

# Tension Tapping Technique with Will Shakespeare

Even famous playwrights get anxious, nervous and overwhelmed! Follow the guide below to help your body and mind feel calmer and more relaxed.

Think lightly about whatever bothers you, and tap firmly and rhythmically, approximately 15 times on each point shown below using two fingers, at a fairly fast rate. Take two deep breaths, relax and repeat the whole sequence. Take two deep breaths and relax again when done. Repeat until calm.



1 Using two fingers, tap the outer side of the hand.



2 Tap the inner edges of the eyebrows, closest to the bridge of the nose with two fingers.



3 Tap the hard area between the eye and the temple with two fingers.



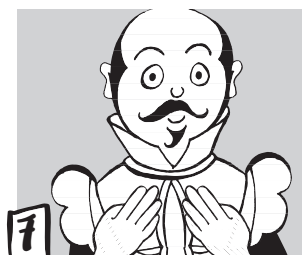
4 Tap the hard area under the eye, in line with the pupils using two fingers.



5 With one hand, tap under the nose using two fingers.



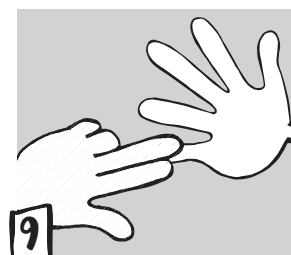
6 Tap the chin with two fingers.



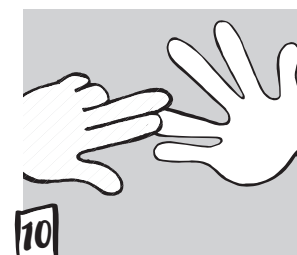
7 Tap just below the hard ridge of your collarbone with four fingers.



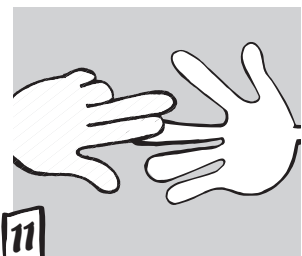
8 Using four fingers, tap your side, just beneath the armpit.



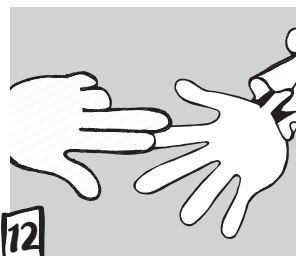
9 Tap the inside of your pinky finger, using two fingers.



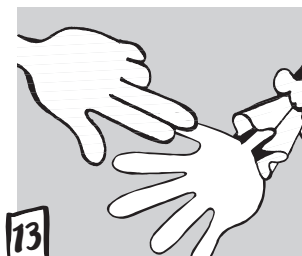
10 Tap the inside of the ring finger.



11 Tap the inside of the middle finger.



12 Tap the inside of the index finger.



13 Tap the outside of the thumb.



14 Tap just below the hard ridge of your collarbone with four fingers.



15 Take 2 long, deep breaths.



16 Repeat the whole sequence.