



Hilda Nanning Counselling and Associates

### Somatic-Narrative Journaling; In Support of our Work Together



#### Tapping Pointers:

- Make the 'Problem Story' (PS) words yours/give rich somatic detail to your internal experience. Explore the thoughts/worries/unsupportive ideas. Do the same with the 'Counter Story' (CS)!
- With practice, tapping can become more effective, easier and even pleasurable.
- It's no big deal to miss spots, etc.
- The parasympathetic nervous system 'calm zone', can become more easily accessed with practice.
- Breathe and check in with the body as you go. Ask any of the thoughts: 'How does my body know this thought?'
- Take your time – and breathe – and breathe...

#### Template Script:

1. Scan your body (sensations, feelings, internal experience – location of sensation, quality of the feeling?). Give it a number from 0-10 (0 = Neutral, 10 = highest degree of disturbance)
2. Start with Karate Chop Point to flush out a) 'Problem Story' (PS) and b) 'Counter Story' (CS) – The CS might need some nudging: *Example Script: Even though.... I am feeling overwhelmed and discouraged, I know I can call on myself to heal and to refuel my courage. Even though.... overwhelm tells me it is all just too much, I know I am strong and capable of getting myself to where I want to go and that I am worthy of peace and to enjoy my life journey.*
3. Do a few rounds tapping through all the points focusing on a thought/idea/feeling associated to the problem story per point. Land it back into the body (How does my body know this?) Like cleaning the house, see the dirt first.. (the disturbances) and the cobwebs (the unsupportive ideas, negative stories and/or restricting thoughts) and acknowledge the feelings that are attached as you go, naming the sensations and where and how it feels in the body. *Example Script: tension.. hurt.. I am tired of fighting this overwhelm.. it hurts my body. It exhausts me. I feel the tension of it in my body.. spinning like a top.. this overwhelm (PS) tells me it is the boss of me and nothing is enough.. not good enough.. not smart enough.. not doing enough.. this overwhelm is a bully.. This overwhelm feels like fear.. fear is so powerful.. where am I in this fear?? Stomach clenched, breathe tight, jaw clenched..*
4. Begin to call out the problem(s) by acknowledging the beyond agreement/pushback/resistances that exist. Do a few rounds allowing the counter story, compassion, care, encouragement and affirmations to have a say. *Example Script: I am not this overwhelm.. I am not this fear... I have a say.. I am a good person. I am enough.. it does not always feel like this. Body tension, breath is clenched.. resistance maybe.. I feel.. I am surrounded by messages that try to convince me but I do know.. I am here beyond this whirl of intimidating demands and challenges. I am not the whirl. I feel my breath and my body. It is enough. I like myself. I have my back. I got you.*
5. End the cycle of tapping at the head tapping spot. Take 2 juicy deep breaths.. in through the nose, nice and slow release through the mouth. Again... and check in with your body, your breath. Check for any disturbance and give it a number 0-10. Notice the difference. Continue another tapping series to address any disturbance leftovers or move along with your day.