



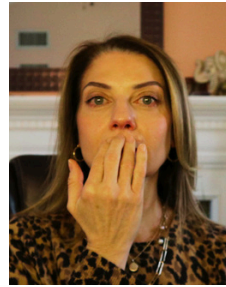
Tapping Points

Typical Thoughts and Emotions Associated with Tapping Points



Top of Head (Governing Vessel)

I relinquish my conflicts and offer them to higher power.



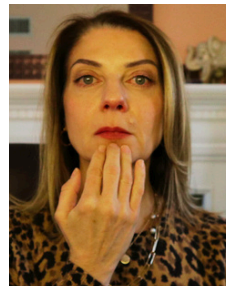
Under Nose (Governing Vessel)

"I am embarrassed"
"I am thwarted"
"I am helpless - not in control of my life"



Eyebrow (Bladder)

"I am in shock -
traumatised - sad."



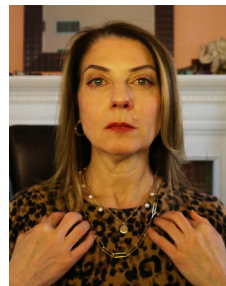
Chin (Central Vessel)

"I feel shame or
humiliation"



Outside Eye (Gall Bladder)

"I am full of rage"



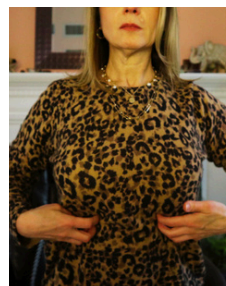
Collar Bone (Kidney)

"I need to release
accumulated tension and
stress"



Under Eye (Stomach)

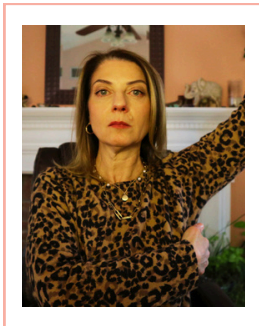
"I am anxious and afraid"



Liver Point (Under Breast/Nipple)

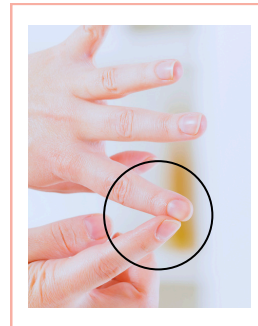
"I am full of toxins - or
toxic experience - I have
been poisoned"

Typical Thoughts and Emotions Associated with Tapping Points



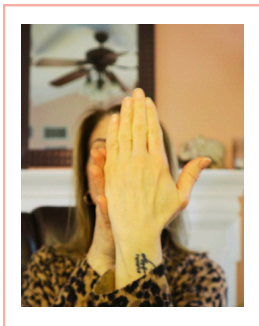
Under Arm (Spleen)

"I feel trapped"
"I am insecure"



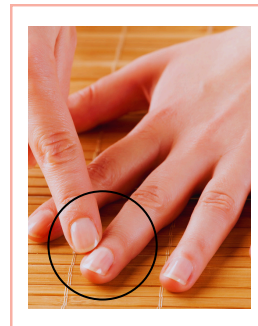
Index Finger (Large Intestine)

"I feel guilt"



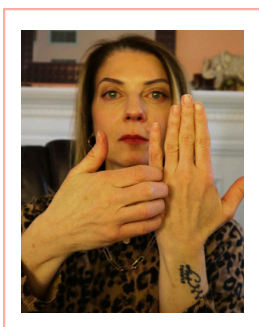
Side of Hand (Small Intestine)

"I am in conflict about
this problem/issue"



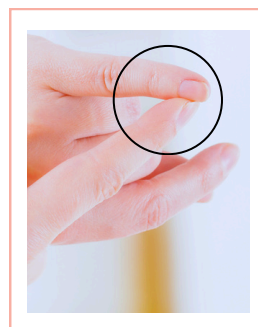
Middle Finger (Heart Protector / Pericardium / Circulation- Sex)

"I feel hurt and
threatened in matters of
the heart
My sexuality is blocked"



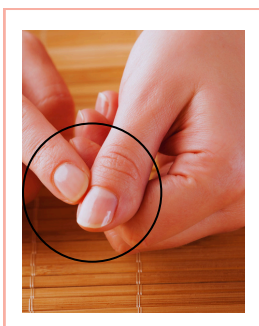
Back of Hand/Gamut Point (Triple Warmer/Thyroid)

"I am stressed"
"I am depressed"
"I am in pain"



Little Finger (Heart)

"I am angry"
"My heart is wounded."



Thumb (Lung)

"I cannot breathe - I am
suffocating"