

# Calm The Chaos

A tapping reset for entrepreneurs

Welcome, fellow female entrepreneurs! Are you feeling overwhelmed, stressed, or just plain chaotic? You're not alone. This guide is designed to help you find a moment of calm amidst the storm using the power of tapping, also known as EFT (Emotional Freedom Techniques).

This is a gentle way to bring your body out of fight or flight response, soothe your nervous system, and invite clarity and calm into your business and your life. Let's dive in!

## What is Tapping?

Tapping, or EFT, is a simple yet powerful technique that combines ancient Chinese acupuncture with modern psychology. By tapping on specific meridian points on your body while focusing on a particular issue, you can help release emotional blockages and restore balance.

Think of it as a gentle way to rewire your brain and body's response to stress.

## The Tapping Points

### The Tapping Sequence:

Tap approx. 5-7 times on the following tapping points while repeating the emotion or physical sensation that you inserted in the Setup phrase:

**TOH (Top of Head):** Use a flat hand to tap on the top of the head. Do not tap in circles around this point, tap on the point.

**EB (Beginning of Eyebrow):** Tap with one or two fingers on the beginning of the eyebrow, where the hairs of your eyebrow start (not above the bridge of the nose).

**SE (Side of Eye):** Tap with one or two fingers on the bone bordering the outside corner of the eye, on the rim of the eye socket. Stay very close to the eye, not your temple.

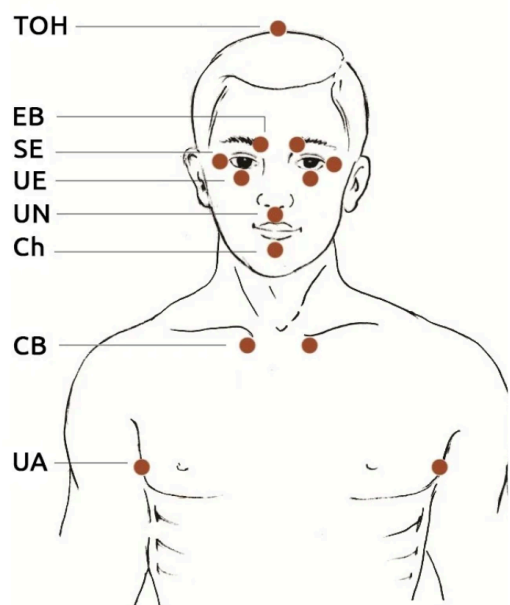
**UE (Under Eye):** Tap with one or two fingers about 1 inch below the pupil, on the bottom rim of the eye socket.

**UN (Under Nose):** Tap with one or two fingers on the area between the bottom of your nose and the top of your upper lip, in the middle of the groove.

**Ch (Chin):** Tap with one or two fingers in the area halfway between the bottom of your lower lip and the point of your chin, in the groove.

**CB (Collar Bone):** Tap with your fist on the beginning of both collarbones, where you would knot a tie, making sure you are touching both sides.

**UA (Under Arm):** Tap with a flat hand on the side of the body under your arm (a hand width below your armpit).



## A Simple Tapping Sequence

Here's a basic tapping sequence you can use to calm the chaos and reset your energy:

1. **Identify the Issue:** What's causing you stress or discomfort right now? Be specific.
2. **Rate the Intensity:** On a scale of 0-10, how intense is the feeling?
3. **The Setup:** While continuously tapping the Karate Chop point, say out loud: "Even though I have this [negative emotion/sensation], I deeply and completely accept myself."
4. **The Sequence:** Tap each of the following points several times (5-7 taps per point), while repeating a reminder phrase related to your issue:
  - Top of the Head (TOH): This [emotion/physical sensation]
  - Eyebrow (EB): I feel it as [physical sensation location]
  - Side of the Eye (SE): I'm feeling so [emotion]
  - Under the Eye (UE): This [emotion]
  - Under the Nose (UN): I feel it at [intensity level]
  - Chin Point (CP): This [physical sensation]
  - Collarbone (CB): This [emotion]
  - Under the Arm (UA): I'd like to release this [emotion]
5. **Take a Deep Breath:** Check in with yourself. How do you feel now? Has the intensity decreased? Repeat the sequence until you are calm and neutral.
6. **Positive Affirmation:** After the intensity level has gone down significantly, repeat the sequence focusing on more positive affirmations to replace the negative thoughts.

## Tapping Example

Sarah, a female entrepreneur, is feeling stressed by her to-do list and pressure to succeed.

She rates her stress level at an 8 out of 10.

**Setup:** (Tapping the Karate Chop point) "Even though I'm feeling stressed and overwhelmed by my to-do list, and feel my breathing is constricted, I still deeply and completely accept myself."

**Sequence:**

- Top of the Head (TOH): This stress and overwhelm about my to-do list
- Eyebrow (EB): I feel my breathing is constricted,
- Side of the Eye (SE): I'm feeling so overwhelmed
- Under the Eye (UE): All these tasks and there's only one of me
- Under the Nose (UN): It's so intense, I feel this at an 8
- Chin Point (CP): This stress I'm the one feeling it, so I'm the one paying the price
- Collarbone (CB): This stress and overwhelm aren't helping me get things done any faster
- Under the Arm (UA): Maybe I can let go of my overwhelm and focus on just one thing at a time

After a few rounds, Sarah's anxiety decreases to a 3. She then begins a positive round of tapping, affirming her ability to manage her workload and maintain her peace of mind. "Even though I have this remaining bit of stress, I'm open to giving myself space and support. It's ok to take a break."

## *Tips for Effective Tapping*

- **Be Specific:** The more specific you are about the issue, the better the results.
- **Be Honest:** Don't be afraid to acknowledge your true feelings.
- **Be Consistent:** The more you tap, the more you'll benefit. Incorporate it into your daily routine.
- **Be Patient:** It may take time to see results, but don't give up. Stick with it!
- **Be Kind to Yourself:** Sometimes you might feel a bit tired after tapping. It's normal.

## *Next Steps*

Congratulations on taking the first step towards calming the chaos! Incorporate tapping into your daily routine, and experiment with different phrases and issues. With consistent practice, you'll be amazed at the positive impact it can have on your entrepreneurial journey and your overall well-being.

Consider seeking guidance from a Certified EFT practitioner for more personalized support. Here's to your success, and your calm! You deserve it. 🧡



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