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# Instructions for Relief for the Fear Reflexes

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*In this exercise, you'll "tap" with your fingers on different parts of the body. You'll want to be gentle, rhythmic, and heartfelt when doing the tapping.*

## Tapping points:

- **Feet:** on the soles in the arches
- Side of the **hips**
- **Arms:** just above the elbow on the attachment of the triceps
- **Arms:** just below the shoulders on the deltoid on the outside of the arms
- **Chest:** one hand taps on the breastbone
- **Head:** lightly on the sides or top of the head or both

You can tap in any order, or for any length of time, although we're looking for a relaxation response in the whole body.

## Variations:

- Use a fun rhythm like the cha-cha or a 1-2-3 waltz rhythm.
- Tap at one place on the body or tap on two at once.
- Do the whole sequence standing up, lying face down or face up.

## With Children:

- This can be very effective for infants and children, so be loving, warm, gentle, and aware.
- Make this a game. Since we're looking to release fear, it's helpful to make it enjoyable. For instance, ask a child how old they are. If they say "eight," tap eight times in each spot. If they say "four," tap 1-2-3-4-1-2-3-4... and then ask, "are you still four?" And do it in the next spot...
- Tap at the same time on dolls or pets.
- Make up a story or listen to an audio story as you go through each tapping location.
- **For infants:** Be very gentle.

