

A GUIDE TO EMOTIONAL FREEDOM TECHNIQUE (EFT) OR TAPPING

1 THE SETUP

1 1. SIDE OF HAND (Karate Chop)

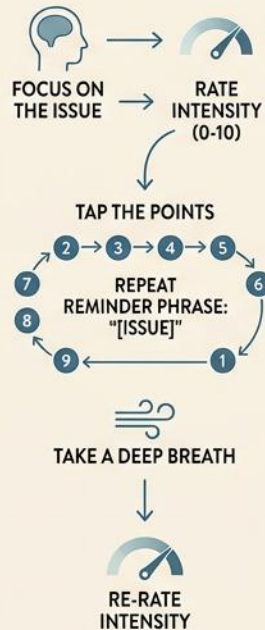
Tap, repeating setup statement 3 times:
"Even though I have [ISSUE], I deeply
and completely accept myself."

2 THE TAPPING POINTS

1. TOP OF HEAD
2. EYEBROW
3. SIDE OF EYE
4. UNDER EYE
5. UNDER NOSE
6. CHIN
7. COLLARBONE
8. UNDER ARM
9. KARATE CHOP

3 THE PROCESS

A SINGLE ROUND



4 EXAMPLE TAPPING

ISSUE	SETUP STATEMENT (Side of Hand)	REMINDER PHRASE (Remaining Points)
ANXIETY BEFORE A PRESENTATION	Even though I feel anxious about my presentation, I deeply and completely accept myself.	• This anxiety • My shaky legs • Fear of forgetting
CHRONIC BACK PAIN	Even though I feel anxious about my presentation, I deeply and completely accept myself.	• This pain in my lower back. • My shaky legs. • My shaky forgetting • Fear of forgetting.

"EFT COMBINES PSYCHOLOGY AND ACUPRESSURE PRINCIPLES TO LOWER STRESS."



GENTLE, FIRM TAP
5-7 TIMES PER POINT



TAP ON EITHER
SIDE OR BOTH



CONTINUE UNTIL
INTENSITY DROPS