



# Breaking Free From Any Physical Pain, One Tap at a Time

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\*\*\* *This is a digital workbook. You can type your notes in the text boxes and save it to your computer.* \*\*\*

One of the most impressive uses of Tapping is in the relief of chronic pain. The results experienced are extraordinary, and they are one of the main reasons why Tapping is spreading so quickly. This session will show you how to tap to find relief from chronic physical pain. Whether you are currently in pain or not, Tapping is an indispensable tool to always have at your disposal.

The USA, and many other countries around the world, is suffering from a staggering epidemic of opioids. Well-intentioned doctors have prescribed painkillers to help their patients manage chronic or acute pain, but while these help for a while, they quickly become addictive and their effectiveness is reduced over time, leading patients to find themselves in difficult situations. We're seeing the overwhelming evidence that these drugs and these ways of treating pain are not sustainable. They don't provide lasting relief, and they can have dramatic, often life-shattering, or even life-ending, side effects.

So Tapping is offering a powerful alternative, and what's great about Tapping for pain relief is that we can use it for almost anything from minor aches and pains to serious pain from accidents or illnesses.

We do recognize that popping a pill is a lot easier than tapping. It typically takes less than a few seconds; grab a glass of water, pop the pill and hope for relief. Tapping, on the other hand, can have very quick results, but more often than not, especially for sustained pain relief, it's going to take a little bit of work; that could be five minutes a day, ten minutes a day, or a few hours to do something like reading my book. But there's no comparing the results! The effect of the pill will wear off, and you'll need another one, and another one, and each one will take you closer to full dependence and each one will produce side effects that will eventually start to pile up.

Tapping, on the other hand, will produce lasting results, by collapsing the underlying cause of the pain. And the only side effect you risk is positive transformation in other parts of your



life! So let's acknowledge that Tapping may be a little more work, that you need to commit to investing a little more energy, but the difference in results could be staggering. They have been for hundreds of thousands of people.

### **Why does it work?**

As we have covered in many other sessions in this Summit, the underlying mechanism of Tapping is that when we tap on these endpoints of meridians, we send a calming message to the brain. We relax the stress in the body. And while it is usually understood that pain is caused by a physical ailment, the latest scientific research is showing us that this is not always the case, that there is often – more often than you would think – an emotional or stress-related issue that is causing you to feel the pain.

The United States' CDC (Centers for Disease Control and Prevention) affirms that 85% of illnesses have an emotional component - 85%!!

So by calming the brain and the body, your tissues relax and the pain dissipates. By peeling away the multiple levels of anger, frustration, anxiety, or whatever the emotion may be, your body will relax and the pain will be mitigated.

One of the best examples we always bring up was Patricia, one of the participants in our original Tapping Solution documentary. She had been involved in a serious boating accident and had fractured her L1 vertebrae. The doctors inserted titanium rods and screws to stabilize her back, and when the pain persisted after the surgery, they had told her she would just have to live with the pain, that there was no solution. After tapping on her emotional issues, not the least of which was her anger towards the guy who had caused the accident, her pain disappeared, never to return.

Now obviously, if you're in pain and haven't seen a doctor, you should go and see one as soon as possible. Rule out something dangerous. Pain is typically a sign that there is something wrong. If you're bleeding, or have a broken bone, seek help right away. While tapping has been known to help reduce blood loss and facilitate healing, it won't fix a broken bone or repair a wound, so seek medical help first. What we are referring to here is chronic pain, something that has been persistent and continuous.

When we're in a state of "fight or flight," (being chased by a mugger or a wild animal, for example) blood flows away from the brain and to the arms and legs, pupils dilate to improve vision, and the whole body goes into a state of panic, or at least high alert. But when this



happens, we don't think clearly. Tapping on the meridian endpoints sends a calming message to the brain, which helps to release the anger, the frustration and the feelings of overwhelm.

### Where do we start?

First of all, start right where you are. There are two ways to do this:

1. One option is to just tap on the pain. Sometimes it's hard to know what to say. But the more you do it, the better you get at it. So be patient, *do it*, and know that the more you tap, and the more you listen to the audios and other resources, the better you will become. So just tap where you are, tap on the pain. "Even though I'm in pain..."
2. The second option is to tap on the emotions brought on by the pain. Oftentimes when you've been in pain for a while, you will experience frustration, anger and resentment.

So let's do some tapping on that, on the feelings of frustration and resentment. If we can just calm down a little bit of that heat around the pain itself, that can be really beneficial.

To start, tune into the pain. Feel it; feel how strong it is. Does it have a size? A color? Is there an emotion attached to it?

