

Emotional Freedom Technique (EFT) Tapping

1. Identify the issue causing the feeling
2. Test the initial intensity of the feeling
3. Create “the set up”: “Even though [name the problem], I deeply and completely accept myself.”
4. Perform the following EFT tapping sequence. Begin by tapping the karate chop point while simultaneously reciting your setup phrase three times. Then, tap each following point seven times, moving down the body in this ascending order:
 - Karate Chop (small intestine meridian)
 - Top of Head (governing vessel)
 - Eyebrow (bladder meridian)
 - Side of the Eye (gallbladder meridian)
 - Under the Eye (stomach meridian)
 - Under the Nose (governing vessel)
 - Chin (central vessel)
 - Beginning of the Collarbone (kidney meridian)
 - Under the Arm (spleen meridian)
5. Test the final intensity of the feeling.