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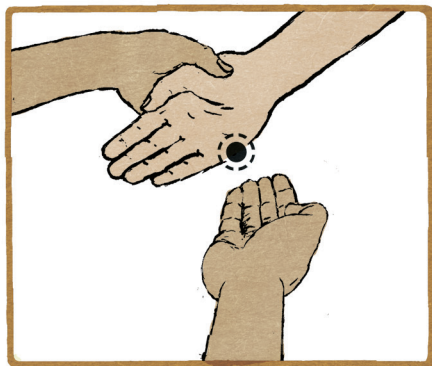
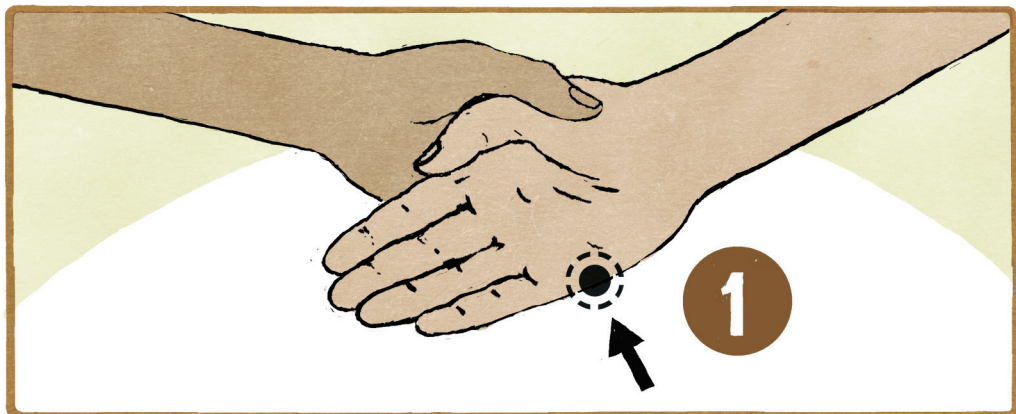
Tension/Trauma Tapping Technique
First Aid for Emotional and Traumatic Stress
By the Peaceful Heart Network
www.peacefulheart.se

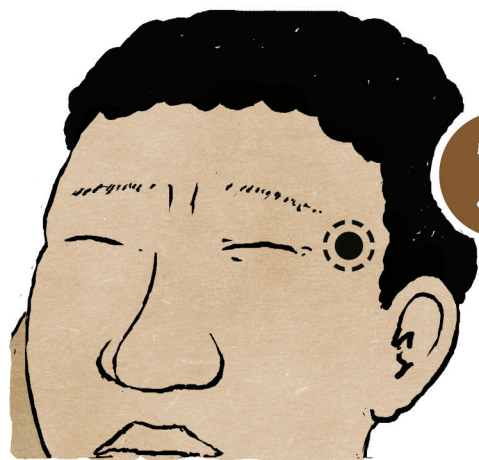
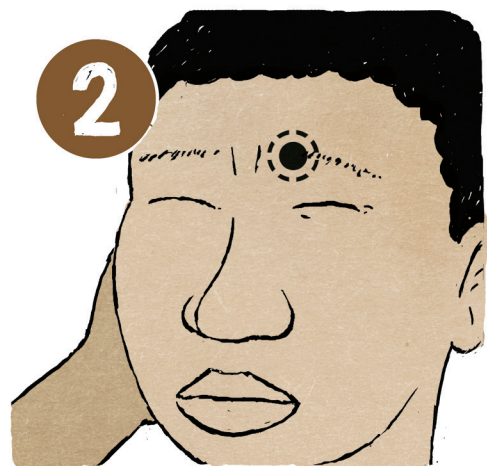


