

Session Two: Home-play

The focus this week is to learn tapping as a self-regulation technique. Use on stressors in your day-to-day life (stay with current situations only) that have mild-moderate emotional intensity (SUD <5). Tap when feeling the upset (anxious, worried, nervous, etc.) Practice this for a few minutes as often as possible throughout the week.

1. Begin by checking-in with yourself briefly before tapping and notice with curiosity and acceptance any emotions and physical sensations. Check-in again at the end of the round to see if you are feeling more settled. Repeat as needed.
2. Try these techniques to see which one works best for you:
 - a. **Silent Tapping** - Even if you forget the words, find a favorite point and tap surreptitiously on it or tap on all 9 points.
 - b. **Tap and Breathe** – Begin at the Side of the Hand point and tap while taking three conscious, deep breaths. Inhale through your nose, exhale through your mouth. Continue tapping through the remaining points for one conscious breath each.
(Alternative: explore combining tapping with other breathing techniques that you are familiar with)

Additional/optional activities:

1. Become aware of triggers – notice when you begin to feel emotion related to goal we are working on. Notice what is happening when this feeling arises, what were you doing and thinking before you noticed the feeling. Make a note of it and bring to next session.
2. Journal/list events from past or concerns about future events related to same issue/theme. BUT DO NOT TAP on them. Notice if there are any patterns that stand out.