

## Traditional Tapping

## Overview

We want to show you Gary Craig's original version of tapping - The Basic Recipe - so that we have a starting point from which to move when we go on to share with you the style of Tapping that we use.

## Gary Craig's "The Basic Recipe"

### 1. Identify the issue

- Think about the problem that you wish to resolve
- Choose only one issue to focus on at a time

### 2. Test the initial intensity

- Use the Subjective Units of Distress Scale (SUDS) to rank the intensity of the issue
- SUDS is a 0–10 scale
  - 10 = worst the issue has ever been
  - 0 = not present at all

### 3. The Setup

- A simple reminder phrase to repeat while tapping on the fleshy part of the outer hand (karate chop point)
- The reminder phrase acknowledges the issue AND conveys self-acceptance in spite of it
- For example:  
*"Even though I have difficulty making enough money, I deeply and completely love and accept myself."*

### 4. The Sequence

- Tap on specific points on the body while repeating the phrase that you have chosen
- In our example, *"difficulty making enough money."*

The tapping points, in sequence...

- **top of the head** — directly in the center of the top of the head
- **beginning of the eyebrow** — the beginning of the brow, just above and to the side of the nose
- **side of the eye** — on the bone at the outside corner of the eye
- **under the eye** — on the bone under the eye, approximately 1 inch (in) below the pupil
- **under the nose** — the point between the nose and upper lip
- **chin point** — halfway between the underside of the lower lip and the bottom of the chin
- **beginning of the collarbone** — the point where the breastbone (sternum), collarbone, and first rib intersect
- **under the arm** — at the side of the body, approximately 4 inches below the armpit
- **top of the head** — directly in the center of the top of the head

#### Tapping Tips...

- Use two or more fingertips
- Repeat the tap approximately five times on each point
- Where there are “twin point”, you can tap on both sides of the body, but it is only necessary to tap on one side

#### 5. Test the intensity again

- Again, rank the intensity of the issue on a scale of 0-10
- Ideally, it will have improved - gotten lower
- Repeat the process 'til the intensity reaches 0 or plateaus