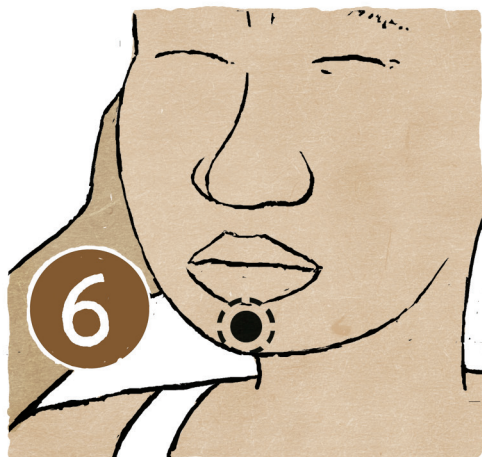
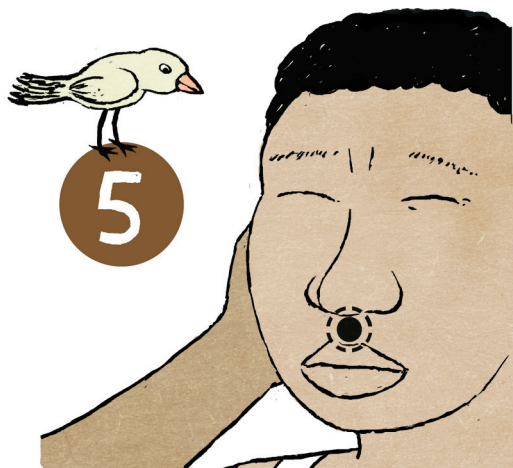


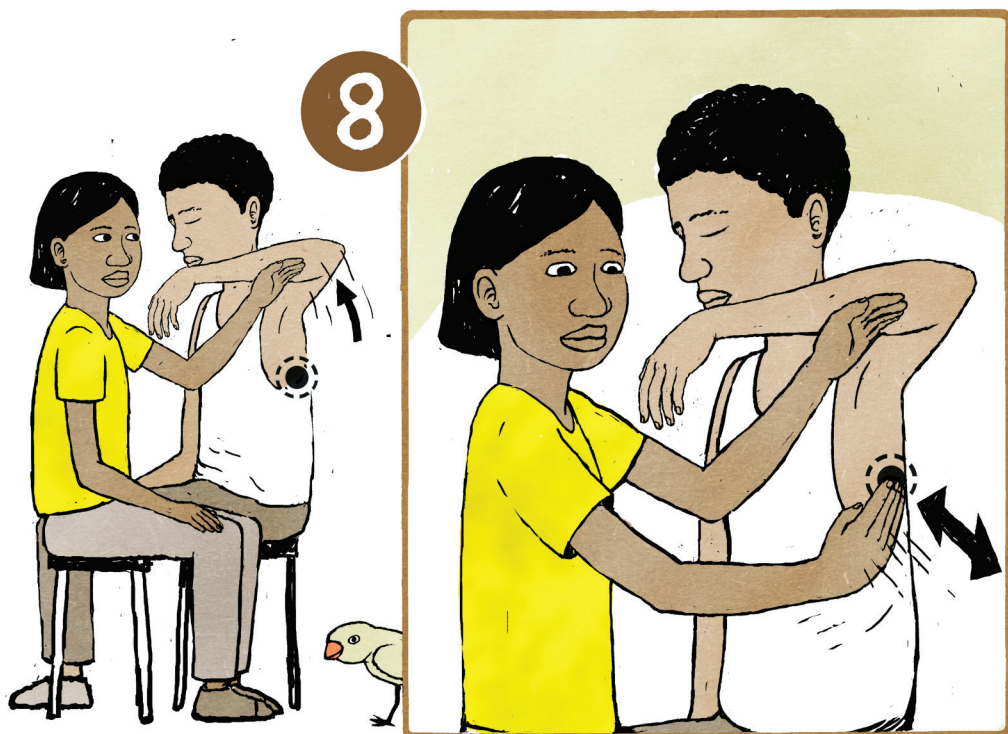
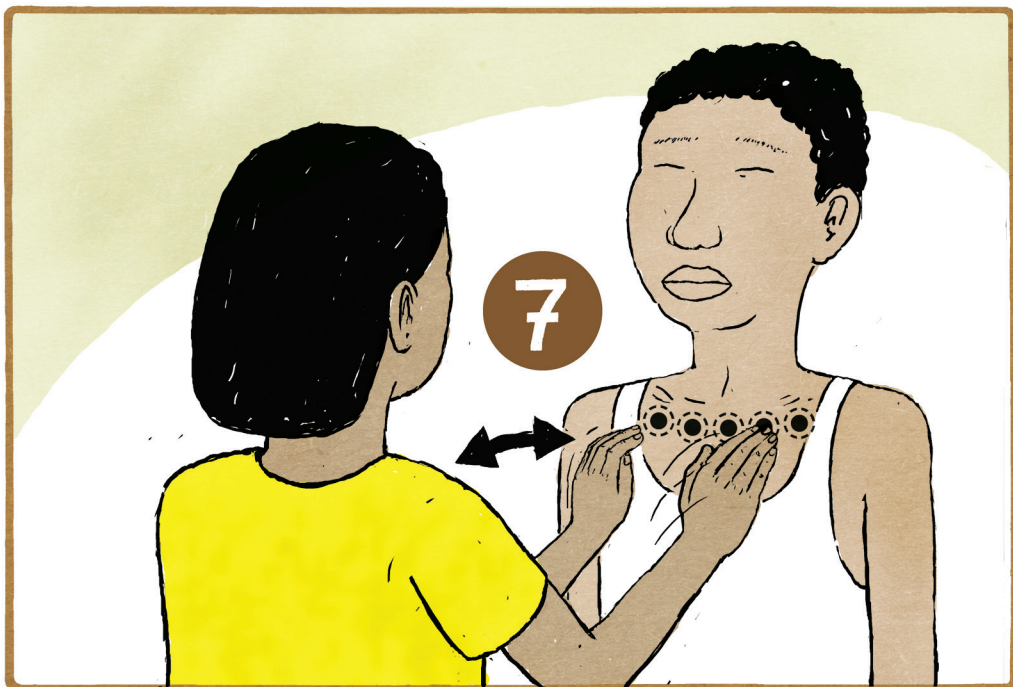


