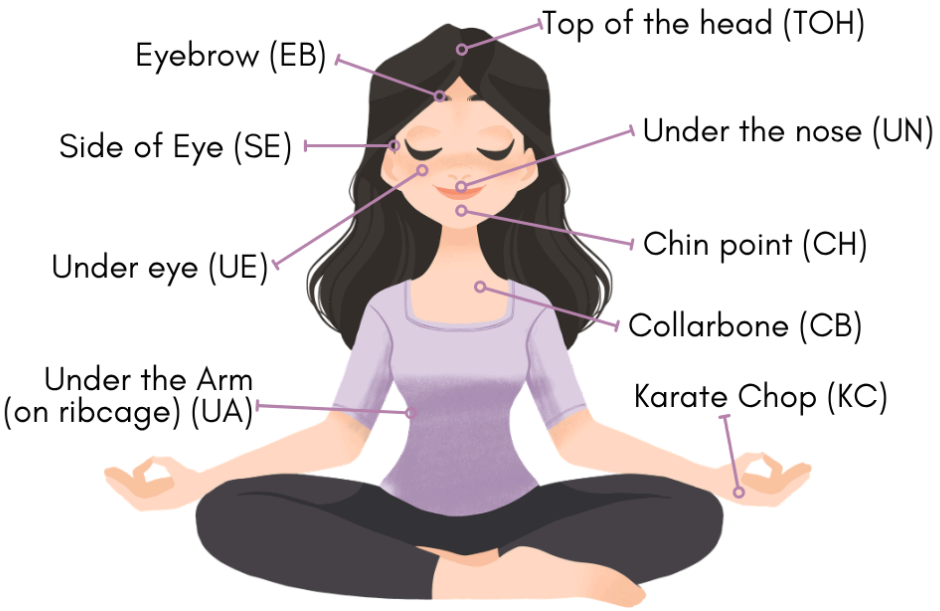
FREE PRINTABLE

The Tapping Guide

Nine points, one simple pattern. Keep it by your bed or on the fridge for the days your body won't settle.



KC **Karate chop**
Outer edge of the hand, below the little finger. The setup goes here.

EB **Eyebrow**
Where the eyebrow starts, just above the nose.

SE **Side of eye**
On the bone at the outer corner of the eye.

UE **Under eye**
On the bone under the eye, in line with the pupil.

UN **Under the nose**
Between the nose and the top lip.

CH **Chin point**
In the crease between the lower lip and the chin.

CB **Collarbone**
Just below where the collarbone meets the breastbone.

UA **Under the arm**
On the ribcage, about a hand's width below the armpit.

TOH **Top of the head**
The crown, with flat fingers.

1 · NAME IT
Pick one thing. Be specific: the knot in your chest about tomorrow.

2 · RATE IT
How strong is it, 0 to 10? Write the number down.

3 · SETUP
Tap the karate chop (KC) and say the setup three times.

4 · TAP
EB through TOH, about seven taps each, saying a few words.

5 · BREATHE
One slow breath. Rate it again. Repeat if it's still high.

GOOD MOMENTS TO TAP

Before a hard conversation · in the car before you walk in the door · when you wake at 2am and your mind starts racing · after a day that took everything · when a craving shows up and you want a pause before you decide.

THE ROUND

A round for wired days

breathe · bloom

For when you can't switch off, even when you finally stop.
Read it out loud, or quietly in your head.

BEFORE · HOW WIRED, 0 TO 10?

0 1 2 3 4 5 6 7 8 9 10

AFTER · HOW WIRED NOW?

0 1 2 3 4 5 6 7 8 9 10

SETUP · TAP THE KARATE CHOP (KC), THREE TIMES THROUGH

> "Even though my body is still running, I'm allowed to slow down, and I accept myself."

THE ROUND · EB THROUGH TOH

EB · EYEBROW	"This buzzing."
SE · SIDE OF EYE	"My body is still on."
UE · UNDER EYE	"Braced for the next thing."
UN · UNDER THE NOSE	"Even though the day is done."
CH · CHIN POINT	"It kept me going today."
CB · COLLARBONE	"I can let it come down a little."
UA · UNDER THE ARM	"Nothing else needs me right now."
TOH · TOP OF THE HEAD	"I'm allowed to rest."

WHAT CAME UP?

Tap with me every month

The Regulation Room has a live tapping session each month, a new short practice, and a flower to support you. $11 a month, first week free.

breathenbloom.com/regulation-room

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