

## Tapping to Ease Emotional Discomfort

Tapping is a wonderful tool for managing stress or emotional comfort that crops up throughout your day. Some of these feelings might include:

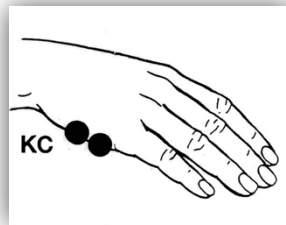
*anger, anxiety, boredom, emptiness, envy, fear, frustration, guilt, loneliness, loss, resentment, sadness, shame*

Here is how you apply Tapping to these feelings.

Using the SUD rating, assess the intensity of your craving.

**1. The Set-Up:** Tap 10 to 15 times on the Karate Chop point while repeating the Set-Up Phrase:

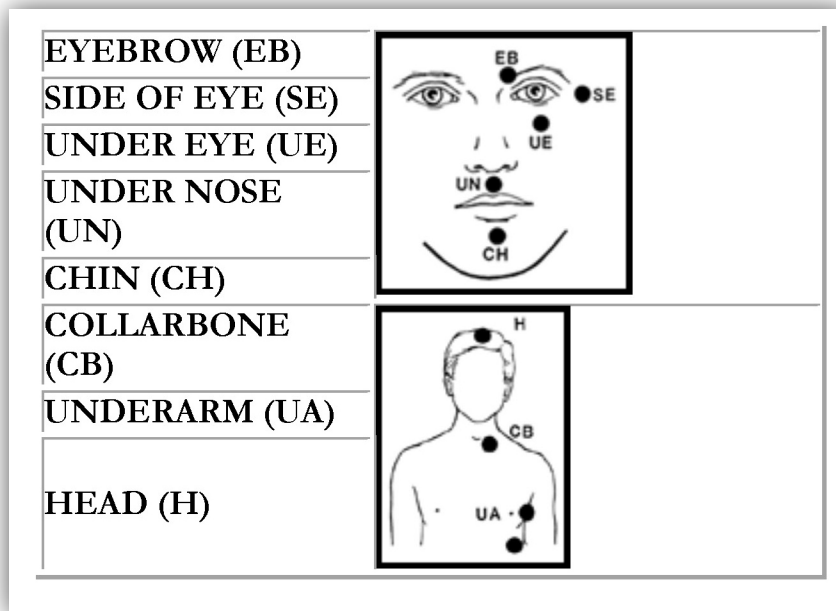
*“Even though I feel \_\_\_\_\_, I deeply and completely accept myself.”*



**2. The Sequence:** With two or three fingers, lightly tap about 10 to 15 times on the points indicated in the diagram. As you tap each point, use the Reminder Phrase, which is an abbreviated version of the Set-Up Phrase.

Move through the sequence of points, using a reminder phrase such as

*“this \_\_\_\_\_ feeling.”*



**3. Breathing, Observing, Reassessing:** Stop, pause, and take a deep breath. Reassess. Check the intensity of your feelings after each round of tapping.

**4. Subsequent Rounds:** continue until the intensity is a two or lower.

### Tapping on Physical Discomfort

It can be really useful to tune into the physical sensations that accompany an emotion. Notice if there is a corresponding bodily discomfort. Where do you feel it? How would you describe it? Is there a heaviness in your chest? A tightness in your throat? Butterflies in your stomach?

*“Even though I feel this heaviness in my chest...”*

*“Even though I’m having trouble taking a deep breath...”*

*“Even though my throat feels tight...”*

*“Even though I have butterflies in my stomach...”*

Be aware that physical sensations, just like emotions, can change. The quality and intensity may shift. They can also move to another part of the body. A headache at the temple can move toward the back of the head. A stomach pain can move up toward the chest. If this happens, you "chase the pain." Note where the pain has moved to, watch for any changes in the quality or intensity of the sensation, and tap.

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