

Tapping for Thriving on Fear

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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 Fear: _____ 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 fear:

(Corner of eyebrow) Fear. I'm really afraid of/that _____

(Side of the eye) I'm scared, sometimes I get really scared. People don't realize how scared I can get.

(Under eye) I can feel this fear and it feels like _____

(Collar bone) It feels like _____ is going to happen.

(Back of hand) If the above happens I'm afraid I won't be able to stop it. It will happen and it will be horrible.

2. Worst case scenario and how it feels:

(Corner of eyebrow) I'm afraid of what's going to happen.

(Side of the eye) If my fear comes true then what will I do?

(Under eye) I'm so scared and so afraid.

(Collar bone) Being scared and afraid makes me feel _____ (e.g., alone, vulnerable).

(Back of hand) Being really scared and afraid makes me feel _____ (e.g., powerless, helpless).

3. Disconnection and aloneness:

(Corner of eyebrow) I feel I'm alone in feeling afraid.

(Side of the eye) No one understands how afraid I am.

(Under eye) and I have a hard time controlling it. It feels all consuming.

(Collar bone) My fear feels very real.

(Back of hand) This is all very scary.

4. The what if and lack of control:

(Corner of eyebrow) What happens if it really happens.

(Side of the eye) Oh my goodness.

(Under eye) Feeling powerless is a really scary place to be.

(Collar bone) I want to be in control. I want things to go the way I want them to go.

(Back of hand) Fear.

Tapping for Fear Script

Shift from focusing on the fear to each of the following:

Be grateful and thank the body:

(Corner of eyebrow) Thank you body for trying to protect me and others.

(Side of the eye) I appreciate you body for wanting to prevent this fear from happening.

(Under eye) Of course I have fear. Fear is perfectly normal.

(Collar bone) Everyone has fears.

(Back of hand) Although normal, it's not healthy. It's consuming me.

(Corner of eyebrow) This fear is not helping me.

(Side of the eye) I will do what I can to take care of things. I don't need the fear to take action. I've got this.

(Under eye) but thank you very much for being there.

(Collar bone) The fear has made me take action, which I'm grateful for. But there is a better way.

(Back of hand) I can relax the body and take slow deep breathes, and ground into my body, feel my feet.

Choose to release the fear:

(Corner of eyebrow) I'm choosing to release the fear. Thank you body for having the fear, but it's time to release it.

(Side of the eye) I choose to be proactive rather than reactive.

(Under eye) I can figure out the best course of action so I'm prepared.

(Collar bone) This is happening for me not to me.

(Back of hand) This is just happening.

Replace the fear with thriving qualities:

(Corner of eyebrow) This challenge can expand my capacity to be _____ (e.g., grounded, clear minded)

(Side of the eye) and _____ (e.g., open hearted, loving, gracious)

(Under eye) I can move through life

(Collar bone) in a _____ (e.g., calm, rational) way

(Back of hand) with great _____ (e.g., determination, focus)

Reframe:

(Corner of eyebrow) If someone is judgmental that is about them. I'm not taking it on.

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

(Under eye) I am my source of well-being. I'm not giving that up to someone else.

(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.