



TAPPING IN
A Step-by-Step
Guide to Activating
Your Healing
Resources Through
Bilateral Stimulation

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Tapping In Trauma Relief: Harriet's Accident

Harriet was driving along a frontage road on a sunny afternoon, when out of the blue a car made a left turn right in front of her. As she quickly swerved out of the way, she thought to herself, "Oh no, I'm going to hit the tree!" Then there was a loud crash. The airbags broke and smoke filled the car. Fearful that her car was on fire, she quickly opened the door and stumbled out. Safely outside, she scanned her body for injuries. Though she was trembling and her legs felt like rubber bands, she realized with relief that she was all right.

When Harriet got home her whole body was shaking from the trauma. The scene of the accident played itself over and over in her head. She was stuck in the moment of terror—that "*Oh shit* moment" and was not connecting to the moment that came soon after when, she realized she was OK. She wanted to clear the trauma as soon as possible before she developed post-traumatic symptoms such as anxiety, nightmares, or a fear of driving.

She lay down on her bed and brought her attention to her body. She then began to tap on the sides of her legs, right-left, right-left, as she recalled getting out of the car and realizing that she was not injured. As she imagined this she repeated to herself, "Nothing's broken, I'm OK." With the imagery and positive statements running, she tapped until she felt her body take in the information and she could feel herself relax. It took about thirty minutes for the trembling in her body to cease. From time to time over the next day or two she would tap in the positive image and words, continuing to reinforce them.

After the second day, she felt the accident was behind her. Later, she found that she was able to drive without it affecting her confidence and sense of safety.

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