

# TRAUMA TAPPING TECHNIQUE (TTT)

(Gunilla Hamne and Ulf Sandstrom, Peaceful Heart Network)



**Purpose:** Defuses and desensitizes traumatic memories and reactions.

## Use when:

- After a shocking or traumatizing incident
- When feeling emotional distress
- For post-traumatic stress: anxiety, flashbacks, insomnia, etc.

## Common experiences:

- Feeling emotional discharge and release
- Shifts in perception & greater clarity
- Feeling more balanced, relaxed, Here & Now

## Steps:

1. Make contact with your partner (or with yourself).
2. Think of an upsetting memory, softly, not too deeply.
3. Tap the Sequence of Points (see below)
4. Breathe two deep breaths.
5. Tap the Sequence of Points again.
6. Again breathe two deep breaths.
7. What do you notice now?
8. You may notice that the upset has changed or greatly diminished after two rounds of tapping. Repeat the treatment sequence until you feel calm.
9. Acknowledge yourself for the shifts and changes you've experienced.

## The sequence of treatment points

Tap 10-15 times on the points below in the following order. Tap gently but firmly, with two or three fingers:

1. The karate chop point /side of the hand
2. Beginning of eyebrow/s
3. Outside of the eye/s (flat area outside the outer corner of the eye)
4. Under the eye/s (on the upper edge of the ocular bone, below the pupil)
5. Under the nose
6. Under the mouth

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(cont'd: The sequence of treatment points)



7. Under the collarbone (Just below the bony knob of the collarbone, and approximately 1" outside the sternum)
8. Under the arm/s (4-6" below the armpit, parallel to the breast, where the seam of your shirt or blouse would be if it has one!)
9. The little finger (at the bottom corner edge of the nail, on the side closer to the midline of the body)
10. The ring finger -"- (all these finger points are at the bottom corner edge of the nail, on the side closer to the midline of the body)
11. The middle finger -"-
12. The index finger -"-
13. The thumb -"-
14. Under the collarbone again.

**Note:**

During this treatment, the mind and body will relax. The upset may decrease or disappear. When you try to re-connect with the original memory, it may feel different to you. A faint memory of the trauma remains, but the suffering is gone. The treatment is usually permanent.

Some memories can be complex and relate to earlier memories. Repeat the treatment several times, as needed, until the emotional reaction has diminished significantly.

**TTT may be done alone or with a partner.**

**Follow along with the video, alone:**

[https://youtu.be/\\_jHWq6n6WNM](https://youtu.be/_jHWq6n6WNM)

**Follow along with the video, with a partner:**

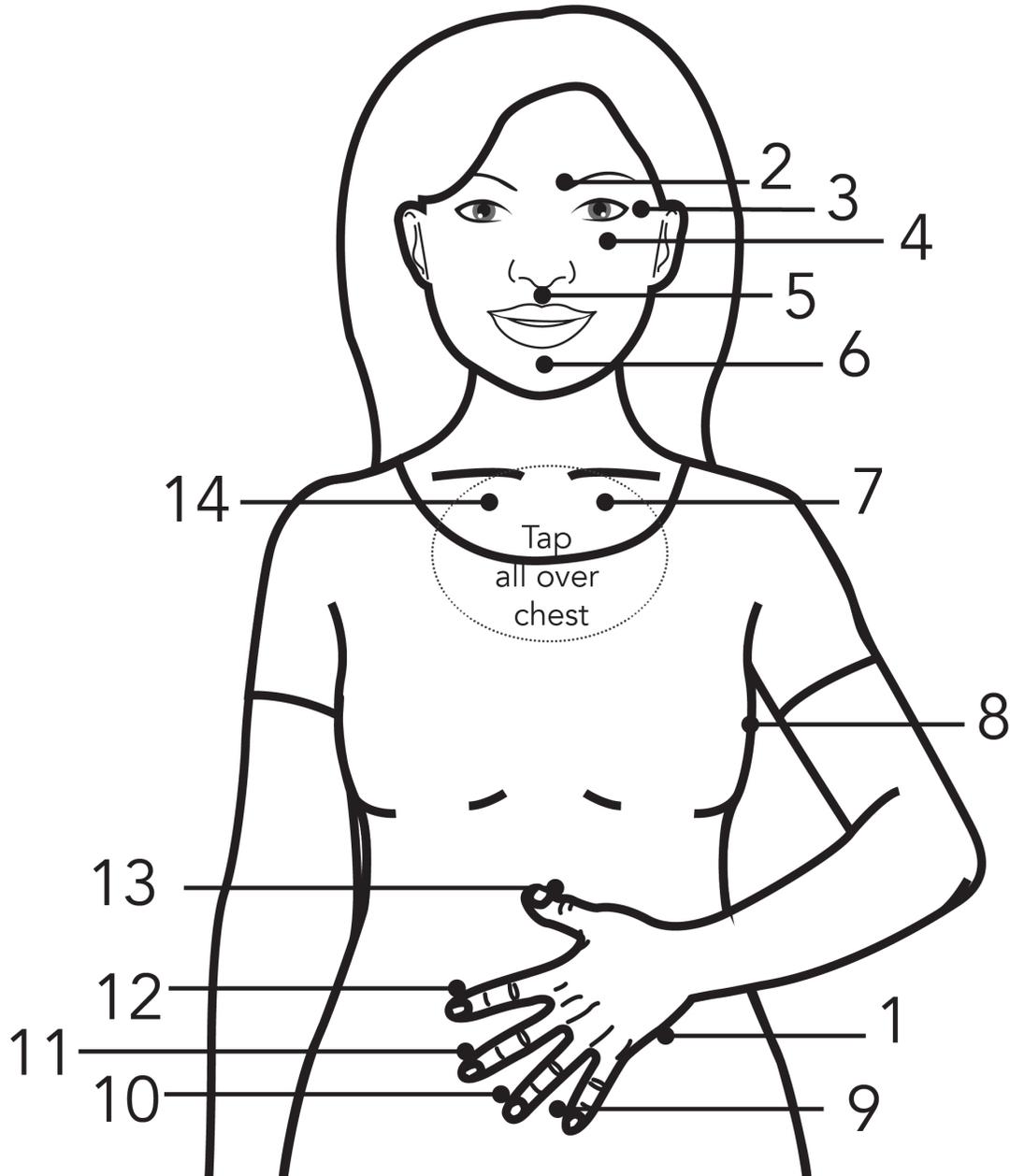
<https://youtu.be/cAK3L7Sw5CU>

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## TAPPING POINTS ON THE BODY

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