## ACUPRESSURE FOR THE EMOTIONS

1. **Addictive Urges, Habits**

* Tap Sequence:

# Eyebrow, Under Eye, Under Nose, Under Lip, Under Arm, Collarbone

* Tap back of hand whilst rotating eyes anti clockwise and clockwise
* Repeat tap sequence

1. **Anger**

* Tap Sequence:

Eyebrow, Little Finger\* (whilst tapping repeat intention statement of choice), Collarbone

* Tap back of hand whilst rotating eyes anti clockwise and clockwise
* Repeat tap sequence

***\*****Intention Statement:*

*“I forgive them/him/her, because they didn’t know how to do differently”*

*“I forgive them/him/her, but I hold them/him/her accountable”*

*“I let go of this anger for my own well-being”*

*Choose statement that best fits the situation or use your own variation.*

1. **Anticipatory Anxiety**

* Tap Sequence:

**Eyebrow, Under Nose, Under Lip, Under Eye, Collarbone, Under Arm, Collarbone,**

# Under eye

* Bridge: Tap back of hand whilst rotating eyes anti clockwise and clockwise
* Repeat tap sequence

1. **General Anxiety, Stress, Worry**

* Tap Sequence:

**Under Eye, Under Nose, Under Lip, Under Arm, Collarbone**

* Bridge: Tap back of hand whilst rotating eyes anti clockwise and clockwise
* Repeat tap sequence

1. **Grief, Sorrow, Loss, Sadness**

* Tap Sequence:

**Eyebrow, Outside Eye, Under Eye, Under Nose, Under Arm, Collarbone, Index fingernail, Collarbone, Back of Hand (50x)**

* Bridge: Tap back of hand whilst rotating eyes anti clockwise and clockwise
* Repeat tap sequence

1. **Guilt**

**Under Lip, Index Finger\*, Collarbone, Back of Hand (50x)**

* Bridge: Tap back of hand whilst rotating eyes anti clockwise and clockwise
* Repeat tap sequence

***\*****Intention Statement:*

*“I forgive myself, because I didn’t know how to do differently or I did the best under the circumstances”*

# Phobias

* Tap Sequence:

# Eyebrow, Under Nose, Under Arm, Under Eye, Collarbone

* Bridge: Tap back of hand whilst rotating eyes anti clockwise and clockwise
* Repeat tap sequence

1. **Fear**

* Tap Sequence:

# Eyebrow, Under Nose, Under Eye, Under Arm, Collarbone

* Bridge: Tap back of hand whilst rotating eyes anti clockwise and clockwise
* Repeat tap sequence

1. **Hurt Feelings, Rejection**

* Tap Sequence:

**Under Eye, Thumb nail, Under Nose, Collarbone, Index fingernail\*, Collarbone, Back of Hand (50x)**

* Bridge: Tap back of hand whilst rotating eyes anti clockwise and clockwise
* Repeat tap sequence

***\*****Intention Statement:*

*“ I love and accept myself and remain open to new possibilities”*

1. **Shame**

* Tap Sequence:

**Under Lip\*, Under Arm, Little Fingernail, Collarbone, Index fingernail, Collarbone, Back of Hand (50x)**

* Bridge: Tap back of hand whilst rotating eyes anti clockwise and clockwise
* Repeat tap sequence

***\*****Intention Statement:*

*“I forgive myself and others, and I accept a new beginning”*

1. **Trauma**

* Tap Sequence:

**Eyebrow, outside Eye, under Eye, Under Arm, Collarbone, Thumb nail,**

# Under arm, Collarbone, little Fingernail\*, Collarbone, Index Finger nail\*\*

* Bridge: Tap back of hand whilst rotating eyes anti clockwise and clockwise
* Repeat tap sequence

***\*****Intention Statement -Anger:*

*“I forgive them/him/her, because they didn’t know how to do differently”*

*“I forgive them/him/her, but I hold them/him/her accountable”*

*“I let go of this anger for my own well-being”*

***\*\*****Intention Statement-Guilt*

*“I forgive myself I know that I could not have done differently”*

*“I forgive myself, I did the best under the circumstances”*

**12. Frustration and disappointment**

* Tap Sequence:

**Eyebrow, Under Eye, Under Arm, Collarbone, little Fingernail\***

* Bridge: Tap back of hand whilst rotating eyes anti clockwise and clockwise
* Repeat tap sequence

***\*****Intention Statement:*

*“I let go of this anger for my own well-being”*

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