

Tapping FOR *Stress Relief*
A Morning & Evening Tapping Process
with Jessica Ortner

Evening Affirm Tapping

EB: As the day comes to an end
SE: I give myself permission to relax.
UE: It's safe for me to take a break
UN: And let any stress go.
C: I don't need to have all the answers
CB: I trust that they will come.
UA: Tonight I relax.
TH: As I relax I set my worries free.

EB: I honor myself for all I've done today
SE: And I let go of any judgments.
UE: I'm further along than I realize.
UN: I'm smarter than I give myself credit for.
C: I'm more loved than I know.
CB: Tonight I relax into thoughts of gratitude.
UA: I'm grateful that I had this day
TH: And I release any regrets.

EB: I can let go of all these rules and expectations.
SE: Tonight I can enjoy what is.
UE: And as I let my worries go
UN: My mind feels free.
C: I find peace within this moment
CB: And my muscles begin to relax.
UA: There is nothing that I need to do in this moment.
TH: I can relax now for tomorrow is a new day.

EB: I replace my worry with faith.
SE: I know everything will be okay.
UE: And tonight I simply let go
UN: And realize how blessed I am.
C: I find comfort in the little things
CB: And I give thanks for all my blessings.
UA: Tonight I focus on everything I love about my life.
TH: I find peace within this moment.

EB: I feel the tension leave my body

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SE: And my muscles relax at a deeper level now.
UE: I feel comfortable and safe.
UN: My body can relax at an even deeper level.
C: I thank my mind for all it does.
CB: My mind can now relax as well.
UA: Everything will work out.
TH: So now I can rest.

Take a deep breath in and exhale. Take a moment to place both your hands over your heart and take another deep breath. Inhale and exhale. And as you feel your hands on your heart, give thanks for this day, thanks for all you've done, thanks for those who you love.

Allow yourself to feel that peace deep inside your heart, knowing that it's safe for you to let go, relax and have a peaceful night's sleep.