

EFT TAPPING DIRECTIONS

STEP 1: Always be as SPECIFIC as possible by choosing a specific "time that" something is currently or has bothered you (in the past i.e. a memory). If it is a physical discomfort/pain, note what the physical sensation is and be specific to just one region at a time.

STEP 2: Identify as best you can, the EMOTION you are feeling about what is disturbing you. (This may be anything from frustration, overwhelm, annoyance, anger, sadness, guilt, etc.)

STEP 3: Gauge how INTENSE the emotion is right now for you, from 0-10, ten being the most intense.

STEP 4: See if you can sense and name where in your body you most feel/hold/sense that emotion is.

STEP 5: Tap on the "outside of hand" point while stating aloud "Even though I feel this _____ (emotion regarding the situation or physical discomfort) I deeply and completely accept myself." Repeat this "Set-up" statement 3 times. (Note: if the Acceptance Statement does not ring true, you might try: "Even though I feel this _____, I accept that this is what I'm feeling right now.")

STEP 6: Tap gently on each point 3-5x at a comfortable pace, repeating the "Reminder Phrase" aloud: "This _____ emotion) in my _____ (body feeling location)" OR just, "This _____ (emotion you feel)."

STEP 7 : Re-check your 0-10 intensity scale. Repeat as necessary to reduce intensity. Re-adjust your Set-up Statement and Reminder Phrase as necessary when you notice that either your emotion or body location of sensation has changed

EFT TAPPING POINTS

