

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

**Morning Affirm Tapping**

EB: Even though people around me may be feeling stressed  
SE: I stay calm.  
UE: The calmer I feel the more powerful I am.  
UN: Today I am conscious of how I react  
C: I can take a step back.  
CB: I have a clear view of this situation.  
UA: I am resourceful.  
TH: This is easier than I thought.

EB: As I react differently to this situation  
SE: This situation changes.  
UE: What happens doesn't matter  
UN: It's how I respond that matters.  
C: I choose to be centered and calm.  
CB: I feel the inner strength inside of me.  
UA: I have an inner knowing  
TH: That everything will be okay.

EB: No one can make me feel a certain way  
SE: It's all my choice.  
UE: And I choose faith  
UN: I choose joy  
C: I choose laughter  
CB: I choose love.  
UA: Today I choose.  
TH: What do I want this day to be like?

EB: Today is a gift  
SE: I'm grateful to be alive.  
UE: And to have this day  
UN: I refuse to waste it  
C: By complaining about what is.  
CB: I choose to focus on what I create  
UA: I create my reality  
TH: I choose wisely.

EB: Today I practice self-care

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SE: I'm aware of my needs  
UE: I take care of my body  
UN: I take care of my mind  
C: I stand strong in my power.  
CB: And I make decisions that serve me  
UA: Only I know what's right for me.  
TH: And I take that step forward

EB: I allow stress to leave my body with every exhale.  
SE: I'm confident in my abilities whatever comes my way.  
UE: I release all these rules around happiness  
And I simply allow myself to be happy  
UN: By choosing to appreciate all that I have  
C: And focusing on what I desire to create.  
CB: Today I trust my intuition  
UA: Something amazing is about to happen  
TH: As I finally let go of this stress  
I'm aware of all the possibilities that this day holds.

Take a deep breath in, exhale and place your hands over your heart. Just spend a moment feeling how calm you feel right now, knowing that you can return to this place anytime you choose by simply putting your hands over your heart and taking a deep breath. When you do this throughout the day, you'll remember how powerful you are and the ability that you have to make today an extraordinary day.