

## **Tapping to soften the shock of witnessing state violence**

Something inside me is still frozen...  
Like my body hasn't fully caught up to what my eyes saw...  
Or what I heard...  
Or what I now know is real...  
I witnessed something violent...  
Something sanctioned...  
Something that wasn't supposed to happen...  
But did, right in front of me...  
Or close enough that it shook something loose inside me...  
There is a part of me that still feels like it's holding its breath...  
Bracing, tensed...  
As if another impact is already on its way ...  
And I haven't fully come down from the last one...  
So I honor the part of me that left...  
That shut down...  
That disconnected...  
Because it wasn't safe to stay fully present...  
Because the body does what it must to survive moments like these...  
And even now, as I sit here...  
Far enough away to feel the echo...  
But close enough to still feel the heat...  
I can feel how unsettled I still am...  
How shaken...  
How far from okay...  
I release the pressure to be calm right now...  
I release the idea that I should be stronger than this...  
I release the judgment that says I should already be over it...  
This was a rupture...  
This was real...  
And my body remembers it in ways words can't always describe...  
So I move slowly...  
With breath, with compassion...  
With honesty about what this has stirred in me...  
I choose to soften the grip, just a little...  
Not to forget...  
Not to minimize...  
But to offer my body safety again...  
To let it know that right now, this moment, is not that moment...  
Even if I still feel numb...  
Even if I still want to cry...  
Even if I don't yet know what I need...  
I give myself permission to be here with what is...

I can hold the shock...  
Without turning against myself...  
I can be in the truth of what happened...  
Without losing the connection to my own breath, to my own body...  
And slowly, gently...  
I return to myself...  
One breath at a time...  
One truth at a time...  
Still here, still whole...  
Even when the world has cracked open.

---

### **Tapping to process the fear of living under constant threat**

There is a fear that lives in my body...  
Not just in moments of crisis...  
But in the quiet...  
In the everyday...  
In the spaces where I'm supposed to feel safe, but don't...  
It doesn't leave...  
It doesn't rest...

It lingers beneath the surface, waiting...  
Watching, bracing for something to go wrong again...  
And I've learned how to live with it...  
How to scan...  
How to stay alert...  
How to anticipate the next disruption...  
The next knock...  
The next moment where everything changes without warning...

This fear isn't imagined...  
It's real...  
Rooted in lived experience...  
In systems that have proven again and again that they cannot be trusted to protect us...  
And may, in fact, be the ones causing the harm...

So I honor the fear...  
Because it is not weakness...  
It is wisdom...  
It is memory...  
It is survival...  
And it has kept me safe more than once...

But I also feel how much it costs me...

How much space it takes up...

How hard it is to breathe deeply...

To rest, to settle...

When I'm always waiting for the next threat...

I release the belief that I have to live in a constant state of tension to stay safe...

I release the fear that softening for even a moment will make me vulnerable to harm...

I release the story that there's no room for peace when danger still exists...

Even if the world hasn't changed...

Even if the threat still feels close...

Even if I don't feel totally safe...

I remind my body, right now, in this moment...

I can take one breath...

I can feel one place inside me that is still mine...

That is still here...

Still holding me...

I do not have to carry the entire weight of this fear alone...

I do not have to prove how strong I am by never resting ...

I can acknowledge what's real, and still find moments of grounding within it...

My fear is valid...

But it does not have to control me...

I choose to stay present with it...

To listen, to soothe...

To remind myself that even in this world...

I am allowed to feel...

To breathe...

To exist in my body without apology...

And in this breath...

In this pause...

I take back a small piece of my power.

---

## **Tapping to hold the heartache of seeing community hurt**

There's a deep ache in my heart...

A sorrow that doesn't just belong to me...

But to all the people I love...

To my neighbors...

To my community...  
To those whose lives are being torn apart right now...  
I see the fear in their eyes...  
The tension in their bodies...  
The quiet ways they carry what no one should have to carry alone...  
And I feel it in me, too...  
This heartache...  
This helplessness...  
This burning desire to do more, and the pain of not always knowing how...  
Sometimes it feels like too much...  
Like the grief is too wide...  
Like the pain is spilling over in every direction...  
And I don't know where to place it...  
Or how to make space for all of it without falling apart...  
But I pause here...  
And breathe...  
And remind myself that it's okay to feel this...  
That I don't have to harden...  
Or shut down...  
Or pretend to be okay just to keep going...  
I release the belief that I must carry everyone's pain alone...  
I release the pressure to have all the answers...  
I release the fear that my heart will break beyond repair if I let myself truly feel this sorrow...  
Because this ache is sacred...  
It's a sign that I'm still connected...  
Still present...  
Still capable of loving in a world that keeps trying to break us apart...  
Even as I witness the harm...  
Even as I hold the stories...  
Even as I show up in grief and in love...  
I remind myself that I don't have to disappear inside of it...  
There is room for my feelings...  
There is room for my humanity...  
There is room for this heartache...  
And I can hold it with tenderness...  
Without drowning in it...  
I choose to stay close...  
To myself...  
To my community...  
To what matters...  
And I trust that even in pain, love is still here...  
Alive in my breath...  
Alive in my presence...  
Alive in every small act of care that refuses to let go.

