

Tapping Homework for Trauma

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When we use the Tearless Trauma Technique or the Movie Technique in a session, we break down the upsetting event into little “frames” or “postcards” and tap on each one separately.

After a session, undiscovered aspects of the event, or portions of the initial trauma, may surface that weren’t initially tapped. To completely neutralize a memory that is influencing our present life, we need to reinforce the tapping session daily for a while.

Homework:

For one week, wake up a little earlier, sit up in bed and review the movie we tapped on together. Review only the frames or postcards of the movie that we tapped on during our session.

Review each frame or postcard *as vividly as you can* and *really try to get upset about the part of the movie*. If you feel an upsetting emotion or find another aspect that you just remembered, even if it is only a 1 or 2 on the distress scale, do a tapping session on yourself that day, until you get it down to a zero. It is preferable to do that as soon as you discover it.

When you think your issue has been resolved, re-run the movie through your mind several times to check for any remaining charge. If the SUDs level is zero, or you feel neutral about it, then you are finished for the day.

If you are uncomfortable in any way tapping on a new aspect, or you can’t seem to eliminate it yourself, write it down and work on it with your practitioner during your next session.