

SIDE OF THE HAND SHOCK TAPPING

(From Roger Callahan, Thought Field Therapy)



Purpose:

To release shock and bring the system back 'online.'

Use when:

- Feeling numb, shocked, paralyzed
- Feeling stuck or unable to focus

Common experiences:

- Feeling more awake, alert, present
- Feeling more connected to body



Steps:

Tap the side of the hand repeatedly until the system releases the shock (freeze) response, and the body begins to awaken.

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