



1

7
One inch below collar bone

Tapping to Calm

- 1. Define feeling:** Frustrated, embarrassed, hurt, sad, bored, tired, scared, stressed, anxious, surprised, happy/excited, etc.
- 2. Rate level of feeling 1-10** (with 10 being highest level).
- 3. Start tapping 3-5 times per location while repeating:**
“Even though I am feeling so _____, I am just going to choose to be calm.”
- 4. Repeat 3 cycles.**
- 5. Re-rate level of feeling 1-10** (with 10 being highest level).