

Tapping Protocol - Past-Present-Future

The Past should be in perspective - that doesn't interfere with our present or future - **The Present** - should be a present - able to be appreciated now - **The Future** - Should be anticipated with a positive outlook - and a positive set of possibilities....Anything that disturbs or interferes with this arrangement - should be addressed/treated to shift it

The following Tapping Protocol can be used to correct any disturbances in this flow.

- Identify a problem that stops you from being present or interferes with your future positives.
- Identify the degree it interferes with your happiness or functioning when you think of it - scale the emotion or interference in SUDs 0-10 - *Note the amount of SUDs then.....*

Steps: I - Make the following statement around the problem - "Even though I am feeling 'X'...."

II - "I can still love and accept myself and the world around me...."

III - " and choose to move forward in my life ie - with peace and acceptance, with courage and grace... with confidence and clarity... or xxxx..."

IV - Do a round of tapping on the following sets of points - tapping each pair 5-7 times while saying the previous 3 statements

KC- Karate chop points	TH - top of head	EB - Between Eyes
OE - Outer Eyes	UE - Under Eyes	UN - Under Nose
CP - Chin Point	CB - Collar Bone	UA - Under Arms
LK - Large Index Knuckles	RE - Rolling Eyes Fig-8's one way and opposite way	

V - Recheck - When thinking of the situation 'X' - how much does it now seem to interfere - 0-10?

If still stuck ask/answer the following questions -

- a) What do I gain by keeping this? B) What do I lose by getting over 'X'?

Identify and remove any blocks, obstacles, emotional, or stuck states to moving (+) forwards.

Then use the *PASS* procedure - *Positive Action Statement(s)* - for what you want in your life and tap these statements into your neurology. - (TH)Top of Head - (UE)Under Eyes - (CB)Collar Bones - (UA) Under Arms -(LK) Large Index Knuckles of hands - using a statement such as..... I now move forward in my life with confidence, purpose, and energy or ... I now choose to have positive actions and thoughts in everything I do....