

# **CRE - CREATIVE RELAXATION EXERCISE**

## **NO. 75**

### **TR - Self-care Tapping Response for Rapid Relief of Pain and Stress**

Inspired by a 2006 book “Tapping Cure” by Dr. Roberta Temes  
published by Marlowe in New York

“To date, there is no rigorous scientific validation as to why “self-care” tapping or stroking specific points on the body, should bring such rapid relief from stress and pain. “

“Perhaps the powerful “self-care” activity distracts the mind from pain and stress, and thus brings the positive reward of powerful feelings of regaining self-control of mind and body.”

“Perhaps any health care patient with anxiety, could benefit from such self-care routines. More positive cooperation with nursing staff. More effective medical and surgical treatment. Less medication. More rapid recovery. Earlier discharge.”

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## Introduction

TR (Tapping Response) is a simple very personal self-care routine based upon the book “Tapping Cure” by Dr. Roberta Temes and on Thought Field Therapy (Dr Roger Callaghan), Emotional Freedom Technique (Dr. Gary Craig) , Energy Psychology (Dr. John Diamond) Touch and Breath (Dr. John Diepold), Energy Psychology (Dr. Fred Gallo) etc.

There is no rigorous research to date on TR as validated EBM (Evidence Based Medicine). But there are so many published case reports on various forms of TR for very successful pain and stress relief, that it cannot be ignored as a new development in health self-care, because unlike medications. it is brief and rapid and has no negative side effects. Rigorous EBM research is now urgently needed. Please help us with your feedback.

For TR to work well, we must relax and see, want and believe in it. Then it can help us find new ideas and strengths within ourselves, that we did not even know were there, which can give us an 80% chance of success in rapid pain and stress control relief..

TR is harmless. It is like positive Meditation, Thai-chi or yoga, as they help our conscious and sub-conscious minds to communicate better and to work well together. We are in control all the time and — with practice — TR can control what we feel and believe, with no drug side effects.

## 2. Action

As we learn to change feelings and attitudes towards pain and stress, which lead to feelings of control of mind and body, then we can be very proud of ourselves.

So now we can begin to practice, as we go in two stages:

- 1, TWO MINUTES – RELAX IN YOUR NORMAL WAY WITH DEEP BREATHING (Yoga, Meditation, Thai-chi etc.) ALWAYS with the firm SPOKEN RESOLUTION:

**“With my own personal TR ... I will regain control of mind and body”**

2. THREE MINUTES - Practice relief of pain and stress with TR. (Exhibit A).

And then begin to laugh. Oh dear!! But why laugh at such serious problems? Because Dr Milton Erickson (world famous psychiatrist) suggests that when we learn to laugh with our problems, then we can begin to change ourselves in mind and body, and we can begin to resolve the problems! With laughter we find new strengths within us that we never knew were there !

### 3. Conclusions

Practice relaxation and TR (tapping, stroking or caressing etc.) FIVE times EACH DAY for one week so that it becomes instinctive, and rapidly available as needed. . With simple relaxation and TR, in five minute “self-care” treatment, we surprise ourselves, as we begin to achieve our heart’s desire of “self-control” of mind and body, and rapid relief of pain and stress, with almost no effort at all.

Final word: To change our attitudes for mind/body control, we have to laugh. So perhaps occasionally we can check out our Cognitive Distortions (Exhibit B) and Anger Management (Exhibit C and Some Other Exercises (Exhibit D).

**After one week (or less), please send us feedback, request for any help or your ideas on how to help our TR research and others to follow your pathway. Remember you can tap/stroke/caress very gently in public without causing anyone else, to notice, or to wonder what you are doing, so discretely. On we go together ...**

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## Exhibit A: TR - Tapping Response

After relaxation, the TR involves three stages:

1. Develop a positive key phrase which relates directly to the pain or stress with a key word which can be repeated e.g..... ..:

“Although I feel severe PAIN in my right knee ... I will handle it and be OK” ... key word PAIN ... or ...

“Although I am severely stressed by my child’s BEHAVIOUR ... I will handle it and be OK” ...key word BEHAVIOUR ... .

2. Identify the 14 tapping points: face (5) body (3) hand (6) (Exhibit B), Practice them until they become INSTINCTIVE ... and then, for just three minutes, tap six times on each point as you repeat YOUR key phrase.

**Then tap or touch or stroke or caress the four or more points, which YOU seem to “feel” the most meaningful for YOU. Thus you create YOUR OWN very personal TR which responds directly, to YOUR MIND and YOUR BODY. Help it along by drinking lots of pure water!**

3. Relax and think deeply about what YOU have achieved in pain and stress control and give the TR a GRADE from F (fail – intense pain) to A (pain resolved). Keep a CAREFUL record of each IRT/TR completed and results achieved, grades etc...

With less than grade A, revise the key phrase to make it more powerful, and repeat the TR. Change the positive part to fit your needs and personality e.g. from “I can hand etc.” to ... “I love and respect myself ...” or even the key word ... etc.

Try to identify the tapping points that feel MOST POWERFUL for YOU and emphasise them as you develop your OWN personal TR, that REALLY works for you.

To suit YOU best. Feel free to tap, or stroke or caress with one hand or the other, or with both hands, to find out what works best for YOU. Use the full key phrase or just the key word e.g. PAIN, KNEE, STRESS etc.

