

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

Evening Clearing Tapping

Let's begin by taking three deep breaths. Inhale through your nose and exhale. Inhale and exhale. Inhale and exhale.

Karate Chop: Even though I have all this built up tension from the day
I love and accept myself and I choose to let it go.
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I love and accept myself and I choose to let it go.

EB: All this tension from the day
SE: All this stress
UE: It's hard to let it go
UN: When there is still so much to do.
C: What if I haven't done enough
CB: All this worry
UA: All this negative self-talk
TH: All these doubts about the day.

EB: It's hard to feel cheerful
SE: When I'm so tired.
UE: At night these worries set in
UN: All these worries about tomorrow
C: All these worries about the future
CB: There is so much still to think about
UA: So many answers I still need
TH: All these fears.

EB: This pressure that I put on myself
SE: I don't feel like I'm doing enough.
UE: I should be further along.
UN: All these judgments
C: All these expectations
CB: I feel like I can't keep up.
UA: It never feels good enough
TH: All this pressure that I put on myself.

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EB: I struggle to give myself a break
SE: It doesn't feel safe to relax
UE: These thoughts running through my head
UN: I don't feel like I can control them.
C: What am I really scared of?
CB: It's safe to give it a voice.
UA: I acknowledge how I feel.
TH: And I let this tension go.

Take a deep breath in, exhale. If you feel like you need to do more tapping, please pause this audio and be specific to what is bothering you. Give it a voice. Tap and feel the release. If you are feeling better, please proceed to the next track.