

A Tapping Sequence 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

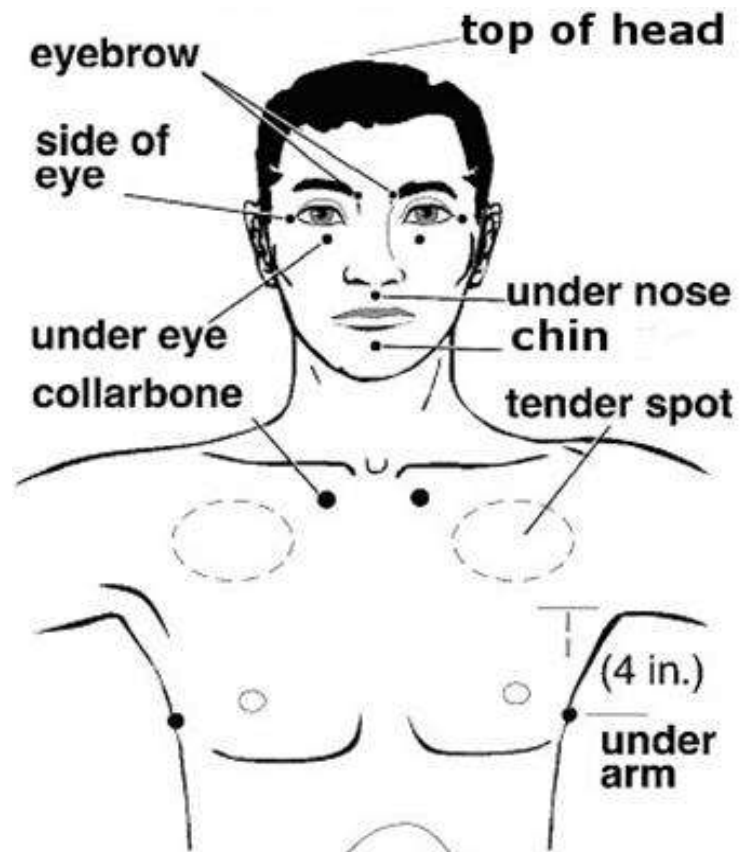
Chin: Sometimes I feel this strong emotion and it makes me feel out of control

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

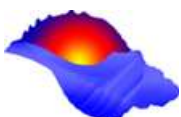
Underarm: I wish I could NOT feel this strong emotion

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

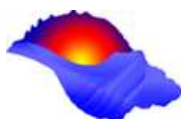
Chin: I know that when I feel this strong emotion, it holds me back – and I want to finally let it go.

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

If you get stuck we recommend booking a session with an [AAMET](http://www.aamet.com) qualified EFT practitioner.