### Describe the pain:

### Describe the feelings around this pain:



Feel the intensity of the pain, and give it a number, from 1 to 10, where 10 is unbearable pain, and 1 is almost not noticeable. **Write it out here:** \_\_\_\_\_

Start tapping on the side of the hand, at the karate chop point:

Side of Hand Even though I'm so frustrated about this pain  
I love, accept, and forgive myself

Even though I'm just so frustrated about this pain  
I choose to relax and feel safe now

Even though I'm so stressed out and frustrated about this pain  
I choose to relax and feel safe now

Eyebrow All this pain in my body  
Side of Eye I am so frustrated  
Under Eye Why won't it go away?  
Under Nose Nothing seems to work  
Under Mouth Why won't my body heal?  
Collarbone All the stress about my pain  
Under arm All this stress in my body  
Top of Head I'm so sick of this pain

EB I'm so sick of thinking about it  
SE Trying to do something about it  
UE And have nothing working  
UN All of this stress in my body  
UM All this anger about this pain  
CB It's safe to feel this anger  
UA It's safe to feel all this frustration  
TH And it's safe to start to let it go

EB All this anger in my body  
SE Feeling it  
UE And starting to let it go  
UN What if I could relax about this pain?  
UM What if I could stress just a little bit less?  
CB What if I could start imagining my body healing?  
UA That feels so good



TH To open up a little bit of hope  
EB That my body can heal  
SE That I am in control  
UE That I don't have to be at the whim of this pain  
UN That it doesn't have to control me  
UM Releasing this pain  
CB And all the stress around it  
UA It's safe to start to let this pain go  
TH And to let my body heal

Take a deep breath in, and release.

Now tune in. Every time we tap we tune into two things:

First, check in and look at those numbers. Tune into that emotion, the one you described above and see where that number is. **Write it down here:** \_\_\_\_\_

Then tune into the pain itself. **How intense is it now?** \_\_\_\_\_

**And has it moved? Notice what happened, and write down any changes you experienced:**

**And next, pay attention to what other thoughts, ideas or memories came up. What else is going on that might be contributing to this pain? Write them down here:**



Now ask yourself these questions about the pain:

**If there were an emotion attached to this pain, what would it be?**

**And what would be the intensity of that emotion? Give it a number from 1 to 10: \_\_\_\_\_**

Now let's go into tapping on that emotion. Tapping on the side of the hand:

Side of Hand Even though this emotion is stuck in my pain  
I choose to relax and feel safe now

Even though I feel this emotion  
It's in my body  
And it feels hard to let it go  
I choose to relax and feel safe now

Even though I have to hold onto this anger  
Or this sadness  
Or this grief  
Or this frustration  
Or this disappointment  
I have got to hold onto it because it keeps me safe  
Because it's real  
And I don't know how to let it go  
But I choose to acknowledge it  
And to love, accept, and forgive myself  
With this emotion

Eyebrow This emotion in my pain  
Side of Eye It's safe to feel it  
Under Eye I've been scared of feeling this emotion  
Under Nose Because it was too overwhelming  
Under Mouth But it's safe to feel it now  
Collarbone It's safe to unlock this door



Under arm And to feel this emotion  
Top of Head All this anger in my pain

EB All this sadness in my pain  
SE All of this grief in my pain  
UE All this frustration in my pain  
UN All this stress in my pain  
UM It's safe to feel it  
CB And it's safe to relax  
UA It's safe to release this pain from my body  
TH And all this emotion that goes with it

EB I've been holding on to this for so long  
SE That I'm just used to feeling it  
UE I know how to feel this emotion  
UN And I know how to feel this pain  
UM I expect this emotion in my life  
CB And I expect this pain in my life  
UA But what if I start to change this  
TH To expect something else

EB Feeling this emotion  
SE And letting it go  
UE Expecting peace in my body  
UN It's time to train my body  
UM That it's safe to relax  
CB That it's safe to let go  
UA That I am safe  
TH Feeling safe now

Take a deep breath in, and slowly let it out.

**Now tune into that emotion, tune into that pain. Give it a number. Where is the emotion right now? Where is the pain right now? How has it shifted? What else came up? What struck a note? What struck a chord as you were doing that tapping? What words, ideas, and memories? Tune into them; notice them. Write a few notes about what came up. If a number of different things came up, don't get overwhelmed by them. You don't have to handle everything right now. You can go one at a time.**



## Feeling safe

Take a moment to ask yourself this question: *Do I feel safe in my body?*

**If you don't feel safe, what does that mean for you? What ideas and memories, thoughts, and feelings come up? Do some old events come up? Does some childhood stuff come up? Is there an alarm blaring in your mind, telling you something isn't safe? Or that you're not good enough? Notice those feelings of not feeling safe, and describe them here:**

**Give them a level of intensity: \_\_\_\_**

Start tapping on the side of the hand.

