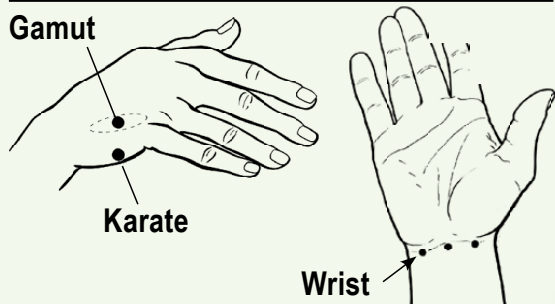
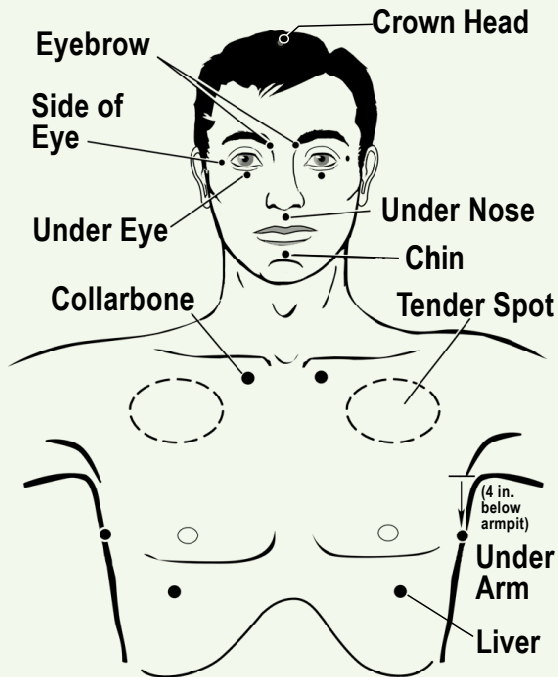


Emotional Freedom Technique (EFT)

TAPPING POINT INSTRUCTION

ENERGY POINTS



KEY

| | | | |
|----|-------------|----|-------------|
| CH | Crown Head | CB | Collarbone |
| EB | Eyebrow | UA | Under Arm |
| SE | Side of Eye | L | Liver |
| UE | Under Eye | WR | Wrist |
| UN | Under nose | KC | Karate Chop |
| CH | Chin | | |

The Basic Recipe

The setup phrase is the issue you have picked to work on.
The affirmation or setup is:

“Even though I have this _____
I DEEPLY and COMPLETELY accept myself.”

It's important to do this three times before beginning tapping.

Work on negative feelings and thoughts

Examples:

- Anger at my boss
- Sadness about the breakup
- Pain in my shoulder
- Fear of starting my business
- Fear of snakes

To Start:

Rub the sore spot or tap the karate chop point while saying the setup above.

Rate your intensity level on a level of 0 - 10. This is a subtle process and you'll get fooled. Rating the intensity helps you know how far you've progressed and if there are new aspects coming up (not making progress).

The Sequence:

Tap gently with fingertips (one or two) about 7-10 times on each point while reminding yourself of the setup phrase.

CH, EB, SE, UE, UN, CB, UA, L, WR, KC

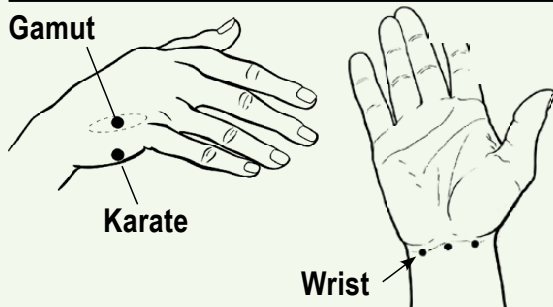
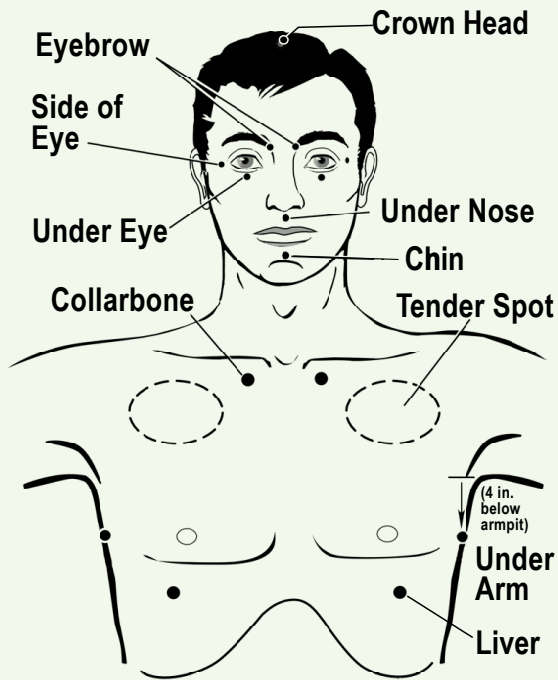
Other Points:

- Side of nostril
- Above nipple point nearer shoulder
- Third eye - mid forehead
- Thymus point - mid chest above thymus gland
- Inside of knee; inside ankle

As the intensity drops, you want to tap on “remaining” fear, or anger, or pain or sadness.

(Continued on other side)

ENERGY POINTS



KEY

| | | | |
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| CH | Chin | | |

If you want to speed up the process, start out with:

- 1) Negative. As the intensity falls to range 3-5, you can say
- 2) "I want to let this _____ go" and then
- 3) I intend to release all of this _____ and feel _____ instead.

Recap:

- 1) Negative 2) Letting go 3) Intent

Tapping the gamut point

While tapping the gamut point continuously:

1. Eyes closed
2. Eyes open
3. Eyes hard down right while holding your head steady
4. Eyes hard down left while holding your head steady
5. Roll eyes in a circle as though you were looking at a giant clock close to your nose and follow all the numbers around
6. Same as #5 only reverse the direction of eyes
7. Hum 5 notes of a song
8. Count rapidly from 1 to 5
9. Hum 5 more notes of a song