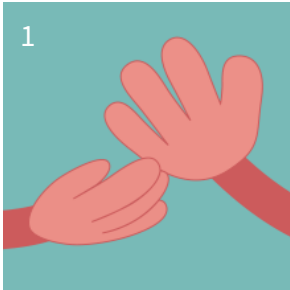


Trauma Tapping Technique

እቲ ጸገም ወይ ጭንቀት ዝገብረካ እናሓሰብካሉ ኣትሪርካን ብረምታን ዳርግ 15 ግዜ ኣብ ኩሎም ኣብ ታሕቲ ዝተረኣዩ ነጥብታት ብ2 ኣጻብዕ ቀሊጥፍካ ህረም/ኳሕኩሕ። 2 ዓሚቕ ትንፋስ ውሰድ፣ ኣዕርፍ ከምኡ'ውን ልክዕ ከምኡ ኣብቲ ካልእ ወገን ኣካላትካ ድገም ኢኻ። 2 ዓሚቕ ትንፋስ ውሰድ ከምኡ'ውን ኣዕርፍ እንደገና። ከሰብ ትሃድእ ድገም ኢኻ።



1

2 ኣጻብዕ ተጠቂምካ ኣብ ጫፍ ኢኳ ህረም።



2

2. ኣብ መጀመርያ ሸፋሸፍቲ ኣብ ጥቓ ኣፊንጫ ዘሎ ቦታ ህረም ኢኻ።



3

3. ኣብ ግዳም ኣብ ጥቓ ዓይኒ ብ2 ኣጻብዕ ህረም ኢኻ።



4

4. ኣብ ትሕቲ ማእከል ዓይንኻ ኣብቲ ትርር ዝበለ ቦታ ብ2 ኣጻብዕ ህረም ኢኻ።



5

5. ኣብ ትሕቲ ኣፊንጫ ብ2 ኣጻብዕ ናይ ሓዲ ኢኳ ህረም።



6

6. ኣብ መንጎ መንከሰን ታሕታዎይ ከንፈርን ብ2 ኣጻብዕ ህረም።



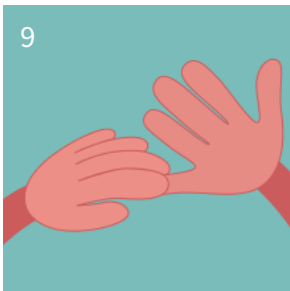
7

7. ቅሩብ ትሕቲ ሓላቕምቲ ብ4 ኣጻብዕ ህረም ኢኻ።



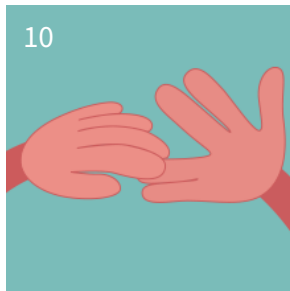
8

8. ኣብ ሓዲ ወገን ቅሩብ ትሕቲ ትሸትሸ ብ4 ኣጻብዕ ህረም ኢኻ።



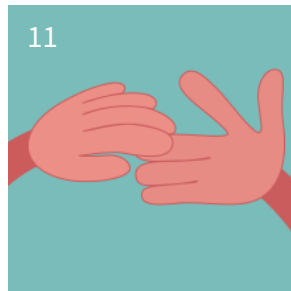
9

9. ኣብ ውሽጣዊ ወገን ሕንጥሊቶኻ ብ2 ኣጻብዕ ህረም ኢኻ።



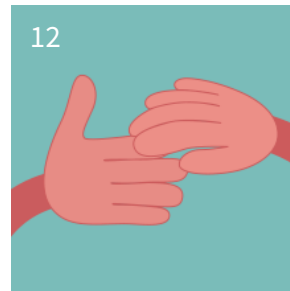
10

10. ኣብ ውሽጣዊ ወገን ቀለቤቶኻ ህረም።



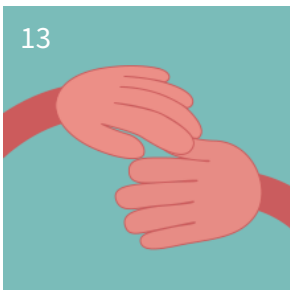
11

11. ኣብ ውሽጣዊ ወገን ማእኸላይ ኣጻብዕኻ ህረም።



12

12. ኣብ ውሽጣዊ ወገን ኣመልካቲቶኻ ህረም።



13

13. ኣብ ግዳማዊ ወገን ዓባይ ዓባይቶኻ ህረም።



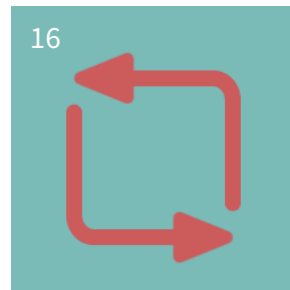
14

14. ቅሩብ ትሕቲ ሓላቕምቲ ብ4 ኣጻብዕ ህረም ኢኻ።



15

15. 2 ዓሚቕ ትንፋስ ውሰድ።



16

16. እዚ ኩሉ ተርታ ኣብቲ ካልእ ወገን ድገም ኢኻ።