

Tapping Worksheet

Describe the situation in a few words	
It (he/she/they) is ...	Score (0 - 10)
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I see ...	
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I hear ...	
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I tell myself ...	
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I feel ...	
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•	
It reminds me of ...	
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Steps

1. Think of the issue or situation that you want to work on.
2. Give that issue an overall intensity score from 0-10.
3. Complete the statements with whatever enters your mind.
4. Go through each statement, reading it aloud, give it an intensity score from 0-10
5. Start by tapping out the statement with the strongest intensity.
6. Work through each of the 'charged' statements in turn.
7. Recheck the original situation charge.