

## Tapping Script for anxiety reduction with Magic Spots



Forehead

Eyebrow: "Worry"



Under Eyes

Under Eyes: "Worry feelings"



Tarzan Chest

Tarzan Chest: "Lots of worry feelings"



Under Arms Hug

Tapping Hug: "In my \_\_\_\_\_" (where child reports)



Forehead

Eyebrow: "All these worry feelings they feel  
\_\_\_\_\_" (e.g. shaky, wobbly etc. what the child reports)



Under Eyes

Under Eyes: "Even though I have these feelings  
I'm still a good kid"



Tarzan Chest

Tarzan Chest: "I wish they could go away,  
maybe they can"



Under Arms Hug

Tapping Hug: "What if they could go away?"  
(repeat as many rounds as needed, using what the child  
feels while working towards statements of self acceptance  
then do tapping rhyme below)

**"I am safe and I am happy when I do my magic tapping.  
I am kind and I feel free, I tap myself and  
I love being me!"**

