

## Meridian Tapping Handout

Step 1 **Name the problem** clearly, directly, and truthfully.

Step 2 Make a **SUD** evaluation. 0=none, 10= unbearable.

Step 3 **SET-UP Phrase**. Repeat 3 times out loud while tapping with 2-3 fingers on the Karate Chop- point 1. *“Even though (I have this problem), I deeply and completely love and accept myself.”*

Example: *“Even though I have this headache, I deeply and completely love and accept myself”*

Step 4 **Reminder Phrase**. Using one or two fingers, rapidly, without hurting yourself, tap 7-10 times on each spot (points 2 thru 9) while speaking the reminder phrase, or key word. For Example: **“this headache”**.

Step 5 **Take a deep breath and check your SUD level**. If not 1 or below, repeat the above step or go to Step 6. If no progress in reducing the SUD, explore other aspects of the problem such as how the problem makes you feel. For Example *“Even though I feel angry that this headache won’t go away and I am missing work because of it, I deeply and completely love and accept myself”*. Key word would be **“angry”** or **“missing work”**. If still no progress, call a professional practitioner for more advanced techniques in this method.

Step 6 **Repeat** if needed (until SUD 1 or less) with *“Even though there is still some of this problem (headache) remaining, I deeply and completely love and accept myself.”* With key word **“Remaining problem (headache)”**.

Step 7 **May also try** *“I really want to get completely over this problem (headache), and I deeply and completely love and accept myself”*. Key word **“completely over”**.

### Tapping points :

1 Karate chop (step 3)

(Step 4) Order is not important  
Presented this way for ease of remembering the steps

2 Eyebrow (Bladder meridian)

3 Corner of eye (Triple warmer meridian)

4 Under Eye (Stomach Meridian)

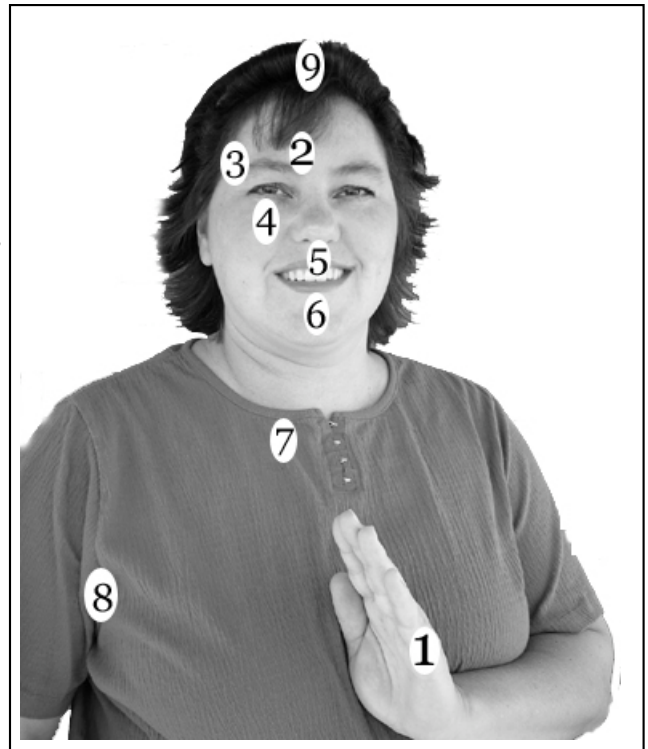
5 Under nose (Governing Meridian)

6 Dimple between mouth & chin (Central Meridian)

7 Collar bone (k27) (Kidney meridian)

8 Under arm /monkey spot (Spleen meridian)

9 Top of the head (All meridians)



### Optional steps

Step 8 **Positive tapping** of what you would rather experience, tap starting at eyebrow.

Step 9 **Forgiveness step** Some issues will involve other people and it is important to forgive yourself and the other person. Everyone involved is always doing the best they can. Place fist over heart, rub in a circle while saying *“I forgive myself for name the problem, I am doing the best I can. I forgive (the other person) for their problem, They are doing the best they can.*

Adapted from the work of Carol Look [www.carollook.com](http://www.carollook.com) and  
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