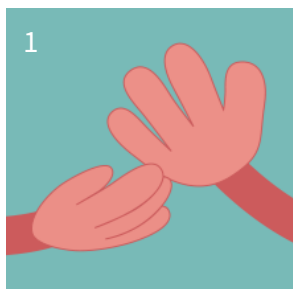


Trauma Tapping Technique

Waxaad- ka-fakirtaa waxa mar-kasta ku-dhiba, isla-markaasna si-is-daba-joog ah, 2 Farood si-xoog ah, ugu-dhufo ilaa 15 Jeer, Meelaha laguu calaamadiyay ama lagu-tusayo, si-xoog ah. 2 Goor ama Labo Jeer si-fiican u-neefso, is-dabci, kuna celi sidii aad markii hore samaysay, Madaxa Qaybtiisa kale. 2 Goor ama Labo Jeer si-fiican u-neefso, is-dabci mar-kale. Ku-celi hadana sidii aad markii hore samaysay, ilaa inta aad hoos u-soo-degaysid.



1. Waxaad isticmaashaa 2 Farood, si aad Gacanta Sacabkeeda u-garaacdid.



2. Waxaad garaacdaa halka ay ka-bilaabmaan Suna-yaaashu gudaha, halka u-dhow San-qaroorka.



3. Waxaad ku-garaacdaa 2 Farood Qaybta- Banaanka ee Godka-isha ama Isha-hoosteeda.



4. Waxaad garaacdaa Qaybta-adag ee Isha hoosteeda, Badhtankaa halka ka-hoosaysa Wiilka-Isha, waxaad ku-garaacdaa 2 Farood.



5. Waxaad ku-garaacdaa 2 Farood oo Gacanta ah, Sanka Hoostiisa.



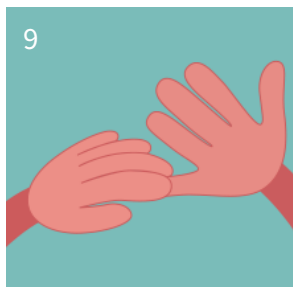
6. Waxaad garaacdaa Halka u-dhaxaysa Gadhka iyo Debinta hoose, waxaanad ku garaacdaa 2 Farood.



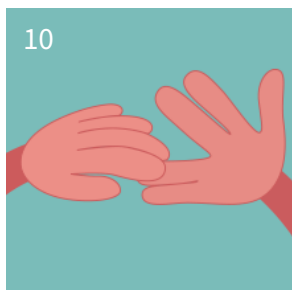
7. Waxaad ku-garaacdaa 4 Farood Halka ka-hoosaysa Lafta-Dhabarka.



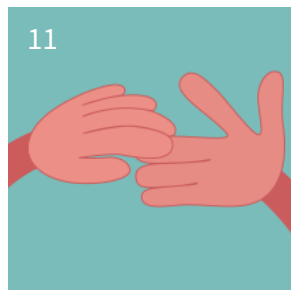
8. Waxaad ku garaacdaa 4 Farood Dhinaca ka-mid-ah, Halka ka-hoosaysa Kilinkilada.



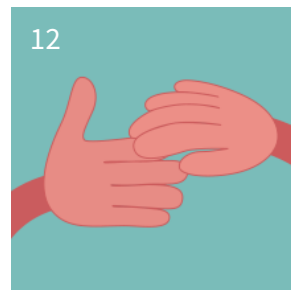
9. Waxaad ku garaacdaa 2 Farood, Dhinaca Hoose ee Faryarada ama Farta ugu yar Faraahaaga.



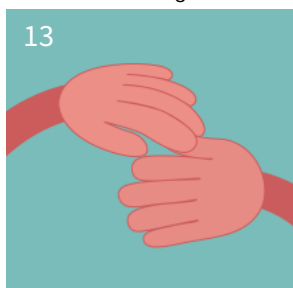
10. Waxaad garaacdaa Dhinaca Hoose ee Farta ku-xigta Faryarada.



11. Waxaad garaacdaa Dhinaca Hoose ee Far-dhexada.



12. Waxaad garaacdaa Dhinaca Hoose ee Farta Murdisada.



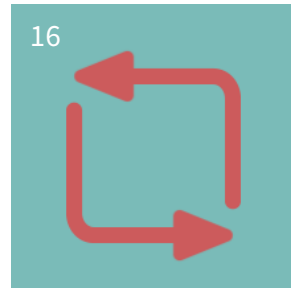
13. Waxaad garaacdaa Dhinaca Kore ee Suulka.



14. Waxaad ku garaacdaa 4 Farood Dhinaca ama Halka ka-hoosaysa Lafta-Dhabarka.



15. Waxaad Xoog u-qaadataa 2 Jeer Neef.



16. Waxaad Mar-labaad ku-celisaa, Wixii aad samaysay oo dhan, Dhinaca kale.