

TAPS FOR CHILDREN



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Healing*

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Have your child say each statement 3 times while you tap on their head and say a 4th time while you tap on their chest. Pay attention that they say them clearly. The more they avoid a tap or lose their attention, the more relevant the tap is for them to do. In fact, you can tell which issues are the most prevalent in your child by how much they resist saying it. Make sure they say each statement slow and intentional. Don't let them run through them. Kids over 12 years old should add "in all moments" at the end of every tap.

"I fit in"

"I accept myself"

"I release the fear of growing up"

"I release being eager to grow up"

"I release the need to be liked"

"I am liked"

"I release worrying about the world"

"I release the fear of losing mom or dad"

"I release treating (sibling) like the enemy"

"I release hating"

"I release feeling like school is a prison"

"I release being shy"

"I release being mad"

AWAKEN YOURSELF TO YOUR OWN EMPOWERMENT

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"I release being afraid"

"I release being afraid to talk"

"I release feeling sad for others"

"I release trying to hide"

"I enjoy helping out"

"I enjoy sharing my gifts"

"I enjoy learning"

"I choose supportive friends"

"I release thinking bad things about myself"

"I release saying bad things about myself"

"I am happy, healthy, kind and free"

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