

Tapping Protocol for Releasing Anger, Betrayal & Grounding

Instructions:

- Begin with 2–3 slow, deep breaths.
- Rate the intensity of your anger (0–10).
- Tap gently on each point while repeating the statements (feel free to adjust words based on your own language and emotions).
- Move slowly, allow emotions to surface, and not rush the process.

1. Setup Statement (Karate Chop Point – Side of Hand)

Repeat 3 times:

“Even though I’m holding onto this anger and betrayal, and it still hurts that he said I was the love of his life while being with someone else, I deeply and completely accept how I feel.”

Alternate versions:

- “Even though I felt deceived, and it shook me to my core, I honour my feelings and give myself permission to heal.”
- “Even though this broke my trust and my heart, I am open to releasing the pain so I can move forward.”

2. Sequence (One statement per tapping point)

(Eyebrow → Side of Eye → Under Eye → Under Nose → Chin → Collarbone → Under Arm → Top of Head)

Round 1 – Acknowledging the Truth

- Eyebrow: “I still feel so angry.”
- Side of Eye: “I was misled, and that hurts deeply.”
- Under Eye: “He told me I was the love of his life...”
- Under Nose: “...while he was with someone else.”
- Chin: “That betrayal shocked me.”
- Collarbone: “It went against everything I believe in.”
- Under Arm: “I trusted him and it feels like a slap in the face.”
- Top of Head: “Part of me still carries that betrayal.”

Round 2 – Connecting to the Hurt Beneath the Anger

- Eyebrow: “This anger is protecting the part of me that was hurt.”
- Side of Eye: “That part of me wanted honesty and respect.”
- Under Eye: “It feels hard to forgive when I still feel unsafe.”
- Under Nose: “How could someone I loved do that?”
- Chin: “It made me question my own judgment.”
- Collarbone: “And I left everything to start over.”
- Under Arm: “But I still feel like I'm carrying his actions with me.”
- Top of Head: “And that’s not fair to me.”

Round 3 – Beginning to Shift

- Eyebrow: “I honour this anger—it’s helped me survive.”
- Side of Eye: “But I don’t want to carry it forever.”
- Under Eye: “I’m open to releasing just a little of it now.”
- Under Nose: “So I can feel lighter.”
- Chin: “So I can ground myself here, in my new life.”
- Collarbone: “I choose to feel safe in my body again.”
- Under Arm: “I am not what he did. I am more than that.”
- Top of Head: “I am ready to come home to myself.”

Round 4 – Anchoring New Beliefs

- Eyebrow: “I honour my decision to walk away.”
- Side of Eye: “That took strength and self-worth.”
- Under Eye: “I deserve real love and alignment.”
- Under Nose: “I’m ready to create that space.”
- Chin: “I give myself permission to let go of the weight.”
- Collarbone: “I am safe to trust again—starting with myself.”
- Under Arm: “Australia is my fresh start.”
- Top of Head: “I am grounded, I am healing, and I am free.”

After Tapping:

- Re-rate the original anger level (0–10).
- You may like to journal or reflect on any insights or sensations that arose.
- Remember that it’s okay to revisit this process as emotions come up in waves.

Optional Additions:

- Use grounding oils (e.g., vetiver, sandalwood) while tapping.
- Do a grounding visualisation after the tapping: imagine roots growing from your feet into the land beneath you, anchoring you to her new life.