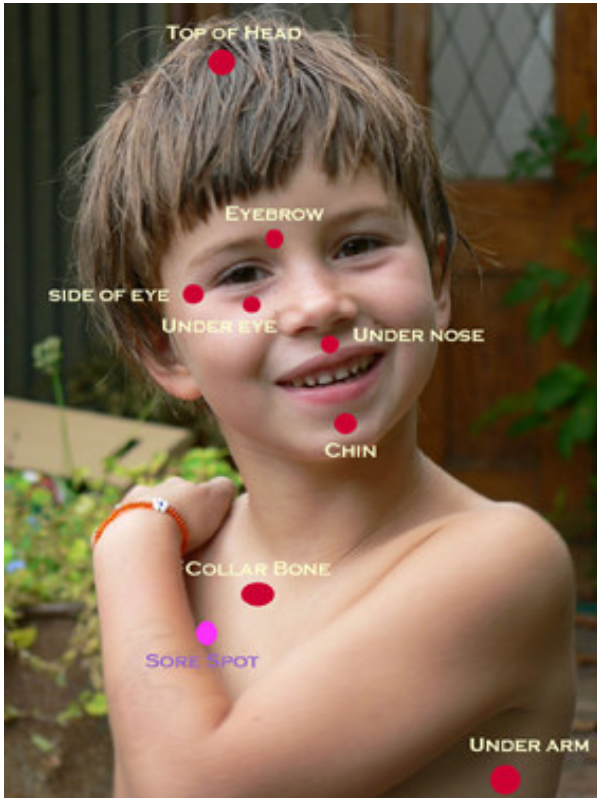


## THE BASIC RECIPE

1. **The Setup...** Repeat your chosen setup sentence 3 times for e.g., "Even though I am angry about \_\_\_\_\_ I am a good kid" while continuously rubbing the Sore Spot (SS) or tapping the Karate Chop (KC) point.



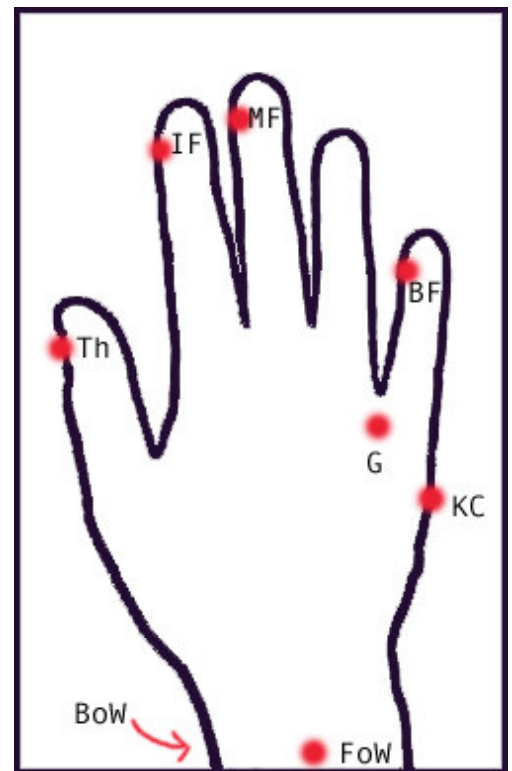
2. **The Sequence...** Tap about 7 times on each of the following magic spots while repeating your feelings at each point.

TOH (top of head)  
EB (eyebrow),  
SE (side of eye),  
UE (under eye),  
UN (under nose),  
Ch (Chin),  
CB (Collar bone),  
UA (Under Arm),  
Th (Thumb),  
IF (Index Finger),  
MF (Middle Finger),  
BF (Baby Finger),  
KC (Karate Chop point)

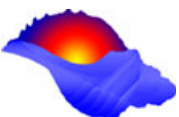
3. **The 9 Gamut Procedure...** Continuously tap on the Gamut point while performing each of these 9 actions:

(1) Eyes closed (2) Eyes open (3) Roll Eyes hard down right (4) Eyes hard down left (5) Roll eyes in circle (6) Roll eyes in other direction (7) Hum 2 seconds of a song (8) Count to 5 (9) Hum 2 seconds of a song.

4. **The Sequence (again)...** Tap about 7 times on each of the following energy points while repeating the Reminder Phrase at each point.  
TOH, EB, SE, UE, UN, Ch, CB, UA, Th, IF, MF, BF, KC.



Note: In later rounds The Setup and the Reminder words are adjusted to reflect the fact that you are dealing with the *remaining* feelings.



# Happy Tapping! The rhyme

Happy Tapping is lots of fun

You can do it on your own - or with anyone!

Tap tap tap on the top of your head,

Tap tap tap do just what I said!

Tap on your eyebrow just near your nose.

Then the side of your eye where the hard bone grows.

Now on the bone - under your eye,

Don't poke your eye or you'll make yourself cry!

Now under your nose - but over your lips

Tap tap tap - with your finger tips!

Now under your bottom lip - but over your chin,

Just on the bit where your chin goes in.

Now under your collarbone - but over your chest,

Under the bump of the bone is best!

The last on the list is under you arm,

To make sure you get it right - slap with your palm!

If you still don't feel good - don't go to bed,

Start tapping again on the top of your head!

*By Don White, Australian Cab Driver*

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