

*Moving From Fear to Action -
When You're Ready To Say YES!*

Customizing The Tappings To Fit Your Needs

Face it...the more opportunities you have to tap, the faster you'll see progress and the faster you'll create what you are desiring because you'll be eliminating the “junk” that's getting in the way!

What I've found over the years with clients is when they have something to tap with, they tend to tap more often. Often I hear people say that they aren't sure what to tap on, or what words to use. It can become way to easy to put off the tapping fearing that you're not doing it right.

One of the critiques of “tapping scripts” is that they tend to be global and non-specific. There is truth to that, however, I'm going to show you how you can tap along to anything, at any time, no matter if the “issue” relates to you or not and you will receive benefits.

Here's what you do when you recognize that something has hijacked you and you want to do some tapping on it:

1. If you can “name” the feeling that you are currently noticing. Maybe it's “anxious” or it could be “anger” or “sad”. Sometimes we don't know what to call it, and that's okay, you can call it “this feeling”.
2. Now notice where you feel it in your body. Describe the feeling, things like: heavy, sharp, tight, pounding. Scale it on a scale of 0-10, with ten being high.
3. It's always better if you can write it down because once you start tapping we can often forget how high the feeling was originally.
4. Scroll down the tapping topics that you have in your tapping library. Find a “topic” that feels like it resonates with what you are experiencing at this time. If you don't find an “exact” match then pick one that is close to what you're feeling.
5. Tap along with the tapping script using the words that are included. Don't worry that you're saying doesn't match your issue as you've already set your intention and the subconscious knows what to focus on.

6. At the end of the tapping check back into your issue. What do you notice – check back with your body and notice what feels different – how “angry” or “anxious” do you feel now? What came up during the tapping? Write it down
7. As long as there is a change, even if it's only a small one, then you're making progress! Repeat this process as many times as needed.