://www.tappingsolutionfoundation.org/howdoesitwork/>
- <https://www.thetappingsolution.com/tapping-101/>
- <http://www.tappingsolutionfoundation.org/tapping-teachers-students/>
- <https://www.emofree.com/eft-tutorial/tapping-basics/how-to-do-eft.html>
- <https://draxe.com/limbic-system/>