

# A Tapping Sequence for freeing yourself from being stuck by negative events that happened to you that still create negative feelings (emotions) in you when you think of them now

Tune into a specific event that causes you any kind of negative emotion / feeling **now**, for eg. When you think about it you feel angry, sad, betrayed, hurt, annoyed, stuck, embarrassed... give it a movie title. Short is best, with specific words you can remember, then gauge how intense your feelings are about this event now.

## Examples:

I was bullied in school by 2 boys at the age of 10,  
My Dad saying 'you're useless' that summer,  
My Mom telling me I'll always be fat that time in the kitchen,  
I wet my pants  
Seeing the plane crash on TV etc.

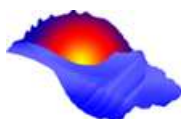
(NOT "All those times I was called ugly" – instead go back to the first time you can remember it happening and use THAT specific time)

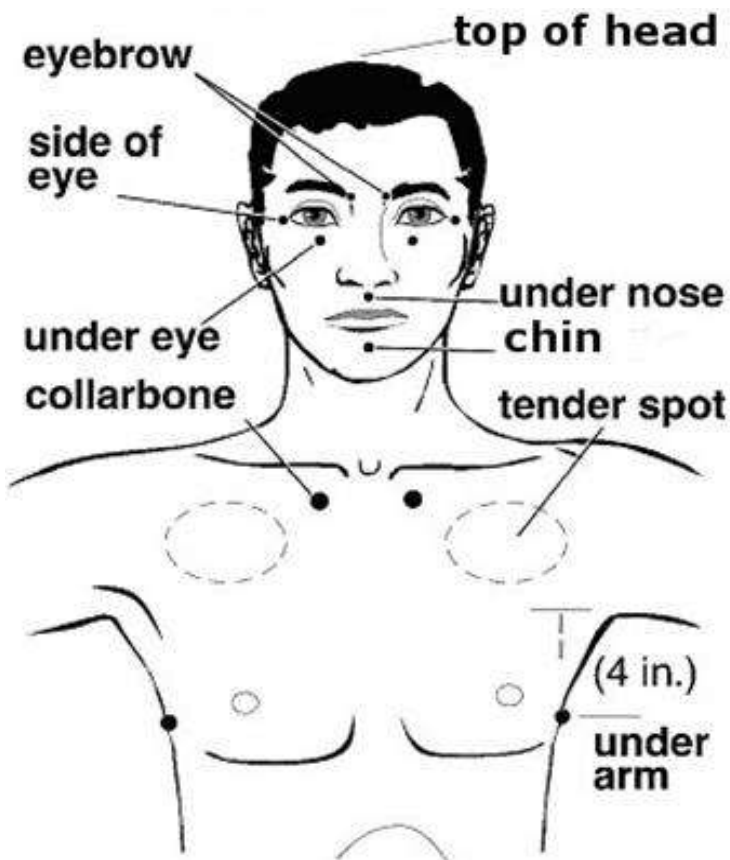
As you tap, please tune into the emotion/feeling attached to your problem/issue/memory from that event that you noted down for yourself – this feeling may change as you tap. This is normal. You may go from anger to sorrow to poor me to hatred to boredom to feeling sorry for the other person – this is normal and part of the process. Keep tapping on the memory of the event as you are feeling the different emotions. This will help resolve the negative impact. Do this until you feel free of the past event. If you get stuck we recommend booking a session with a [AAMET](#) qualified EFT practitioner.

**Karate Chop:** Even though I remember this painful event, I deeply and completely accept that this did happen and it affected me somehow.

**Karate Chop:** Even though it happened, this painful event and I wish I could do something about it – whatever "something" is, and I deeply and completely accept that I have these feelings about this painful event.

**Karate Chop:** Even though it happened, this painful event, I deeply and completely accept that I deserve to have feelings because of all that happened and all that it meant to then and now.





**Eyebrow:** This painful event  
**Side of Eye:** I remember this painful event  
**Under Eye:** I really feel what it was like when this painful event  
**Under nose:** Sometimes I remember this painful event and it's overwhelming  
**Chin:** Sometimes I feel so much emotion when I remember this painful event and it makes me feel out of control  
**Collarbone:** But I can't help but feel this because of this painful event  
**Underarm:** I wish I could NOT feel anything when I think of this painful event  
**Top of Head:** But I do feel it because this painful event  
**Eyebrow:** I acknowledge that I feel these feelings because this painful event  
**Side of Eye:** even if I don't like it  
**Under Eye:** I still really feel these feelings

because I have every right because of this painful event

**Under nose:** But I wonder what it would be like NOT to be affected by this painful event

**Chin:** But I don't know right now how this could happen

**Collarbone:** because I still feel all these feelings

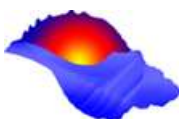
**Underarm:** this painful event

**Top of Head:** this painful event

**Karate Chop:** Even though this painful event still makes me feel like this and I have lots of good reasons to feel like this because it happened, I deeply and completely accept that I have these feelings, that I have the right to feel these feelings and that they are my feeling and that's OK... and maybe I can choose my feelings in the future instead of my feelings choosing me.

