

## AM / PM TAPPING INSTRUCTIONS

Daily: 3 rounds of tapping in the morning and 3 rounds in the afternoon or evening.

### MORNING TAPPING:

#### Round 1 and 2:

Tap on thoughts or events that cause you negative emotions such as: worry, fear, anger, disappointment, aggravation, frustration, sadness, hopeless, grief, loneliness, guilt, shame, etc. Current issues or past issues. You can tap on a variety of issues, or focus on one issue during your rounds of tapping.

It's easy when you begin each sentence with the phrases below.

I hate

I'm annoyed

I'm worried

I'm afraid

I'm anxious

I'm frustrated

etc....

#### Round 3:

“Even though all this is true I choose to have a great day” or

“Even though all this is true, I choose to remain calm and relaxed.

Your sentence here can be general, as in the ones above, or specific to your issue.

During Round 3 make sure you use only POSITIVE words. No: can't, don't, will, afraid, etc.

## **EVENING TAPPING:**

**Round 1:** Tap on anything that occurred during the day that caused you worry, anxiety, frustration or any other negative emotions. You can also tap on current issues or past issues.

**Round 2:** Tap on the personal things you feel grateful for.

### **Round 3:**

This round starts with “I choose to sleep well or “I like the idea I sleep well

You can complete your sentence with

“and remain calm and relaxed everywhere or

“have a great day tomorrow.”



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