

TRAUMA TAPPING TECHNIQUE (TTT)

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Purpose: Defuses and desensitizes traumatic memories and reactions.

Use when:

- After a shocking or traumatizing incident
- When feeling emotional distress
- For post-traumatic stress: anxiety, flashbacks, insomnia, etc.

Common experiences:

- Feeling emotional discharge and release
- Shifts in perception & greater clarity
- Feeling more balanced, relaxed, here & now

Steps:

1. Make contact with your partner, (or with yourself).
2. Select an upsetting memory to focus on.
3. Think of the upsetting memory just a little bit, not too deeply.
4. Tap the sequence of points (see below)
5. Breathe two deep breaths.
6. Tap the sequence of points again.
7. Again breathe two deep breaths.
8. What do you notice now?
9. Usually people notice that the upset has changed or greatly diminished after two rounds of tapping. Repeat the treatment sequence with the until you feel calm.
10. Acknowledge yourself for the shifts and changes you've experienced.

The sequence of treatment points (see page 3 for a diagram)

Tap 10-15 times on the following points in the following order. Tap gently but firmly, with two or three fingers:

1. The karate chop point /side of the hand
2. Beginning of eyebrow/s
3. Outside of the eye/s (flat area outside the outer corner of the eye)
4. Under the eye/s (on the upper edge of the ocular bone, below the pupil)
5. Under the nose
6. Under the mouth
7. Under the collarbone (Just below the bony knob of the collarbone, and approximately 1" outside the sternum)
8. Under the arm/s (4-6" below the armpit, parallel to the breast, on the outside medial line of body; on the seam of your shirt or blouse --- if it has a seam on the side!)
9. The little finger (at the bottom corner edge of the nail, on the side closer to the

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midline of the body)

10. The ring finger -"- (all these finger points are at the bottom corner edge of the nail, on the side closer to the midline of the body)

11. The middle finger -"-

12. The index finger -"-

13. The thumb -"-

14. Under the collarbone again.

Note:

During this treatment the mind will relax and so will the body. Surprisingly to most people the problem will decrease or disappear. When you try to re-connect with the original memory, it will feel different. A faint memory of the trauma remains, but the suffering is gone.

Some memories can be complex and relate back to earlier memories. Repeat the treatment several times, as needed, until the emotional reaction has diminished significantly.

TTT may be done alone or with a partner.

Follow along with the video, alone:

https://youtu.be/_jHWq6n6WNM

Follow along with the video, with a partner:

<https://youtu.be/cAK3L7Sw5CU>

See page 3 for a diagram of the points.

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TAPPING POINTS ON THE BODY

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