**Practice relaxation and TR regularly as preventive care, five times each day for just one week, until it becomes instinctive. Then anticipate the need for relaxation and TR before pain is actually felt. Concentrate and repeat TR on the points that you find are especially powerful for you. Thus create YOUR OWN TR which will always work well for you.**

Study the book “Tapping Cure” by Dr. Roberta Temes..

## Exhibit B: Tapping Spots

**Choose either arm or both arms to tap.**

### **Face (5 spots):**

1. Forehead just above the nose (“third eye”).
2. Temple near eyebrow
3. Bone under eye
4. Above lips under nose
5. Below lips just above chin

### **Body (3 spots):**

1. Centre of clavicle (upper chest none)
2. 10 cm above the heart
3. Chest just under the arm.

### **Hand (6 spots):**

1. Little finger nail on the thumb side.
2. Space between little and fourth fingers
3. First finger nail on the thumb side
4. Middle finger nail on the thumb side.
5. Thumb nail on the outside.
6. Side of palm (\*karate”)

**Note: Feel free to tap, or stroke or caress, with one hand or the other, or with both hands, as you explore and FIND OUT what works best for YOU.**

## **Exhibit C: Cognitive Distortions**

### **BEGIN TO LAUGH AS YOU FIND OUT ABOUT YOUR OWN VERY PERSONAL COGNITIVE DISTORTIONS:**

1. All or Nothing: Will I be a "black" or "white" thinker today, whereby anything that is less than perfect is a total failure?
2. Generalization: Will I see a single result as a pattern of inevitable never-ending defeat?
3. Filter: Will I allow only negatives to darken my reality today, as I (very carefully) filter out almost all of the positive things?
4. Positive disqualification: Will I reject positive experiences today, by telling myself that they "don't really count"?
5. Conclusion jumping: Will I jump to negative assumptions about the future of a project, without any definite supporting facts, by simply "fortune telling" on the situation and the people?
6. Catastrophizing: Will I perceive disaster in everything today, by exaggerating the bad things and minimizing the good ones?
7. Emotional reasoning: Will I convince myself that if, for just a moment, I feel something, then it is almost certainly true?
8. Obligations: Will I allow myself to feel frustration, anger or even guilt today, by adopting some of those false personal motivators such as "I really must" or "I ought to" etc?
9. Labelling: Will I indulge myself in extreme over-generalization, by attaching negative labels like "A real pain!" to things, to others or even to myself?
10. Anger: Will I allow myself to become angry at the aggressive language of someone in front of me, when I know that control and NVC ("non-violent communication") are always my own personal responsibility?

(See short videos at [www.nvc-resolutions.co.uk/nvcmedia.htm](http://www.nvc-resolutions.co.uk/nvcmedia.htm))

## **Exhibit D: Anger Management for Pain and Stress**

### **BEGIN TO LAUGH AS YOU FIND OUT ABOUT YOUR OWN (VERY PERSONAL) ANGER DISTORTIONS:**

1. People or events may stimulate YOUR anger, but your own judgment IS the cause. So YOU are responsible!
2. Judging others to be wrong PREVENTS you from connecting to YOUR OWN unmet needs.
3. Clarifying NEEDS helps you to identify solutions to satisfy EVERYONE.
4. Your CREATIVITY can FOCUS on needs; can help to “REFRAMING” negative ANGER into positive ACTION and CARING for others. ERS.
5. NON-VIOLENT communication – NVC – inspires YOU to a speaking STYLE, that seeks to resolve anger and conflicts.
6. When you feel anger, your face flushes, your vision narrows, your heart-beat increases, your blood pressure rises and negative thoughts flood your mind. YOU become EMOTIONALLY invested (EI)!
7. Anger is a personal failure. A loss of self-control. WHY should you ever WANT to lose CONTROL of your mind and body?
8. Manage anger and be fully in CONTROL!!! Practice NVC – Non-Violent Communication!

Study: “The surprising Purpose of Anger” – Marshall B. Rosenberg (Puddle Dancer Press 2005).

## Exhibit E: Some Other Exercises

**BEGIN TO LAUGH, AS YOU FIND OUT HOW SOME OTHER “MIND-ENERGY” EXERCISES MAY ALSO BE HELPFUL ... FOR YOU ... IN YOUR OWN WAY ...:**

1. Stand up with hands down.  
Relax and breathe deeply  
Let all tension go into the hands.  
Grasp the wrists tightly (with tension inside).  
Raise the arms to the shoulders, breath out as you strongly, “throw the tension away.  
Relax. Feel relieved.
  
2. Stand with arms out- stretched. Put right palm over the left and entwine the fingers of the hands together. Move the entwined hands downwards and then up and inwards to form a “butterfly position, on your chest. In that position, relax the mind and breathe deeply. Feel refreshed.
  
3. Stand with arms loosely crossed in the middle.  
Relax and breathe deeply.  
Breathe in and raise arms upwards and outwards and downwards.\  
Relax. Feel calm.
  
4. Lock first and third fingers of each hand ...together as a chain.  
Repeat aloud a true statement about yourself, try to unlock gently and see that hands remain locked.  
Repeat aloud an UNTRUE statement about yourself, try to unlock gently, and find that the hands do unlock.  
Use this technique to find out about yourself at a deeper level, and you may Discover the deeper cause of your pain and stress.