

PowerTapping Simplified



What PowerTapping Is:

PowerTapping is a set of tools used to eliminate negative beliefs, reduce the intensity of any emotional situation and regain mental composure.

The 3 step protocol is applied to a specific issue or situation.

You'll learn the ideal time when to tap, where to tap and how to tap for the best possible results.

You'll learn an easy 6 step method to breakdown an issue and get the most out of each tapping session.

I'll teach you the most direct way to create then reinforce new beliefs and behaviors.

Issues



Part 1 – Choose Your Issue and Prepare to Tap:

1. Pick a topic that's causing stress in your life. Pick a problem you want to work on and write it down.
2. Rate the problem on an intensity of scale of 1-10, with 10 being most intense and 1 being least intense.
3. Start breaking it down by asking the key question "why". Write everything down that comes to mind. When you run out of reasons, ask yourself "what else" and write down everything that comes to mind.

4. Rate each of these reasons as to how much you believe it's true on a scale of 1-10 with 10 being absolutely – it's an important reason.

5. Go through each of those and ask yourself "why" again and write down everything that comes to mind. No need to rate these.

6. Create a "set up statement" that encompasses the overall issue. Start and end it with "even though I _____ (state the issue) _____ I love and accept myself or I forgive myself".



Part 2 – Starting the Tapping Process “Out With the Old!”

1. Start by tapping on the side of your hand (Karate Chop Point) with the opposite fingers.

2. Repeat the set up statement 3 times with emotional intensity while continuing to tap on the Karate Chop Point.

3. Tap on the first tapping point for 7 seconds while saying out loud an abbreviated version of the set up statement.

4. Go through the full protocol 2-3 times then re-evaluate the intensity of the issue.

5. If the intensity is still higher than a 4 repeat the process 2 more times and add some of the other sub issues (aspects) one by one as you go from point to point. Re-rate then move to the “Tapping In” process.

6. The goal is to get the intensity of the original issue under a 4 before moving on, (ideally a 2 or less).



Part 3 – Replacing old beliefs with new beliefs – “Tapping In”

- 1) Determine what it is you want to happen or how you want to behave.
- 2) Put it in a present tense statement. "I am _____". Rate it on a scale of 1-10. In this exercise 10 is the highest level of belief and 1 is the lowest level of belief.
- 3) Start tapping on the end of your cheek bone in front of the right ear. Continue to tap on your skull – up, back and around to the back of the ear. Do this continuously while saying out loud 5 times with emotional intensity the positive belief statement. "I am _____".
- 4) Take a full breath and rate the level of belief again. If it's above 7 you can move on. Ideally it should be 9 or higher. If not, ask yourself "why" and repeat the Tapping Out process while focusing on the reason still holding you back.
- 5) Finish with Tapping In 5 times.

REVIEW

- 1) Part 1 - Choose a topic to work on.
 - A) Break it down, and then create a "set up" statement with –
"even though I ____ (state the issue) ____ I love and accept myself or I forgive myself".
 - B) Rate it on scale of 1-10
- 2) Part 2 – Go through the tapping process.
 - A) Rate on a scale of 1-10 the intensity of the issue. If it's under a 4 proceed to the **Tapping In** process.
 - B) If it's over a 4 repeat the process 2 more times and add in other aspects of the primary issue as you move from point to point. Then re-rate 1-10 and move to the **Tapping In** process.
- 3) Part 3 – Create a statement reflecting how you want to respond or behave in the future. Put it in the present tense "I am" and rate it on a scale of 1-10 on how much you believe it to be true.
 - A) Tap 5 times around the right ear while saying the "I am" statement with emotional intensity and belief.

what to do

- Choose a topic right away, something that you need to change or get relief from.
- Put aside 10 minutes or more and start tapping.
- Get a spiral notebook and keep a running journal of what you are working on.

Take action!