



## Clearing Emotions After Social Events:

Often we beat ourselves up after experiencing a negative social event. This causes us to suffer, be stressed and feel down. Plus, by not clearing the negative emotions you likely take the negative emotions and stress with you in the next social situation. Not useful!

Clearing these emotions after social events can be really powerful. I used to get triggered a lot by blushing episodes, and every time this happened I'd run of to the toilet and tap on it. This has helped me tremendously.

I strongly recommend you use this simple tapping formula every time you have experienced an unsuccessful social situation.

By using this tapping formula you easily get to be very specific about what it is that you are feeling and why you are feeling that way. It allows you to release the excess negative emotion so that you are "clear" before entering a new social situation.

This is the formula:

*X = Emotion (Fill in the emotion that you feel)*

*Y = The reason (Fill in the reason WHY you feel that emotion)*

For the first 'round' of tapping (one round equals all the tapping points once, see the Tapping Points) do the following:

While you continuously tap on the karate-chop point, you say:

*Even though I feel -X- because -Y happened-, I deeply and completely accept myself.*

*Even though I feel -X- because -Y happened-, I deeply and completely accept myself.*

*Even though I feel -X- because -Y happened-, I choose to feel calm and relaxed.*

Then say the following phrase at each of the tapping points:

*"I feel -X- because -Y happened-"*

### Example:

While you continuously tap on the karate-chop point, you say:

*Even though I feel -ashamed- because -Brenda made fun of me and they laughed at me-,*

*I deeply and completely accept myself.*

*Even though I feel -ashamed- because -Brenda made fun of me and they laughed at me-,*

*I deeply and completely accept myself.*

*Even though I feel -ashamed- because -Brenda made fun of me and they laughed at me-,*

*I choose to feel calm and relaxed.*

Then say the following phrase at each of the tapping points:

*I feel -ashamed- because -Brenda made fun of me and they laughed at me-*

If you still experience negative emotion after one full round of tapping, you slightly adjust your wording in subsequent rounds:

Continuously tap on the karate-chop point and say...

*Even though I STILL feel SOME / A LITTLE -X- because -Y happened- I deeply and completely accept myself.*

*Even though I STILL feel SOME / A LITTLE -X- because -Y happened- I deeply and completely accept myself.*

*Even though I STILL feel SOME / A LITTLE -X- because -Y happened- I choose to feel calm and relaxed.*

And you then say the following phrase at each of the tapping points (See attached Tapping points PDF)

*"Remaining -X- that I feel because -Y happened-"*

**Example:**

Continuously tap on the karate-chop point and say...

*Even though I STILL feel SOME -shame- because -Brenda made fun of me and they laughed at me- I deeply and completely accept myself.*

*Even though I STILL feel SOME -shame- because -Brenda made fun of me and they laughed at me- I deeply and completely accept myself.*

*Even though I STILL feel SOME -shame- because -Brenda made fun of me and they laughed at me- I choose to feel calm and relaxed.*

And you then say the following phrase at each of the tapping points (See attached Tapping points PDF)

*"Remaining -shame- that I feel because -Brenda made fun of me and they laughed at me-"*