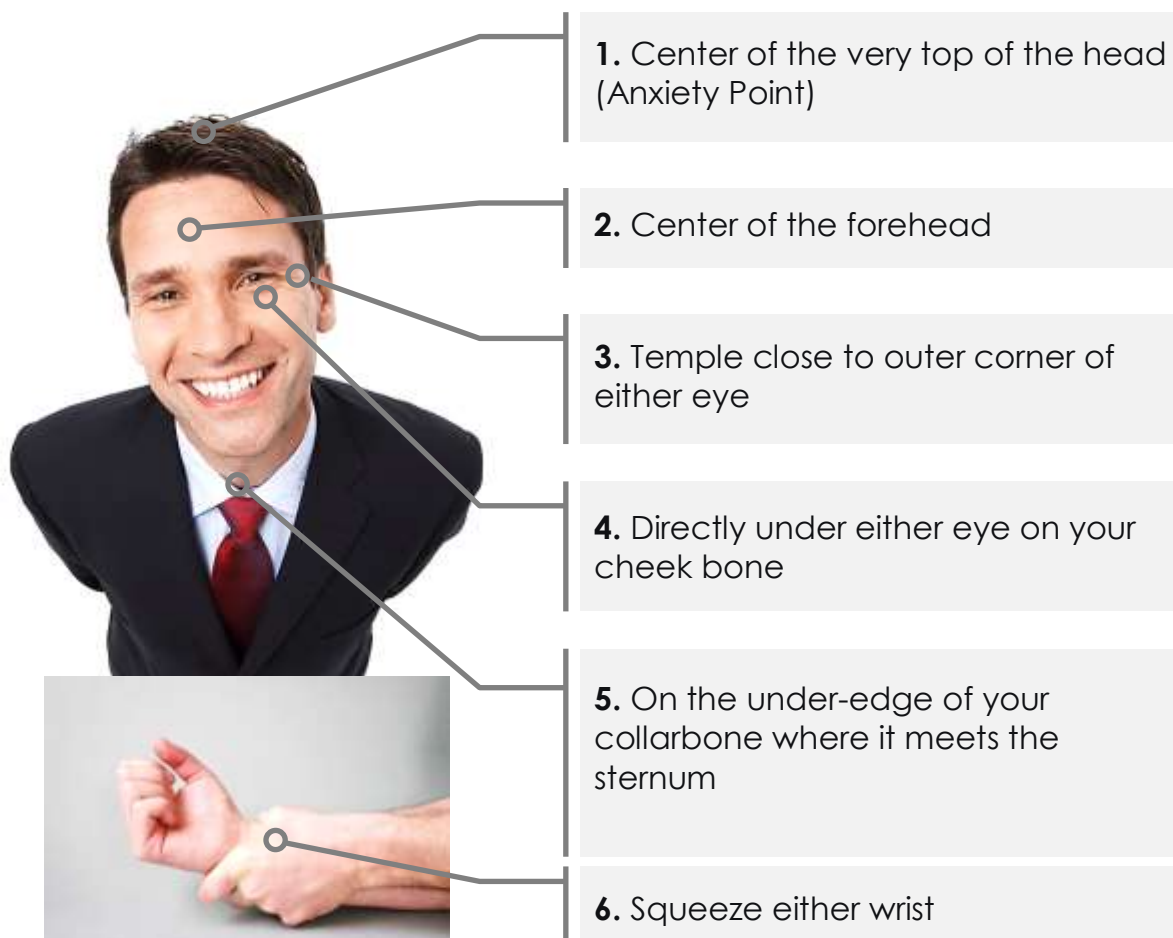


Mandel 6 step tapping protocol

Ensure you are adequately hydrated. Dehydration can slow or stall the process.

Tune in to the problem. Make sure you feel it in your body, rather than think about it in your head. Name the problem out loud, such as: This stress about work! Give it a rating out of 10, with 1 being almost nothing and 10 being as bad as it can be.

Tap with all of the fingers of your dominant hand, the following sequence, saying: This stress... *(or whatever phrase you have chosen)*.



Take a deep breath, let hands drop and relax.

Tune in to the feeling of the problem again and give it a new number out of 10.

Don't stop too soon, just because you're feeling better.

If the progress is very slow, drink a glass of water, wait 10 minutes and do it again in another room or location.

Continue until it reaches zero!

