

# Emotions about the issue

- Great place to start with all physical issues
- Common emotions about physical issues
  - Body letting me down
  - Always going to be this way
  - I am being punished for...
  - Keep making bad choices about my health
  - Frustration that I can't

# Tapping for physical pain

Full question list: <https://tappingqanda.com/physical-issue>

- The questions are not diagnostic
  - Except when they are
- Tune + Tap = Relief
- The questions
  - Where is the pain located?
  - What type of pain is it? Is it dull, sharp, achy, pulsing, itchy, or hot?
  - What is the Subject Unit of Distress level?
  - What is the 3D shape of the pain?
  - Is there an epicenter to the pain and where is it located? Is the pain evenly distributed? Does it have more than one center with the rest fanning out?
  - If you were to guess and pretend that you could hold the pain in your hand, how much would it weigh?
  - If you were to paint a picture of the pain to show to someone else what color or colors would you use?
  - If you were to make a model of this pain what material would you use to make it?

- Imagine a little cartoon face on the front of the pain. If it could talk, what would it say?
- What does the pain remind you of?
- What emotion is associated with the pain?
- What memory is associated with the pain?
- Is the pain associated with someone?
- What does the pain need? Does it need to be heard? Does it need you to do something?
- What does the pain want you to learn?

## How to use tapping to maintain optimal health - The Health Code

Full script here: <https://tappingqanda.com/health-code>

Audio version: <https://tappingqanda.com/health-code-audio>

- Acknowledge the system for for what it is
  - Made for healing
  - I don't do my best all the time
    - I'm sorry
  - Let go of that which is no longer useful
  - Go heal
- I give my system permission to remove any blocks and provide to my
  - my body anything it needs for optimum health and well-being.
  - my digestive system ...
  - my respiratory system ...
  - my circulatory system ...
  - my nervous system ...
  - my limbic system ...
  - my glandular system ...
  - my reproductive system ...
- Heal and remove any known, unknown, and hidden

- obstacles that are preventing health and well-being.
- viruses ...
- bacteria ...
- fungi ...
- ingestants ...
- inhalants ...
- contactants ...
- injectants ...
- emotions ...
- memories ...
- beliefs ...
- darkness ...

## Tapping plus visualization for chronic physical issues

0. Start Tapping
1. Emotion about the issue
2. Tune into the issue
3. Create the image
4. Fairytale Physics Response
5. Go back to step 2