

# TAPPING TIPS

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**Here you'll find a brief overview to support you in tapping at home.**

### **Set-up Statement:**

Choose your set-up statement and repeat it three times. For best results, be as specific with your statement as possible. Say it with feeling and emphasis, out loud and with your eyes closed if possible.

"Even though I...

(e.g. feel anxious about x/don't know what to do about x/feel like I can't do x),

...I love and accept myself fully and completely."

As you tap through the points, you can add more details about how you're feeling, the colour/size/shape/intensity of the issue or anything else that feels helpful. It's best to use negative statements in order to release whatever is going on for you. If you'd like to include positive statements/reframes towards the end, you're welcome to do so.

### **Heart Breathing:**

If you become overwhelmed, open your eyes and switch to heart breathing; put your hands on your heart, inhale for a count of 6 and exhale for a count of 6, imagining your heart expanding each time.

Don't forget you can tap whenever and wherever you like. It can be incredible for relieving stress or helping strong emotions feel more manageable.

**Practising EFT can be a great support for day-to-day physical and emotional issues. However, there is only so deep you can go into an issue alone. If you're keen to resolve something deeper, I'd love to support you in a 121 session. Book a complimentary consultation here.**

# THE TAPPING POINTS

- Top of the Head
- Eye brow
- Outside eye
- Under eye
- Under nose
- Under lower lip
- Collarbone spot
- Ribs



- Across wrist
- Thumb
- Index finger
- Middle finger
- Ring finger
- Little finger
- Side of hand