

# Kevin's Tapping Chart

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1. Choose a specific "time when" something is now or has bothered you in the past.
2. Identify the EMOTION you are feeling NOW when you think about the event/issue. (Anger, Sadness, Fear, Shame, Guilt, Embarrassment, Frustration, etc.)
3. Gauge how intense the emotion is for you right now, from 0-10.
4. Tune in to your body and see if you can sense where you feel the emotion the most. (head, throat, chest, stomach, etc.)
5. Tap on the "side of hand" point while stating aloud "Even though I feel this \_\_\_\_\_ (emotion / physical sensation), and I can feel it in my \_\_\_\_\_ (body location if present), thinking about the time when: \_\_\_\_\_ state the specific "time when")  
  
"I deeply and completely accept myself." Repeat this "Set-up" statement 3 times.  
(Note: if the Acceptance Statement does not feel true, you might try; "Even though I feel this \_\_\_\_\_, I accept that I am feeling it right now.")
6. Tap gently and continuously on each of the remaining 8 points at a comfortable pace, repeating the "Reminder Phrase" "This \_\_\_\_\_ (emotion) in my \_\_\_\_\_ (body location)". (or just "This \_\_\_\_\_ (emotion) One or both hands, either side of the body.
7. Re-check your emotion's intensity on the 0-10 scale. Continue to repeat as necessary to reduce intensity.
8. Adjust Set-up Statement & Reminder Phrase as you notice that either your emotion or body location of sensation has changed.