



Tapping for Pain Relief



ROBIN
FRIEDMAN
ENERGY

Fill in the answers to the questions, then tap around the points while saying them aloud:

Where is the pain? *(be specific)*

How long have you had it?

Was something specific going on then? *That's when I got a divorce or that's when I fell down the stairs*

How do you feel about having this pain?

What kind of pain is it? sharp, dull, throbbing?

If it had a shape, what shape would it be? *(Just pretend)*

If it was a color, what color would it be?

How big is it?

If there was an emotion in the pain, what would it be?

If the pain had a message for you, what would the message be?

If you gave the pain a voice, what would it say to you?

Who or what does the pain remind you of?

How do you feel about yourself with this pain?

Who would you be without this pain?

What's the benefit of holding on to this pain?

What would your life be like if you didn't have this pain?

What's the downside of letting go of this pain?

What is the pain preventing you from doing?

Maybe Round:

Maybe I could let some of this pain go

Maybe I've had this pain long enough

Maybe this pain has done it's job and I could release some of it now

I accept and love this part of my body

I forgive myself and others for whatever may have happened to cause this pain

Releasing now this pain in this part of my body, it's safe to say goodbye

I think I'm ready to let my body release this pain and be free

Now I have fully listened to the message behind the pain

I understand how it has been assisting me,

I am now ready to incorporate this understanding in my life.

Therefore, I may be ready to let go of some of the pain go-

Positive statements:

What do you want that body part to feel like?

What did it used to feel like?

What do you imagine it feels like for other people?

What emotion would you like to have in that body part instead?

If that was a healing color, what color would it be?

If that was a symbol, what would it look like?

What would you like to do now that you are pain free?

What would you like to say to your new healthy body?