

## Tapping Tips

### Acceptance is the key 'I (choose to) love myself regardless....'

- Use the script as a springboard.
- Use the **client's words in the moment** as much as possible. (Track them as they shift)
- **Keep checking in on body symptoms** 'this pain in my chest... this tension in my shoulders... this grey knot in my stomach etc. – Keep repeating over and over for a round or two
- **Ask client to correct the words to fit** and/or take over with what is coming up for them as they tap
- **When you hit a nerve repeat that phrase** over and over until it clears e.g. 'It hurts so much, it hurts so much'
- Once client knows the points encourage them to trust their intuition about how long to tap on one spot. Sometimes repeated tapping on one spot is helpful
- **Repeat the resistance**– 'I'm not ready to let this go yet. I can't imagine ever letting it go. Even though I can't imagine every being ready to let this go, I choose to love and accept myself anyway...'
- **Accept the issue and allow it to dissolve in its own time.** Aim for acceptance rather than complete clearing in a session – the process will continue after you've finished.