



Tap away Hot Flashes

It is most effective to start tapping at the earliest inkling of a Hot Flash starting. Where do you feel it? Is it a prickling in the neck or a burning in the middle of your chest? For the purpose of this ITM script, we'll go with prickling in the neck, but you may want to adapt this to your specific physical sensations.

Side of Hand:

Oh no, here we go again... and I choose to breathe

Here we go again, and I don't know what to do about it... and I choose to be gentle with myself

Even though this heat will engulf me in a moment, I choose to breathe

Eyebrow:

This prickling in my neck

Side of eye:

This heat is rising

Under eye:

It's overwhelming

Under nose:

I really don't need this right now

Chin:

This heat engulfing my body

Collar bone:

I don't know what to do, I have no control over it

Under arm:

And I choose to breathe

Top of the head:

It's just my body regulating my temperature

Eyebrow:

My body is having a pretty difficult time doing it because of all the hormone changes

Side of eye:

... but my body is still regulating my temperature and I'm grateful for it



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Under eye:

... my body knows what to do

Under nose:

I choose to breathe and let my body do its job

Chin:

I'm glad my body is doing its job, but I really don't need this excess heat

Collar bone:

Perhaps it's possible to release some of this extra heat that doesn't serve me

Under arm:

I choose to breathe and notice a beautiful, balmy summer breeze caressing my body

Top of head:

This beautiful, balmy summer breeze carrying off all that excess heat

Eyebrow:

Caressing my cheeks and neck and torso...

Under eye:

all of my body...

Under nose:

carrying off all the excess heat...

Collar bone:

leaving behind the perfect, comfortable temperature

Under arm:

This is so much better

Top of head:

Breathing deeply and gently while my body is doing its job



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Tips and tricks:

The sensation, frequency, and duration of hot flashes varies a lot between individuals. For this script, I have chosen to use words that I hear frequently from my clients.

The technique is most effective when done frequently; a little a lot is the answer. Many of my clients report that after a short while of using this script, hot flashes subside immediately at the beginning of the tapping sequence.

With regular tapping it is not only possible to manage and release a hot flash when it's happening but considerably reduce the frequency, physical and emotional impact of hot flashes. Clients tell me that they still have some hot flashes, but these are less intense and, crucially, they do not feel overwhelmed, embarrassed, and helpless about Hot Flashes anymore.

Please note that this tapping script is roughly divided in three parts: Firstly, acknowledge the physical and emotional reaction to feeling a hot flush coming on. Secondly - and only after the intensity of the initial reaction is subsiding – reframe what's happening; “My body is doing its job. Yeah”! Thirdly, invite a pleasant cooling sensation with all your senses. It could be a jump into a glacier pool but visualising and feeling a balmy summer breeze is more likely to leave you with a comfortable sensation. Play with it!

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