

## **Skills**

**Tapping in the positive- Most important skill  
EVER!! 😊**

**Any time you smile at something or have a  
happy thought tap it in...**

**Use your feet (back and forth/left then right)**

**Use your fingers or hands....**

**Give yourself a butterfly hug and tap back  
and forth on your shoulders (every one needs  
a hug)**

**Breathe in 1-2-3 (tummy gets fat)**

**Hold 1-2-3-**

**Out slow 1-2-3 (tummy gets skinny)**

**Breathe in 1-2-3**

**Hold 1-2-3**

**Breath out the bad 1-2-3 (loud whoosh as  
breath out bad feelings!)**

**Breathe in the color.... (from head to toes**

**Hold 1-2-3**

**Out slow 1-2-3 (from toes to mouth)**

**If have trouble sleeping think of a paint brush going back and forth under your eyelids and forehead, Back and forth painting white paint over all your thoughts and covering them with the paint so nothing is thought of except the white emptiness**

## **AT NIGHT**

**Breathe out bad of day (into your container if you have one)**

**Tap in good of day (if a bad thought comes in just accept it but don't tap then go back to the good thoughts) Maybe as a prayer?**

**Breathe in 1-2-3 or color**

**Safe/Calm Place**

**Add skills as you learn them**



**Stop sign: visualize or hold up hand like stop and say to self I don't want to go there and then go to tapping in the positives**

**After each skill take a drink or swallow spit.  
This starts your digestive system and tells  
body you are not in flight, fight, or freeze.**