

BUTTERFLY TAPPING SCRIPT

Butterfly tapping is a calming technique that involves alternating gentle taps on each side of the body, mimicking a butterfly's wings.

Here are the steps of the Energy Flow® Butterfly Tapping exercise:

1. Cross your arms over your chest, with your hands resting on your opposite shoulders.
2. Using your fingertips, tap alternately on each shoulder, creating a gentle and rhythmic butterfly-like movement.
3. Close your eyes if comfortable, and focus on the identified issue while maintaining the tapping rhythm.
4. Take deep breaths during the process to enhance relaxation.
5. Integrate positive affirmations or statements related to self-acceptance and resolution.
6. After a few rounds, evaluate your Subjective Units of Distress level to gauge any changes in your emotional intensity.

Reflection questions:

1. As you alternated the tapping on each shoulder, what did you notice in your body or breathing?
2. While focusing on the issue and taking deep breaths, did the emotional intensity shift in any way?

3. After a few rounds of tapping, how does your level of distress feel now compared to when you began?