

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

Morning Clearing Tapping

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

Karate Chop: Even though I feel overwhelmed and stressed
I accept myself and how I feel.
Even though I feel overwhelmed and stressed
I accept myself and how I feel.
Even though I feel overwhelmed and stressed
I accept myself and how I feel.

EB: Just thinking about the day makes me stressed.
SE: There is so much to do.
UE: So much to worry about
UN: All of these responsibilities
C: All this tension in my body
CB: It doesn't feel safe to relax
UA: When there is so much going on.
TH: Too many demands.

EB: The struggle to feel centered
SE: It's hard to feel calm
When so much is on my plate
UE: It's hard to feel calm
When so much is still uncertain.
UN: I can't feel calm until everything goes my way.
C: If I don't worry it means I don't care.
CB: If I don't feel panicked it won't get done.
UA: If I'm not stressed it means I'm not working hard enough.
TH: Are these beliefs really true?

EB: Maybe I picked up these false beliefs somewhere.
SE: All these beliefs around stress
UE: I choose to give them a choice
UN: And let them go.
C: All these beliefs that cause me to hold on to stress
CB: All these beliefs that have caused me to settle for less
UA: All these beliefs that keep me stuck

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

Morning Clearing Tapping

TH: I acknowledge them now.
EB: All these worries about the day
SE: I give them a voice
UE: What is really bothering me
UN: It's safe for me to give it a voice
C: And to let it go.
CB: Awareness brings change.
UA: It's already changing for the better.
TH: Today is a new day.

Take a deep breath in. Exhale.

If you feel you need to do more tapping, please pause this audio. It's safe for you to be honest with yourself. 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.