

## Tapping for Thriving on Anger

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**Tapping is a Tool that helps clear reactivity. It is also a source of Fuel for healthy and restorative energy.**

Specific Anger: \_\_\_\_\_ Rating Before: \_\_\_\_\_ Rating After: \_\_\_\_\_ Date: \_\_\_\_\_

It is important to prepare for tapping. The website outlines this in detail. Remember to:  
Ground & Breathe \* Pick a specific situation and rate it 0-10 \* Recall a safe & peaceful place for Pause & Review.

You don't have to move to the next point if your intuition is to stick with it for a while. Also, modify the words to suit your needs. Let this be fluid based on what works for you. That may include weaving back and forth between the Being Grateful, Choose, Replace, & Reframe parts.

### The Script:

(Use #1, then add 2 and/or 3 if relevant. Repeat until you are really in touch with the emotion.)

#### 1. Acknowledgement of the anger:

*(Corner of eyebrow)* Angry. I'm really angry that \_\_\_\_\_

*(Side of the eye)* I am fed up. I'm completely fed up.

*(Under eye)* I can feel the anger all throughout my body. I'm so angry!

*(Collar bone)* It's just not right. This isn't fair. Life isn't fair.

*(Back of hand)* I can't believe this happened.

#### 2. Life is happening to me:

*(Corner of eyebrow)* I am so mad.

*(Side of the eye)* I don't deserve to be treated like that. I feel \_\_\_\_\_ (e.g., frustrated, sad)

*(Under eye)* What is wrong with them. How could they do this to me?

*(Collar bone)* I am sick and tired of the same old thing. It keeps happening.

*(Back of hand)* I am just so angry and pissed off.

#### 3. Non-acceptance of what is:

*(Corner of eyebrow)* Sometimes I have a hard time controlling this anger.

*(Side of the eye)* Why can't things go the way I want them to. Why can't they go the right way.

*(Under eye)* It has to stop. This all has to stop.

*(Collar bone)* I am so angry and so fed up with all of this.

*(Back of hand)* This is all very scary. It makes me feel \_\_\_\_\_ (e.g., alone, scared, separate)

## Tapping for Anger Script

**Shift from focusing on the anger to each of the following:**

**Be grateful and thank the body:**

*(Corner of eyebrow)* Thank you body for trying to protect me and others by generating all this energy to respond.

*(Side of the eye)* Thank you. I appreciate you body for wanting this anger to stop. So do I.

*(Under eye)* Thank you for being there and trying to protect me.

*(Collar bone)* Anger is normal. We all get angry.

*(Back of hand)* Although I'm grateful for it, I'm ready to release the anger. It's not helping me.

**Choose to release the anger:**

*(Corner of eyebrow)* I will do what I can to take care of things. I don't need the anger to motivate me.

*(Side of the eye)* I don't need the anger to take action. I'm going to do this.

*(Under eye)* I don't need the anger. I've got this.

*(Collar bone)* Thank you for being there body. If I need you, I'm sure you'll be there, but I'm choosing to release it.

*(Back of hand)* I'm choosing to release the anger and replace it with being \_\_\_\_\_ (e.g., calm, rational)

**Replace the anger with thriving qualities:**

*(Corner of eyebrow)* Take some slow deep breaths.

*(Side of the eye)* Take a few more deep breaths and relax any tension.

*(Under eye)* I'm choosing to replace the anger by being proactive rather than reactive. That's how I want to be.

*(Collar bone)* I want to be proactive, and I can draw boundaries. I can be respectful in the process.

*(Back of hand)* I can be \_\_\_\_\_ (e.g., firm, solid) and \_\_\_\_\_ (e.g., kind, thoughtful) at the same time.

*(Corner of eyebrow)* I will work on this by remembering how this is FOR ME

*(Side of the eye)* rather than something happening to me or others.

*(Under eye)* This challenge can expand my capacity to be clear minded, grounded, and open-hearted.

*(Collar bone)* This expansiveness will allow me to proceed differently.

*(Back of hand)* I can proceed in a calm and rational manner.

**Reframe:**

*(Corner of eyebrow)* I can embrace where someone is in their level of consciousness. I don't want to lower my level by resisting them. I don't want to do that to myself.

*(Side of the eye)* Whatever happens, I'll learn from the anger and be more empowered.

*(Under eye)* I am my source of well-being. I'm not giving into my anger.

*(Collar bone)* Everything is an opportunity for me to remember my True Nature.

*(Back of hand)* I'm Source having a human experience. I can be in awe of life happening.

**Pause & Review**

Take a deep breath and while holding your wrist. Say, "(Your first name), you are safe and peaceful."

Tune back into the original distress and give it a rating between 0-10.

You could repeat what you did or go to the list of options on the tapping page.