

BASIC TECHNIQUE FOR RESOURCE TAPPING

This is an effective and easy-to-use technique for emotion regulation, triggers, and stress reduction.

Resource Tapping uses imagination to activate inner resources such as people, places, images, qualities, memories, experiences that we can draw upon to create a sense of safety, signaling to the brain that we are safe, which is then paired with tapping (bilateral: right – left stimulation) to strengthen and integrate the resource. The tapping serves to strengthen and integrate the feeling of the resource so that it becomes more easily available. The whole process may take only a few minutes. Repeat as often as you like.

Dr. Noëlla Piquette

1. Find a comfortable place to sit or lie, where you will not be disturbed. Close your eyes. Take several long, slow breaths, fill the belly, and exhale slowly. Let yourself relax.

2. Think about a resource, for example a place or thing that brings you happiness and peace. This could be a beach or your curtains fluttering in sunlight as you lay on your bed. Recall it with as much sensory detail as possible: sights, sounds, smells, sensations, and the emotional feeling that goes along with it.

3. When you have a clear vision of this peaceful resource along with its sensations, begin to tap on your knees or shoulders right-left, right-left. The taps can be quick or slow, just find a speed that feels best to you. Do this side to side tap 10 times while continuing to hold that resource in your mind.

- Knee tapping: tap with same side fingers
- Shoulder tapping: cross arms over body to tap on opposite side



4. Pause and check in with yourself and see how you're feeling. You may keep tapping and imagining/remembering the resources as long as it feels good and positive, but usually not more than 15 taps on each side.

Take a few long slow breaths, fill the belly, and exhale slowly.