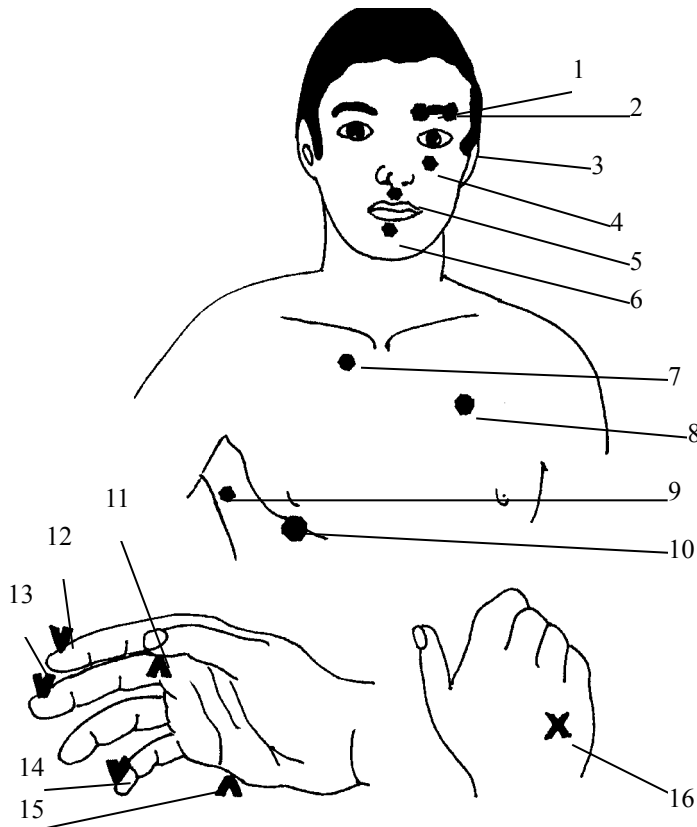


Natural Bio-Destressing



A. Concentrate on a specific feeling and notice its location in your body. On a scale of 1-10 rate how severe is the feeling.

B. Tap the Karate Chop Point, #15, while saying three times: “I totally and completely accept myself, even though I have this (problem, feeling of fear, guilt, anger, etc.)”

C. Stimulate nerve endings 1-15 by tapping with fingertips for a few seconds.* If you feel a lot of energy moving, or the scene is changing, stay on that point till the activity plateaus. If nothing happens on a specific point, move to the next one. Use your intuition about how long to stay on a point.

- | | | |
|------------------------------|------------------------------------|---------------------------|
| 1. Bridge of nose by eyebrow | 7. Under collar bone | 13. Side of middle finger |
| 2. Outside edge of eyebrow | 8. Sore spot on chest (rub gently) | 14. Side of little finger |
| 3. Side of eye | 9. Under arm on rib (ouchy spot) | 15. Karate Chop Point |
| 4. Under eye | 10. Bottom rib below nipple | |
| 5. Under nose | 11. Side of thumb | |
| 6. Under mouth | 12. Side of index finger | |

D. Do the 9-Gamut

Tap the Gamut Point, #16, on back of hand through the following steps:

1. Close eyes
2. Open eyes
3. Look down to one side
4. Look down to the other side
5. Roll eyes around in a circle in one direction
6. Roll eyes around in the other directions
7. Hum a tune
8. Count to 40 by 2’s
9. Hum a tune

E. Repeat Step C

F. After every round, recheck how severe is the feeling. It should be gone altogether or very low on the scale. Think about what you learned and what feels or seems different about the situation to you now. If the level of that emotion still seems high, notice what *else* about the situation makes you feel frightened, angry, sad, etc. Focus on that subject and repeat the process.

*At any point, feel free to add deep breathing, pacing back and forth, gently stamping your feet, or massaging or shaking the tension out of your body.