



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

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Tapping In

When to Use Resource Tapping

Calm yourself in the face of everyday stressors

- First date
- Public speaking
- Job interview
- A tough meeting at work
- “Difficult” conversations
- Screaming child
- Financial worries
- Holiday dinner with family
- Traffic jam

Cope with immobilizing fears

- Heights
- Flying
- Animals
- Medical/dental procedures

Facilitate physical healing

- Recovery from illness
- Preparation for surgery
- Improve sleep

Trauma first-aid for self and others

- Minor auto accidents
- Natural disasters
- Common childhood traumas, such as a scary dog or a fall from a bicycle
- Minor physical injury

Personal enhancement

- Boost athletic performance (drug free!)
- Spark creativity
- Feel empowered

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