Side of Hand Even though I just don't feel safe in my body  
I choose to relax now

Even though I can't relax  
I don't know how to relax  
My body is on high alert all the time  
And it's been this way for so long





I choose to relax and feel safe now

Even though I can't relax  
I don't know how to relax  
I don't know what it feels like to relax  
Because it isn't safe to relax  
I choose to feel safe now

Even though part of me is so confused  
Am I relaxed?  
What does it even mean to be relaxed?  
Am I safe?  
What does it even mean to be safe?  
With all these thoughts  
And all the memories and emotions that are coming up  
I feel grounded, strong, and safe right now

Eyebrow	There is so much coming up
Side of Eye	All the times where I didn't feel safe
Under Eye	I feel them in my body now
Under Nose	And they're scary
Under Mouth	But I am safe
Collarbone	I feel grounded in space and time
Under arm	I bring my consciousness to the present moment
Top of Head	Where I am safe

EB	And from this place of safety
SE	I can start to let go of the past
UE	From this place of safety
UN	I can recognize all the times I didn't feel safe
UM	Where my body was on high alert
CB	When the alarms were blaring
UA	The alarms that said I'm not safe
TH	And I recognize this pattern in my body

EB	This pattern of not feeling safe
SE	What if I could turn off that alarm
UE	What if I could start to feel safe?
UN	What would that even feel like?



- UM What would that even look like?
- CB How would my body feel, if I felt safe?
- UA How would my body feel, if I felt safe?
- TH Feeling safe in my body now
- 
- EB Tapping on the eyebrow, tune into various parts of your body. What parts of your body don't feel safe? See if you can notice those. Maybe it's right where the pain is. It's on high alert; it doesn't feel safe. Tapping the eyebrow, feel into that part of your body. Notice what it feels like to not feel safe? Notice any feelings, emotions, memories, sounds, sights, whatever is there. What is turning that alarm on? How long has it been turned on? What turned it on in the first place?
- SE Now tap on the side of the eye. Feel that part of your body, that alarm blaring. As you tap, notice whether it starts to turn down a little bit.
- UE That alarm is just quieting down, you're seeing that picture, you're seeing that event, you're seeing the car crash, what they said to you, what happened, what they did, you're seeing the doctor giving you a diagnosis, all these things stuck in that pain. We're just turning down that alarm, just a little bit. Notice with every tap that you feel more and more safe, more and more grounded, more and more secure, as that charge starts to lessen.
- UN Notice that the alarm has turned down ever so slightly, and now you're finding a little room to breathe.
- UM Tapping under the mouth. The alarm may still be on, but now there's just a little space, a little space of safety. As you find that space of safety, tune in to a part of your body, a different part, where you know there is some strength. Tune into a part of your body where you know there is some hope. Maybe it's a tiny part, maybe it's your right pinky toenail, or maybe it's in your heart or your gut. Maybe you tune into your heart and you can feel your heart energy expand and you know that there is hope.
- CB Feel that heart energy expand, or wherever else you feel it in your body. Has that alarm turned down? That the feeling is replaced with love. That the feeling is replaced with peace.
- UA Notice how that expands.



- TH Notice that as you think about your pain and all of the challenges and everything you've gone through with it, that heart energy expands, and you start to feel a little gratitude. I have learned so much through this journey; I have become so much stronger. Everything I've learned, all the gifts that have come with this pain, the gifts of empathy and compassion. Everything I've learned about myself in this quest to heal this pain; everything I'm learning about myself now, in this quest to reduce and eliminate this pain.
- EB And as that hope expands, as that love expands, as that gratitude expands, notice how it turns down that alarm even more.
- SE It swallows up that pain, it envelops it.
- UE That love, and that hope, and that gratitude tell your whole body you are safe. You are loved; you are enough.
- UN Feel that permeating through your body. Notice the pain, if there's any left. Tapping under the nose: I am enough, even with this pain, even with these challenges, even with this alarm that's been blaring for so long. I am enough, and it's time to feel safe.
- UM Let that feeling fill your body up. Let that truth enter every cell in your body. You are enough; you are loved; see that written in every cell in your body; see that written in every nerve in your body, every fiber, every bone, every piece of muscle and skin. You are enough, you are loved, and all is well.
- CB Tap on the collarbone and feel that. See it written in every cell in your body. Notice the clarity and the strength that comes with that.
- UA Feel this place, the place where every cell in your body says and knows and feels that you are enough, that you are loved, that you are safe. This is the place from which you create your future. This is the place where you shed your pain, and shed these old patterns.
- TH From this place of openness, clarity, hope and peace, anything is possible for you.
- EB Tune into that feeling. Pain is constricting, and it slows you down and holds you back, but this is the opposite of that energy. This is the place where all your dreams can come true. Notice, as you release the pain, as you feel safe in your body, as you feel hope and clarity and love in your body, notice how your dreams start coming to life.