**Karate Chop:** Even though I have these remaining feelings because of this painful event which I deserve to feel - I know that deep down I really wish I could let go of all these feelings so I don't have to carry them around with me all the time and I completely and totally accept myself anyway.

**Karate Chop:** Even though this terrible thing happened to me of this painful event, and I have these remaining feelings because it happened, I know that deep down I want to let it go and I don't need all this baggage, so I am proud of myself for wanting to let all this go – even if I don't do it until I am good and ready.



**Eyebrow:** I still feel these feelings about what happened, even though they are changing now.

**Side of Eye:** I still have these remaining feelings about this painful event

**Under Eye:** I have many reasons to NEVER let go because of this painful event

**Under nose:** But I am soon willing to let this go because I really don't want all this anymore

**Chin:** I know that when I remember this painful event, what is makes me feel holds me back – and I want to let it go.

**Collarbone:** Even if I believe someone should be punished, it's not me I want to punish.

**Underarm:** I am open to learning how to let go of all the bad things I feel about this painful event

**Top of Head:** I accept I feel these feelings about this painful event, I have every right to feel like this because of this painful event and I am now willing to let go of all this

**Eyebrow:** Even if I still don't understand

**Side of Eye:** and even if I don't feel like it's fair

**Under Eye:** I still really feel like not having to carry this around with me

**Under nose:** Even if I have lots of reasons, I'm tired of carrying this around with me

**Chin:** I know that when I feel like this about this painful event, it holds me back – and I want to finally let it go.

**Collarbone:** I have endured this long enough. I have survived and I am proud I have survived.

**Underarm:** I am open to learning how to let go of this painful event

**Top of Head:** I know this really happened, but that was then and this is now, and I am now willing to let go of this and FINALLY NOT have to feel these strong emotions about this painful event.

**Eyebrow:** Even if I really deserve to feel strongly about this painful event and I have all these reasons to feel like I do because anyone would...

**Side of Eye:** I now can choose to let them go now

**Under Eye:** I am happy I can let them go when I am ready.

**Under nose:** I have the right to choose NOT to feel like this anymore.

**Chin:** I don't have to punish anyone right now and I can choose to let go all of the hold this this painful event has over me

**Collarbone:** I can release this now when I feel like it.

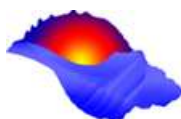
**Underarm:** I have better things to do with all that emotion.

**Top of Head:** I am worthy of having a choice.

**Karate chop:** Even though I have felt this for so long, I appreciate that I felt that because I was trying to protect myself somehow.

**Karate chop:** Even though it happened, this painful event, and it's obvious that I should feel all these emotions, I now choose to let all this go because it doesn't serve me anymore.

**Karate chop:** Even though I used to feel all this about this painful event, I know that there is a better way and I appreciate that in me.



**Eyebrow:** This whole thing that happened, this painful event, is starting to feel less troublesome now

**Side of Eye:** I now can choose to let this go when I am ready.

**Under Eye:** I am worth the freedom that NOT feeling this anymore can give me.

**Under nose:** I now choose NOT to feel so much when I think of this painful event anymore.

**Chin:** I know this used to be important to me and I am grateful that this somehow protected me

**Collarbone:** But it is time to move on and I can release this now

**Underarm:** I have better things to do with all that emotion

**Top of Head:** I am worthy of letting this go and I am happy I can finally let this go.

**Eyebrow:** I am safe to let this go when I am ready

**Side of Eye:** I now choose to let this go and feel safe

**Under Eye:** I am worth letting this go

**Under nose:** I now choose NOT to feel so much pain because of this painful event anymore.

**Chin:** I choose not to feel so emotional when I remember this painful event anymore

**Collarbone:** I am grateful I don't need this feeling any more

**Underarm:** I am grateful this feeling doesn't control me anymore and I choose to feel happy and free for letting this go

**Top of Head:** I am happy to be free of this

**We hope that this Tapping Sequence helped you. We encourage you to peruse this site, browse the links on this site and share this information.**

I also want to thank Karin Davidson for her website [http://www.howtotap.com/EFT\\_words.html](http://www.howtotap.com/EFT_words.html) which inspired this sequence.