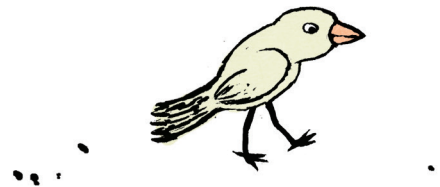
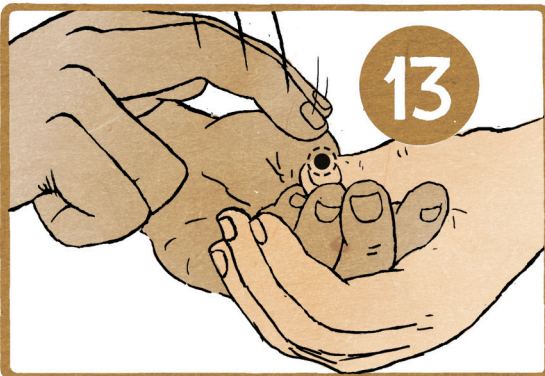
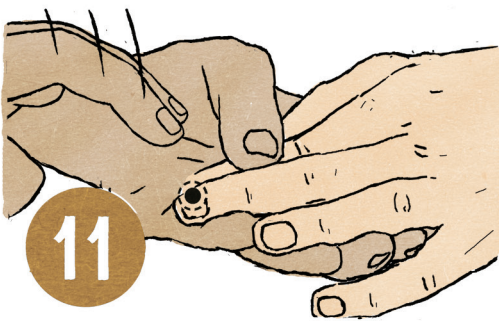
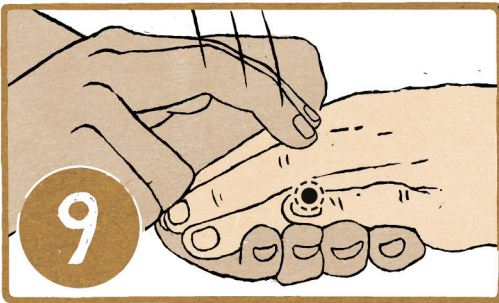
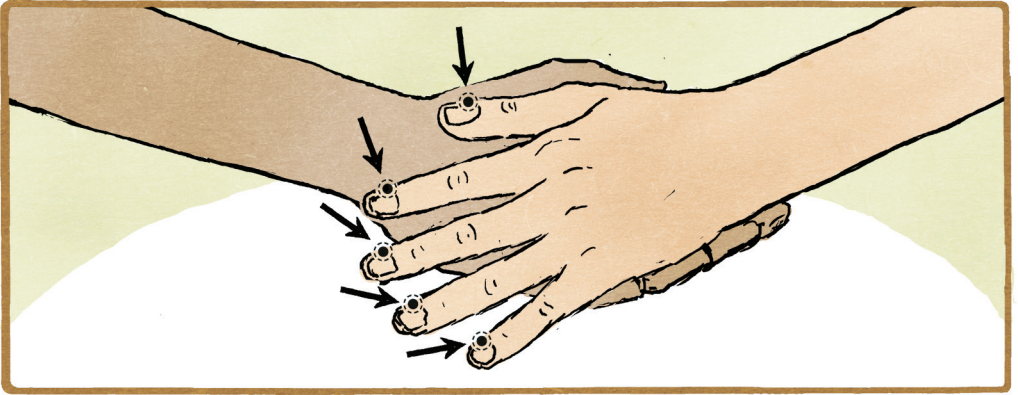


