

TFT TRAUMA RELIEF TECHNIQUE

FIRST, think about the trauma and rate the degree of pain or distress you feel on a scale of 1 to 10, where 10 is the worst upset possible and 1 is no upset at all. This is referred to as the SUD (Subjective Units of Distress).

Now do the following **TFT Trauma Relief algorithm**:

a) **Tapping Sequence**--Use your fingers to lightly tap the following about 10 times each:

- Side of hand (karate chop point)
- Under nose
- Beginning of eyebrow (towards the nose)
- Under eye (at top of cheekbone)
- Under arm (4 inches below arm pit)
- Collarbone point (find it by running fingers down the neck to the V-notch in the top of the collarbone, then go down 1 inch and over to either side 1 inch)
- Little finger (inner tip towards thumb)
- Collarbone point
- Index finger (inner tip towards thumb)
- Collarbone point

b) **9-Gamut**: While tapping the gamut spot on the hand, do the following 9 procedures (remember to tap through all 9 steps). Find the gamut spot by making a fist with one hand—the gamut spot is in the valley between the fourth and fifth finger knuckles, about one inch back towards the wrist.

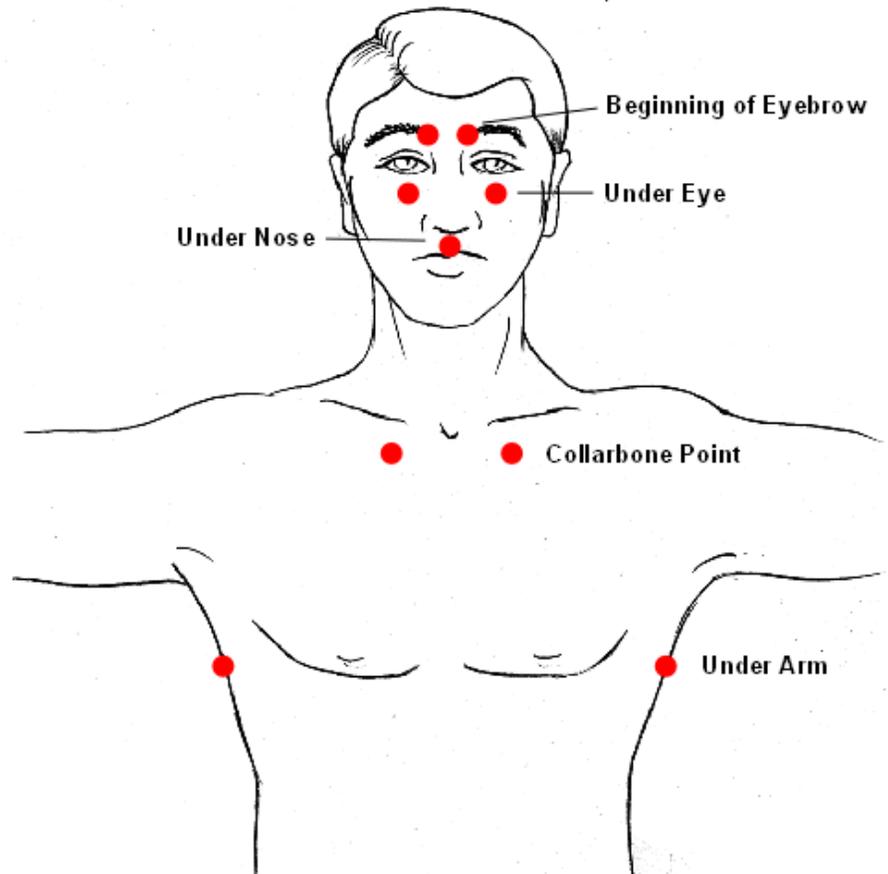
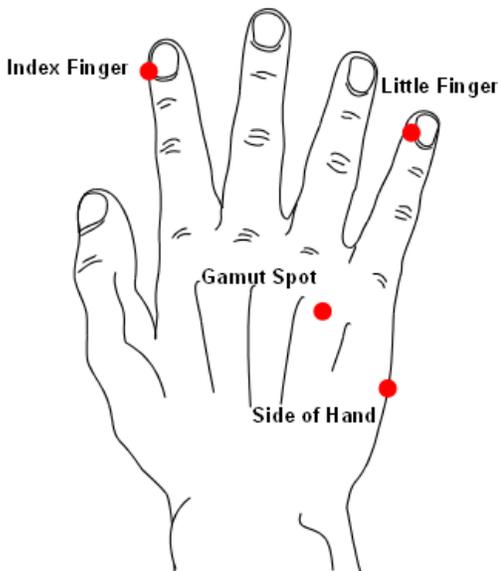
- Eyes open
- Eyes closed
- Open eyes and look down to the left
- Look down to the right
- Circle eyes in one direction
- Circle eyes in opposite direction
- Hum a few notes (more than one note)
- Count from one to five
- Hum a few notes again

c) Repeat the **tapping sequence**. Tap:

- Side of hand
- Under nose
- Beginning of eyebrow
- Under eye
- Under arm
- Collarbone point
- Little finger
- Collarbone point
- Index finger
- Collarbone point

NEXT check the SUD level--

- a) If your distress went down to 1 (no distress at all) or 2, finish with **Floor to Ceiling Eye Roll**: while tapping the gamut spot on the back of your hand and keeping your head level, look down and slowly and steadily raise your eyes all the way up (taking about 10 seconds).
- b) If the SUD went down, but not to a 1 or 2, repeat the **TFT Trauma Relief algorithm** until it's either at a 1 or 2 or it stops going down.
- c) If the SUD did not go down--or stopped going down at any point before getting to a 1, refer to further information on this blog.



This is for educational purposes only. Nothing herein is intended to be a substitute for professional medical advice.

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