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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