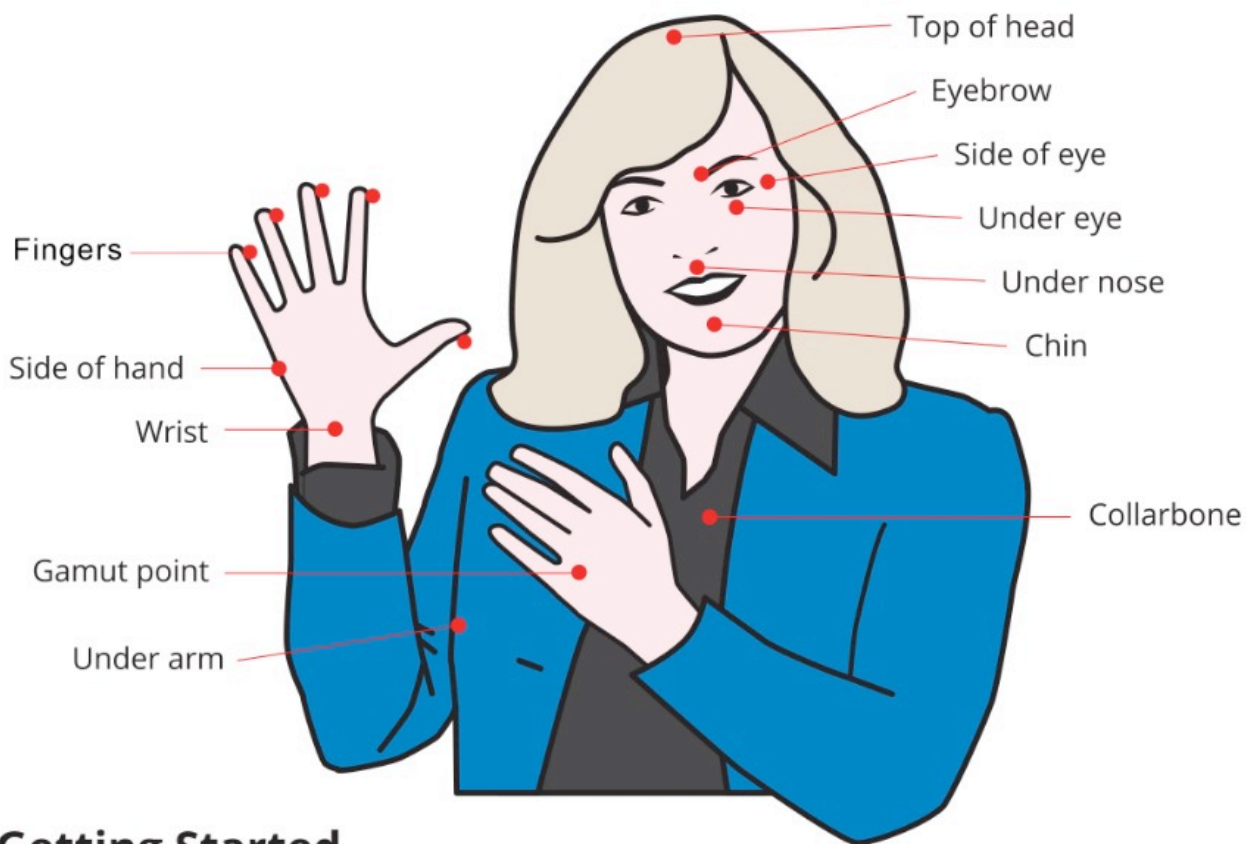


Tapping Points Chart



Getting Started

- 1. Assess the SUDs** (subjective units of distress or how much discomfort are you experiencing on a scale of 0-10.)
- 2. Tap on the side of the hand point** (located between the base of your pinky finger and the start of the wrist) using all 4 fingers of your dominant hand while repeating the following set up affirmation 3 times:
"Even though I have/am _____, I am still OK."
- 3. Tap on the points illustrated 3 to 7 times**, hard enough to feel it but not hurting yourself, starting at the top of the head down the body and finishing by patting the wrist point with the palm of fingers of the opposite hand, while repeating a reminder phrase aloud such as "this _____."
- 4. Take a look at your SUDs again.**
- 5. Repeat as necessary**, look out for shifting aspects and continue until the discomfort has cleared.