---

## Tapping to stay present with pain without being overwhelmed

There's pain here...

It's real...

It's sharp in some places and dull in others...

It sits in my body like a weight that won't lift...

And sometimes, it feels like too much to bear...

Part of me wants to run from it...

To distract, to numb out...

To find some way to escape the edges of what I'm feeling...

And I don't judge that part...

Because pain is loud...

And when it's been here for a while...

It can start to feel like it's all there is...

But I'm learning to stay...

Not to fix it all at once...

Not to force healing...

But just to be with what's here, without abandoning myself in the process...

I release the belief that I have to solve this pain right now...

I release the fear that if I feel too much, I'll break...

I release the pressure to carry this pain without support or pause...

Even though it hurts...

Even though it's heavy...

Even though I wish it were different ...

I remind myself, I can be with this...

In this breath, in this body...

In this moment...

I let myself soften around the pain...

Not to make it disappear...

But to give it room to move...

To breathe...

To be seen without being pushed away...

My nervous system doesn't have to collapse...

My body doesn't have to carry this alone...

I can feel what I feel...

And still remain connected to myself...

Even if the pain stays for a while...

Even if it's messy...

Even if I don't know what comes next...

I am still here, still whole...

Still allowed to take this moment one breath at a time...

This pain does not define me...  
It is not the end of me...  
It is something I'm learning to be with...  
With care, with honesty...  
And with the strength that comes from not turning away.

---

## **Tapping for Living With Ongoing Fear**

There's a fear that lives inside me...  
Not just in moments of crisis...  
But day after day...  
Quiet in the background...  
Or suddenly loud without warning...  
It's the kind of fear that doesn't leave easily...  
Because it's been here a long time...  
Because it has reason...  
Because the world has shown me that not everything is safe...  
And even though I keep moving...  
Even though I show up and carry on...  
There's a part of me always scanning...  
Always waiting...  
Always holding tension, just in case...  
And I want to offer love to that part...  
Because it's done so much to protect me...  
To prepare me...  
To keep me aware...  
Even when it's exhausted from always being on...  
But I don't want to live frozen in fear...  
I don't want to live disconnected from myself just to get through the day...  
I want to build a life where I can feel safe enough...  
Even if the fear doesn't disappear entirely...  
So I release the pressure to get rid of fear completely...  
I release the shame that I still feel this way...  
I release the idea that fear means I'm broken, weak, or behind...  
I choose instead to make space...  
To soften around the fear without pushing it away...  
To let it be one part of my experience, not the whole story...  
I remind my body that it doesn't have to hold everything at once...  
That I can pause...  
That I can breathe...  
That I can return to this moment, where I am safe enough to take one small step at a time...  
Even if the fear stays...

I can still build something beautiful...  
Still love, still rest, still dream...  
I don't need fear to leave for me to live...  
I just need to keep choosing presence...  
Compassion...  
And trust in myself to move through each moment...  
Tenderly, honestly, and without abandoning who I am.

---

## **Tapping for when all I feel is overwhelmed**

I recognize the fact that this is so hard...  
That the word overwhelming doesn't even begin to describe what is going on...  
And there's so much uncertainty...  
And it just feels so big to the point that it feels incomprehensible...

And because that is the case...  
I don't even know what to think or feel or believe...  
I just feel helpless and overwhelmed...  
And it makes sense that I'm helpless and overwhelmed...  
Because what I'm experiencing is incomprehensible...  
It is so big and it's not a surprise that I don't know what to think or feel or know...  
Or know what to believe...

I give myself permission to be gentle with myself to not know what to feel...  
And to be gentle with how overwhelming this is...  
It is okay for me to simply try to be fully present in my breath...  
And that be the only thing I'm working for in this moment...  
It is okay for me to be scared, desperate, overwhelmed and worried...

All of those feelings are just different parts...  
Are just different parts of me that want this overwhelm and heartache to end...  
And I give myself permission to know in this moment...  
My work is to be with my breath...

In this moment, my work is just to be present...  
I don't have to have all the answers...  
I don't have to have any of the solutions...  
I just need to be...  
And I give myself permission to do exactly that..  
This is hard...  
This is allowed to be hard...  
And I can manage in this moment.

