

Tapping Sequence

Start with karate chop to side of hand and say something like the following 3x, "Even though I have this problem, who I am is okay."

Then tap the below areas in sequence, first expressing the problem and all the hard things about it. Then tapping to affirmations. Do several rounds of the sequence with each.

- Above the eyebrow
- Side of the eye
- Below the eye
- Under the nose
- Chin
- Collarbone
- Below the armpit
- Top of the head

Examples of expressing the problem:

- This misophonia,
- this frustrating problem.
- My body reacting to everyday sounds
- like they are a threat.
- Others ignore these sounds.
- And people tell me just to ignore them,
- but it's not that easy.
- My brain easily codes them as a threat,
- before I get a chance to think about it,
- and activates my fight/flight response.
- The activation is uncomfortable.
- I wish it didn't happen.
- I wish I could experience family time,
- like everyone else.

Affirmation examples:

- Despite having this problem,
- who I am is okay.
- I'm a sensitive person,
- and being a sensitive person is a good thing.
- The world needs sensitive people.
- I'm learning how to honor what my body needs,
- and how to regulate my nervous system,
- so over time it doesn't feel the need
- to be so reactive to these sounds.
- I'm learning a lot about myself and
- healthy coping strategies for nervous system regulation,
- thanks to misophonia.
- The things I'm learning,
- will help me in a myriad of other ways too.
- I'm practicing things like exhaling longer than I inhale,
- redirecting my thoughts to ones that are neutral or positive,
- mindfulness and tolerance of discomfort in the body,
- taking breaks and advocating for myself.
- These are hard things to do and take a lot of practice.
- I'm not alone in this struggle.
- I'm in good company.
- People have found their way to misophonia
- not being an issue in their life,
- but it takes time and persistence.
- I'm putting in the time and work.
- I am a strong person.
- I'm succeeding in life despite this issue
- and am proud of myself for that.