

Before The Tapping Protocol Find Out From The Client :

(1) What are the situations that make them most uncomfortable?

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(2) What body sensations do they have ? Where ?

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(3) When they are in this situation, what thoughts are going through their mind?

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(4) Scaling these feelings : On a scale of 1-10 with 1 being the least discomfort and 10 being the most , how would you rate these feelings?

(5) Produce a statement like :

(1) Even though I have this (nausea, pain, hurt etc.) in my (chest, heart, leg, etc. I deeply and completely love, honour and accept myself.

OR

(2) Even though I have the thought that----- and then I would feel -----, I deeply and completely love and accept myself and choose to feel calm

OR

(3) Even though I still have some of this feeling of ----- in my -----, I choose to feel calm and confident