

TRIPLE POINT CALMER SCRIPT

It is a tapping exercise which can help in calming sudden emotional outbursts and abreactions.

Here are the steps of the Energy Flow® Triple Point Calmer exercise:

1. Tap under the eye.
2. Tap under the collarbone.
3. And then tap under the arm.
4. Repeat as often as you need, until you feel calm.

Reflection questions:

1. As you tapped under the eye, collarbone, and arm, what changes did you notice in your breathing or body tension?
2. Did one tapping point feel more sensitive or calming than the others?
3. After repeating the sequence, how does your emotional state feel compared to when you started?