

# A Tapping protocol for strong negative emotions/ feelings

**Using your Awareness, Tune into the strong negative emotion (for example: sadness / anger / fear / anxiety / frustration / depression etc.) that you want to release and be free from, notice any physical/ emotional mental stress, tension, suffering or pain.** Note this down and gauge your level of distress. Then follow the sequence below. As you tap, please tune into the emotion/feeling attached to your problem/issue/memory that you have 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. You can keep tapping on the first emotion and then tap through again while tuning in to the new emotion or the remaining emotion:



**Karate Chop:** Even though I feel this strong emotion, I deeply and completely accept that I have these feelings.

**Karate Chop:** Even though I feel this strong emotion, and I wish I could do something about them – whatever “something” is, and I deeply and completely accept that I have these feelings.

**Karate Chop:** Even though I feel this strong emotion, I deeply and completely accept that I deserve to have these feelings because of all that it means.

**eyebrow:** I feel this strong emotion

**Side of Eye:** I feel this strong emotion

**Under Eye:** I really feel this strong emotion

**Under nose:** Sometimes I feel this strong emotion and it's overwhelming

**Chin:** Sometimes I feel this strong emotion and it makes me feel out of control

**Collarbone:** But I can't help but feel this strong emotion

**Underarm:** I wish I could NOT feel this strong emotion

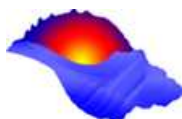
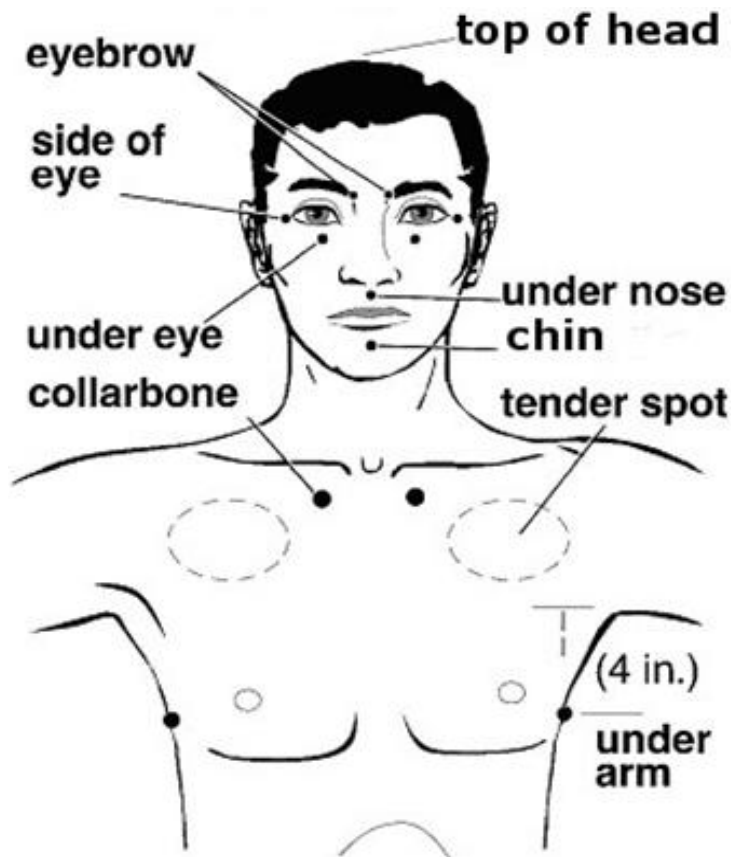
**Top of Head:** But I do feel this strong emotion

**eyebrow:** I acknowledge that I feel this strong emotion

**Side of Eye:** even if I don't like it

**Under Eye:** I still really feel this strong emotion because I have every right

**Under nose:** But I wonder what it would be like NOT to feel this strong emotion



Chin: But I don't know right now

**Collarbone:** because I still feel this strong emotion

**Underarm:** But I would really like to not HAVE to feel this strong emotion

**Top of Head:** So someday I hope I can feel differently when I'm ready

**Karate Chop:** Even though I still feel this strong emotion and I have lots of good reasons to feel this strong emotion, 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 of this strong emotion 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 I have these remaining feelings of this strong emotion, I know that deep down I want to be a good person and don't need all this baggage, so I am proud of myself for wanting to let all this go but not until I am good and ready.

**Eyebrow:** I still feel this strong emotion

**Side of Eye:** I still have these remaining feelings that I feel this strong emotion

**Under Eye:** I have many reasons to really feel this strong emotion

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

**Chin:** I know that when I feel this strong emotion, it holds me back – and I want to let it go.

**Collarbone:** Even if I have to punish someone, it's not me I want to punish.

**Underarm:** I am open to learning how to let go of this strong emotion

**Top of Head:** I accept I feel this strong emotion, and I am now willing to let go of this and not have to feel this strong emotion.

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

**Side of Eye:** and even if I don't feel like its 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 this strong emotion, 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 strong emotion

**Top of Head:** I accept I feel this strong emotion, and I am now willing to let go of this and FINALLY NOT have to feel this strong emotion.

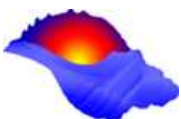
**Eyebrow:** Even if I deserve to feel this strong emotion and have all these reasons to feel this strong emotion

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

**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 this strong emotion anymore.

**Chin:** I don't have to punish anyone right now and I can choose NOT to feel this strong emotion



anymore.

**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 strong emotion for so long, I appreciate that I felt that because I was trying to protect myself somehow.

**Karate chop:** Even though I have felt this strong emotion for so long, I appreciate that I had reasons to feel this strong emotion.

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

**Eyebrow:** This feeling of this strong emotion is starting to feel less troublesome

**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 this strong emotion 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 this strong emotion anymore.

**Chin:** I choose not to feel this strong emotion anymore

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

**Underarm:** I am grateful this feeling doesn't control me any more 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 protocol helped you we encourage you to peruse this site, browse the links on this site, share this information, come to our workshops, and do check out [Gary Craigs' site](#) for DVD's**

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 these protocols. She has made some amazing DVD's too.

If you get stuck we recommend booking a session with a [AAMET](#) qualified EFT practitioner.

