



**Do a brain dump about your sleep issues, let it all out.**

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



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**Are you worried about something or are you literally uptight about sleeping and is it affecting your sleep? These can add to keeping you up or waking you up. Write these down.**

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**Look through these and tap on each of them.**



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## **KD'S ADVENTURE SIMPLIFIED TAPPING**

1. Decide on feeling or event name that's bugging you & put it in the \_\_\_\_ (fill in blank)
2. While tapping on side of hand (Karate Chop) say out loud 3 X: Even though I \_\_\_\_ (fill in the blank with feeling or event name from step 1) I love & accept myself as I am
3. Tap gently on round points 3-5 times each (see below) & repeat 1st phrase out loud on each point. Then tap round points gently & repeat 2<sup>nd</sup> phrase out loud on each point:
  - 1st phrase: This \_\_\_\_ (fill in blank feeling or event name)
  - 2nd phrase: This \_\_\_\_ (fill in blank feeling or event name) I choose to let it go
4. Take 2 deep breaths, repeat if needed

### **Karate Chop Point**



**Side of Hand**

### **Round & Other Points to tap on (not on face)**

**Top of head**



**Collar bone**



**Under arm**



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**Over the next week look for anything that benefits or lowers your sleep and write them down.**