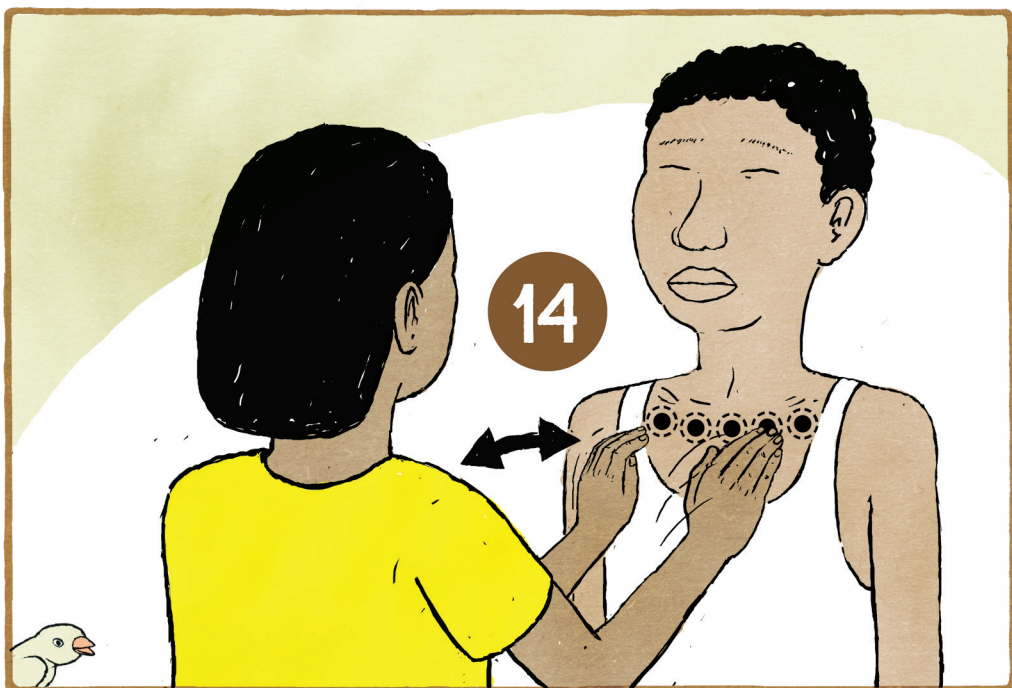
















Tension/Trauma Tapping Technique
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1. Think about whatever bothers you
2. Tap firmly and precisely 10-15 times on the points indicated in the picture using two fingers, at a fairly fast rate.
3. Take two deep breaths
4. Repeat the whole tapping sequence
5. Take two deep breaths again
6. Notice if something has changed
7. Repeat until feeling calm

This is a first aid – it is not intended to replace primary professional care.

For more instructions and movies see: www.peacefulheart.se