See how your relationships heal, see how your finances heal and see your body heal. See how your creativity expands and your energy comes back, energy in every cell in your body, the energy to create the life that you want.

SE And feel how good it feels to create again, to feel hopeful again, to have that energy, to know that you are in charge, that you are in control of your destiny. You are no longer at the whim of this pain, you are no longer at the whim of this body; you are in control. Feel that power rushing into every cell in your body, that certainty, that certainty that knows you can transform your life.

UE Feel that strength.

UN Feel that hope, feel that power at your fingertips; with this tapping, with these resources, you are in control.

UM Know that; know that in every cell in your body.

CB Feeling strong and confident, and hopeful and loving, and excited, passionate, knowing you've got this. You've got this!

Take a deep breath in, and exhale.

Now ask yourself again: *Do I feel safe in my body?*

**What thoughts came up, new or old? Write them down here:**

**Give them a level of intensity:** \_\_\_\_ Is it lower than before?

If the level of intensity is still relatively high, go back and do another round of tapping.



## Additional tips:

1. We have a lot of resources available to support you in your journey. I have often spoken on stage about pain relief, and have brought people up on stage to tap with me. The results have been amazing, and many of them are on video, so you can just go on YouTube, our website (TheTappingSolution.com) or our Facebook page, look for those videos of me tapping on stage with people, and just tap along with us. You'll find that oftentimes other people's stories bring up things that you haven't thought of, and you'll find that other ideas and memories come up as you tap along.
2. Remember that this is a process. We often hear of people getting 1-minute results, or even 10-minute results, where pain that had been suffered for years suddenly disappears. But don't set yourself up for failure by assuming you will see immediate results. Stick with the process, and commit to the practice. Whether it's 5 minutes a day, or 15, or listening to the meditations on a daily basis, it's important that you commit to working on this until you see results.

I encourage you to come back to this again and again, either through this workbook or by listening to the audio. Once again, this is a process that you can, and must, repeat again and again. And go back to that place of hope, of love, of compassion, of power, of peace. That's the place from which you create, and that's the place where you live the life that I know you most want, the life you most deserve, the life you most desire.

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**NICOLAS ORTNER** is CEO of The Tapping Solution, LLC, a company with a mission to bring into the mainstream a simple, effective, natural healing method known as Emotional Freedom Techniques (EFT) or “Tapping.” Tapping is a healing modality that combines ancient Chinese acupressure and modern psychology. Nick’s goal is to empower people to create healthy, abundant and stress-free lives through his books, films, CDs, online events and speaking engagements attended by participants from all over the world.

He is the New York Times bestselling author of *“The Tapping Solution: A Revolutionary System for Stress-Free Living,”* and *“The Tapping Solution for Pain Relief: A Step-by-Step Guide to Reducing and Eliminating Chronic Pain.”* Prior to that, Nick created and produced the breakthrough documentary film *“The Tapping Solution,”* which follows ten people who used tapping to overcome significant challenges, including chronic back pain, fibromyalgia, insomnia, devastating grief and more. Nick’s books and film document real and extraordinary results that have inspired tens of thousands to follow suit by successfully applying tapping to their lives.

Nick has also produced first-of-their-kind online programs that teach easy, effective ways to apply tapping to anything limiting a person’s life or health. Some noteworthy examples are: The “Tapping World Summit,” a free, annual worldwide online event that has been attended by over 1,000,000 people ([www.tappingworldsummit.com](http://www.tappingworldsummit.com)) and Nick’s popular seven-week EFT coaching programs, which cover common issues such as financial abundance, weight loss and more.

Nick and the Tapping Solution team are committed to spreading tapping throughout the world, and particularly to supporting its revolutionary and life-changing usage. They’ve raised over \$1,000,000 for tapping-related charities such as Project Light, which aids genocide orphans in Rwanda, Africa ([www.projectlightrwanda.com](http://www.projectlightrwanda.com)), The Veterans Stress Project, supporting veterans with PTSD ([www.stressproject.org](http://www.stressproject.org)), and You Can Thrive! a New York organization providing services for women with cancer (<http://youcanthrive.org>), and The Tapping Solution Foundation, that Nick started in 2013 to support the community of Newtown, CT after the tragic shootings at the Sandy Hook Elementary School. ([www.TappingSolutionFoundation.org](http://www.TappingSolutionFoundation.org))

Nick lives in Newtown, CT with his wife Brenna and daughter June. Follow Nick on Facebook at [Facebook.com/Nortner](https://Facebook.com/Nortner) and on Twitter @NickOrtner.