

## How to Tap with Jessica Ortner

**1.** Pick a target. Be very specific about what you want to work on.  
For instance, “The frustration I have over this project at work.”

**2.** Scale your emotion or physical discomfort on the scale from 1 to 10, where 10 represents the most discomfort and 0 represents no discomfort.

**3.** Create your setup statement. “Even though I (have this problem), I deeply and completely accept myself.”

“Even though I have this throbbing aching pain in my lower back, I accept myself.”

“Even though I’m really angry because my boss didn’t approve my idea, I accept myself.”

Tap on the karate chop point while you say the setup statement three times.

**4.** Tap on the points while using the reminder phrase.

- This is about being honest and saying how you feel as you tap.
- The reminder phrase contains the words you use while tapping on the points on the face and body.
- The reminder phrase helps you stay focused on the energy you need to clear.
- Remember, it’s not about your wording. The words should just reflect your emotions
- Example, “this throbbing back pain” or “ this frustration over not getting the promotion.”

**5.** Take a deep breath in and check in to see how you feel. On a scale of one to ten how did the feelings change?

**6.** Be persistent! Continue tapping until the intensity comes down. Often an underlying emotion may surface. Feel free to shift the tapping to the feeling that has the strongest charge.

The key to getting results is to be very specific when you target the problem. Here are some questions you can ask yourself to discover the best tapping target.

What’s the downside of getting what I want?

How does it serve me to stay how I am?

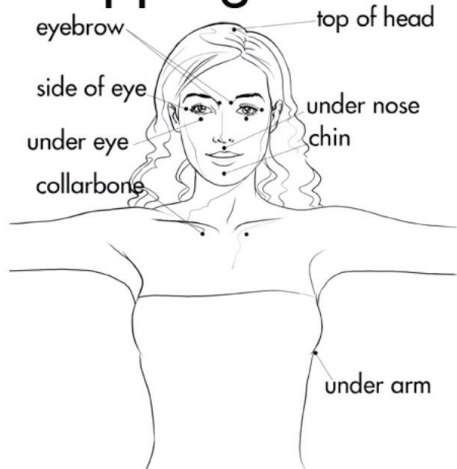
Whom do I blame for this problem in my life?

What might I have to deal with if this problem was resolved?

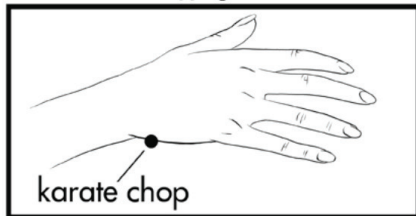
*The answers to these questions then become the words you tap on.*

## The Emotional Door to Physical Healing

### Tapping Points



[www.TheTappingSolution.com](http://www.TheTappingSolution.com)



When tapping on a pain you can begin by just focusing on the symptom while you tap. The more specific you can be the better. Instead of saying “This back pain” you can say “This sharp pain in my lower back that I feel at night.” If that doesn’t work or you improve but still remain in pain take the emotional door. Ask yourself these questions to find the emotions that may be contributing to the pain.

Stress and other negative emotions drain our immune system. When your body is no longer trying to survive under all the stress it can go back to doing what it is meant to do, recover and heal.

What is the downside of recovering from this symptom?

*For example- I have trouble saying no. If I recover from this pain I wouldn't have a reason to tell others I cant or don't want to do something.*

*Setup statement would become, “Even though I don't want to recover because I have trouble telling others I don't want to do something, I accept myself and how I feel.*

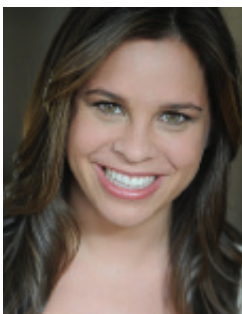
What would I have to do if I recovered?

If this pain was a metaphor for something in my life what would it be?

What was going on in my life when this pain began?

What limiting beliefs do I have about this pain?

Take the answers to these questions and begin tapping. Experience the results for yourself!



Jessica Ortner is the producer of the documentary film on tapping, The Tapping Solution ([TheTappingSolution.com](http://TheTappingSolution.com)). The film follows ten people as they put this technique to the test. Watch how their lives transform while you learn how to use this technique from experts like Jack Canfield and Dr. Joseph Mercola. Jessica is also the host and featured speaker of the yearly free online event The Tapping World Summit. Attended by over 300,000 people in 2011 this event brings you the latest in tapping. Download the free ebook with more information on how to get the most out of this technique at [TheTappingSolution.com](http://TheTappingSolution.com).