

EFT Tapping Points

"The cause of all negative emotions is a disruption in the body's energy system."

PREPARATION:

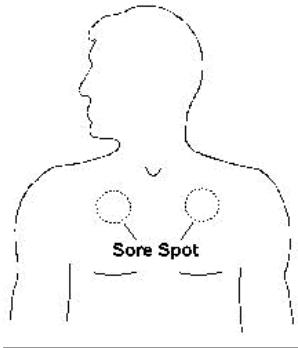
- Identify the specific problem and observe how it feels to you. You can rate it on the intensity scale of 1-10 if you like.
 - Carefully "tune in" to your problem by actually trying to hold the problem in your thought:
 - Without tuning in to the problem, thereby creating those energy disruptions, EFT does nothing.
1. **THE SET-UP:** While continuously massaging ONE of the sore spots or tapping on a karate chop point (see diagrams below), say the Set-Up EFT Phrase **three times**:

**"Even though I have this _____,
I deeply and completely accept myself."**

You can also substitute this as the second part of the phrase:

"I deeply and completely love and accept myself."

The blank above is filled in with a brief description of the addiction, food craving, negative emotion or other problem you want to address.



2. THE SEQUENCE:

- Tap about 7-10 times on the following points below (either on the right or left side). Tap firmly enough to feel a little bounce.
- As you tap each point, say, "this problem (the problem that you filled the blank with)" [but not the "even so" part]
For example: "this anger", "this craving", "feeling so sad". You are "tuning in" to the problem by stating it over and over as you tap.
- **Tap in the following order: EB, SE, UE, UN, Ch, CB, UA, TH, IF, MF, BF, KC, TOH**

EB = Beginning of the Eye Brow

SE = Side of the Eye

UE = Under the Eye

UN = Under the Nose

Ch = Chin

CB = Beginning of the Collar Bone

UA = Under the Arm

TH = Thumb

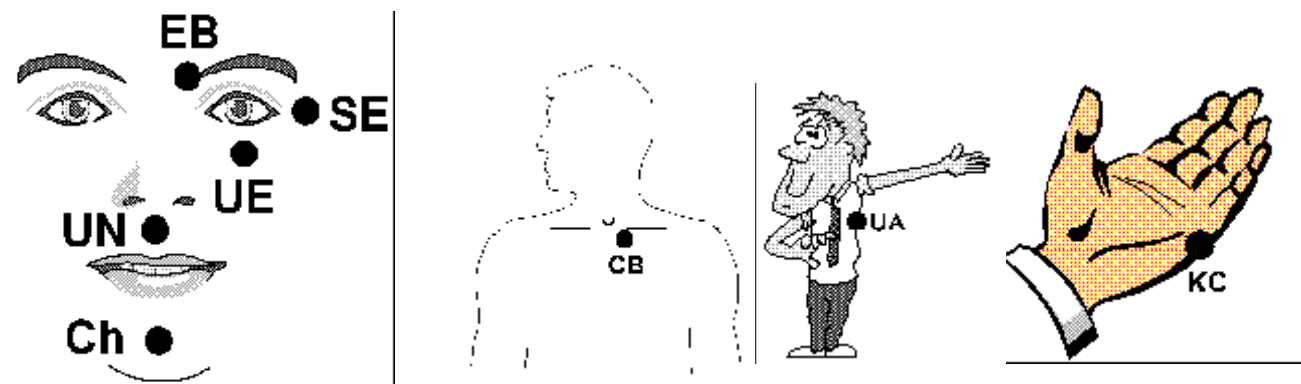
IF = Index Finger

MF = Middle Finger

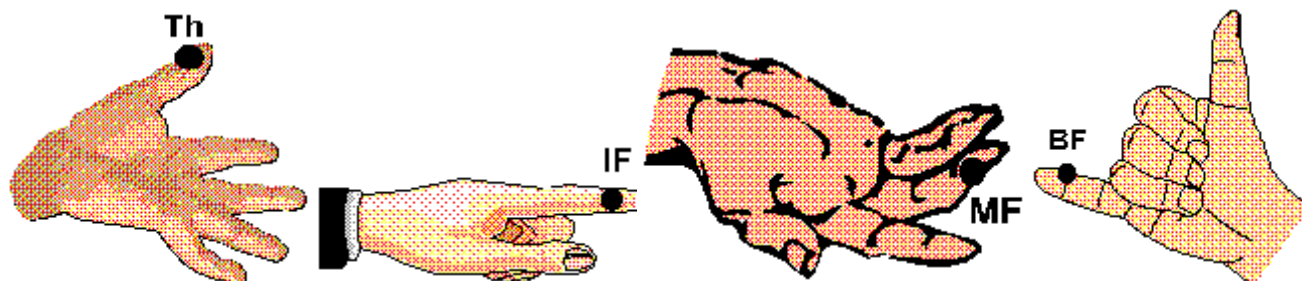
BF = Baby Finger

KC = Karate Chop

TOH = Top of the Head



CB = Beginning of the Collar Bone UA = Under the Arm KC = Karate Chop



3. **BREATHING, OBSERVING, REASSESSING:** Close your eyes and take a deep breath in... and release. With your eyes closed, notice your feelings, physical and emotional, and observe. Notice your thoughts, too. You may get further insights as you sit quietly for a moment after tapping. Then reassess the intensity of the problem you tapped for. Has it changed? What number on a scale from 0 – 10 would you assign to your problem now?
4. **SUBSEQUENT ROUNDS:** Do another round of tapping, changing the Set-Up Phrase (for the Sore Spot point) and the Sequence Phrase as follows:

(Set-up) "**Even though I still have some of this [problem], I deeply and completely accept myself.**"
 (Tapping the points) "**This remaining [problem]...**" or similar words: For example "Still feeling some sadness..."

More on the location of the points:

The **eyebrow (EB)** points are located at the beginning of the eyebrow, nearest the center of the face. I use the index and middle fingers together, on both hands, to tap the two eyebrow points. Tap, tap, tap, tap, tap, tap, tap.

The **side of the eye (SE)** points are located on the bone at the side of the eye. It's not so close to the eye that it feels like you're poking yourself, and not so far away that you are tapping at the temple. Using the index and middle fingers together, tap on both side of the eye points at the same time. Tap, tap, tap, tap, tap, tap, tap.

The **under the eye (UE)** points are on the bone located under the eye about even with the pupils. Using the fingertips of the index and middle fingers, gently tap this spot under both eyes. Tap, tap, tap, tap, tap, tap, tap.

Now tap **under the nose (UN)** with the index and middle finger of one hand. The spot is roughly midway between the bottom of the nose and the top of the lip. Tap, tap, tap, tap, tap, tap, tap.

The **chin (Ch)** point is not really on the chin; it is mid-way between the bottom of the lower lip and the chin, in that indentation area. Tap, tap, tap, tap, tap, tap, tap.

The **collarbone (CB)** spots are located about one inch down and over towards the outside of where a man would tie his tie. I use four fingers together on each hand to tap the collarbone spots. Tap, tap, tap, tap, tap, tap, tap. An alternative is to pat both spots at the same time with the flat of one hand, with about the same pressure as you would pat a baby's back to help it burp.

The **under the arm (UA)** point is located about 4 inches below the armpit. I lift my left arm and use the four fingers of my right hand to tap under my left arm. Tap, tap, tap, tap, tap, tap, tap. These are the points in the short form of EFT.