“First started tapping in 2009, went to a monthly group to help deal with the loss of my father. I noticed shifts after repeated use of tapping videos such as less worry, fear, nervousness and anxiety- virtually disappeared- which feels amazing and such a relief to be able to move through the world in a state of grace, peace, love, joy and happiness.”

— MICHELLE RUSSELL, Ireland

“I’ve been using tapping in the classroom for almost 5 years now. The impact it has had is incredible. Being able to refocus my students, calm anxieties, and help manage students’ emotions has changed the way I teach and the way kids learn when they are under my care. Some of my students have even been using the technique in everyday life outside the classroom. I’m so grateful to have this tool as an educator and as a human!”

— GIA NELSON, Teacher, Upland CA

GET IN TOUCH

You can receive free information and tools by visiting:

www.tappingsolutionfoundation.org

Look for The Tapping Solution in your Apps!

Email: info@tappingsolutionfoundation.org

Disclaimer: The information presented here is not intended to represent that Tapping is used to diagnose, cure, treat, or prevent any medical problem or psychological disorder, nor is Tapping intended as a substitute for seeking professional healthcare advice. We strongly recommend that you seek professional advice as appropriate before making any health decision.

The Tapping Solution Foundation is dedicated to bringing EFT Tapping resources to people in need all over the world.

For more information please visit us at:

The Tapping Solution Foundation
www.tappingsolutionfoundation.org
or
The Tapping Solution
www.thetappingsolution.com
HOW DOES IT WORK?

Tapping, also known as EFT (Emotional Freedom Techniques), is a powerful, holistic healing technique that has been proven to effectively resolve a range of issues.

Tapping therapy is based on the combined principles of ancient Chinese acupressure and modern psychology. Tapping with the fingertips on specific meridian endpoints of the body, while focusing on negative emotions or physical sensations, helps to calm the nervous system, retrain the brain to respond in healthier ways, and restore the body's balance of energy.

The basic Tapping technique requires you to focus on the negative emotion at hand - a fear, a worry, a bad memory, an unresolved problem, or anything that's bothering you. While maintaining your mental focus on this issue, you use your fingertips to tap 5-7 times on each of the 9 specific meridian points of the body.

Visit us online to see videos of how to Tap.

TRY IT!

How a basic Tapping sequence works:
Identify the problem on which you want to focus. It can be general anxiety, or it can be a specific situation or issue which causes you to feel anxious.

In this example, we’ll focus on general anxiety (you can change the word “anxiety” to match your current need).

Rate the intensity level of your anxiety on a scale of 0 to 10, with zero being the lowest level of anxiety and ten being the highest.

Compose a setup statement. Your setup statement should acknowledge the problem you want to deal with, then follow it with an unconditional affirmation of yourself as a person.

Setup statement examples could be:

- “Even though I feel this anxiety, I deeply and completely accept myself.”
- “Even though I’m anxious about my interview, I deeply and completely accept myself.”

With your opposite hand, begin tapping on the Karate Chop point (see diagram).

Repeat the setup statement three times aloud, while simultaneously tapping the Karate Chop point.

Tap about 5 to 7 times each on the remaining eight points in the numbered diagram. As you tap on each point, repeat a simple reminder phrase, such as “my anxiety” or “my interview” or “my financial situation” to help you mentally focus on your issue.

Once you are familiar with Tapping, you should use more specific phrases. Visit our resources online for more examples.

Take a deep breath and re-evaluate how you feel. You may have to Tap repeatedly to experience relief. Be patient with yourself and be alert to what other thoughts or feelings come up as you Tap.

WHO WE ARE

The Tapping Solution Foundation was created to provide trauma relief in the aftermath of the life changing events of the Sandy Hook Elementary School tragedy in 2012. The Foundation has continued to bring relief to local communities, from implementing Tapping in schools, to promoting social and emotional learning. The Foundation has also supported efforts worldwide, including bringing healing to Rwanda, and supporting work with children in Guatemala.