---

## **Kids - Tapping when the world feels scary and I don't know what to do**

Everything feels kind of scary right now...  
I hear things...  
I see things...  
And I don't always understand what's going on...  
But I can tell something's not right...  
And it makes me feel tight inside...  
Like I'm holding my breath...  
Like I don't know how to feel better...  
Sometimes I feel worried and I don't know why...  
Other times I feel really sad...  
Or angry...  
Or like I want to hide...  
And I just want someone to tell me everything's going to be okay...  
But sometimes, even the grown-ups are scared too...  
And that makes it harder to feel safe...  
So right now, I'm just going to sit with myself...  
And remind my body that I'm still here...  
Still breathing...  
Still okay in this moment...  
I let myself feel nervous if I need to...  
I let myself cry if I need to...  
I let myself feel whatever is already here...  
Without telling myself to stop or be stronger...  
I don't have to fix the world...  
I don't have to have all the answers...  
I just get to be a kid who is doing the best they can...  
And that is enough...  
Even if I don't know what to do...  
Even if I still feel scared...  
I can take one breath...  
And then another...  
And remind myself that right now, I'm safe enough to slow down...  
I might not be able to fix everything...  
But I can take care of myself...  
By talking to someone I trust...  
By taking deep breaths...  
By tapping on how I feel...  
And by remembering that I'm not alone...

Even when the world feels big and scary...  
There's still a part of me that knows how to keep going...  
One little step...  
One kind moment ...  
One soft breath at a time.

---

## **Kids - Tapping to feel safe in my body when I'm afraid**

Sometimes when I'm scared...  
It feels like my body gets really tight...  
My stomach hurts...  
My heart beats fast...  
My hands might feel shaky...  
And I just want the feeling to go away...  
It's like my body is trying to protect me...  
But it doesn't know the difference between a little fear and a big one...  
So everything feels big, all at once...  
And that's okay...  
There's nothing wrong with me for feeling this way...  
I'm not bad...  
Or broken...  
Or too sensitive...  
I'm just a kid who feels things deeply...  
And that's not something I have to be ashamed of...  
So right now, I'm going to help my body feel safe again...  
Not by forcing the fear to leave...  
But by letting it know I'm here...  
And I'm listening...  
I take a deep breath...  
I let my shoulders drop, just a little...  
I notice that I'm still okay, even if I feel afraid...  
And that's a really brave thing to do...  
I release the belief that I'm not safe just because I feel scared...  
I release the thought that my body has to stay tense forever...  
I release the pressure to be fearless...  
I'm allowed to be human...  
Right now, I remind my body it's not in danger...  
I remind my body that it can soften, even if the fear is still there...  
I remind my body that I'm doing the best I can...  
Even if I'm still a little nervous...  
Even if my thoughts are going fast...

I can come back to my breath...  
To this moment...  
To this feeling of being in my body, right now...  
I let myself feel calm...  
I let myself feel safe...  
I let myself know that whatever I'm feeling...  
I don't have to do it alone...  
And I can come back to myself...  
One breath at a time.

---

### **Kids - Tapping to calm the worry that won't go away**

Sometimes I worry...  
I worry lot...  
Even when nothing bad is happening right now...  
Even when everything looks fine...  
There's still something in my mind that won't stop spinning...  
I try to ignore it...  
Or distract myself...  
Or tell myself to "just stop worrying"...  
But the feeling keeps coming back...  
And that can make me feel even worse...  
So right now, instead of fighting the worry...  
I'm going to slow down...  
And listen to what it's trying to say...  
Without letting it take over everything...  
I don't have to believe every worried thought...  
I don't have to follow every "what if"...  
I don't have to fix everything to feel okay...  
I let myself notice the worry...  
I feel it in my body...  
Maybe in my chest...  
Or my stomach...  
Or somewhere else that feels tight or heavy...  
And I take a soft, steady breath...  
To remind myself I'm safe in this moment...  
Right here...  
Right now...  
Even with the worry...  
I release the idea that I have to figure everything out right away...  
I release the fear that something bad will happen just because I feel nervous...  
I release the belief that I'm wrong or weak for worrying too much...

Worry doesn't mean I've done something wrong...  
It means I care...  
It means I'm human...  
And it means my brain is trying to help...  
Even if it's working a little too hard right now...  
So I say thank you to my worry...  
And gently let it rest...  
Just for now...  
I will focus on my breath...  
Feel my feet on the ground under my feet...  
To the parts of me that feel calm...  
Even if it's just a little bit...  
That's enough...  
I don't have to fix everything to feel better...  
I just have to stay with myself...  
Kindly and patiently...  
One breath at a time...  
And the worry starts to get a little smaller.