



How to Tap

EFT is so simple yet powerful, once you have learned the tapping points you will be able to use it for many issues. You need to tune into the situation, tap each point about 8 times and repeat the affirmation, but repeat it instead of (I have this problem). I.e: "Even though I feel angry, I deeply & completely love & accept myself". "I feel so angry", "I feel so angry", "I feel so angry", etc. Practice tapping these points and you will soon be tapping without thinking about where to tap.

Before you start tapping, focus on the issue. For example: 'I will never lose weight' and give it an intensity rating from 1 – 10. (1 not really a problem and 10 really believe this to be true). Then once you have done a round, then rate it again. Hopefully the intensity has gone down, but don't worry if it hasn't, just tap again.

K.C. - Even though, I have this problem, I love & accept myself

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E.B. - This problem

S.E. - This problem

U.E. - This problem

U.N. - This problem

C.H. - This problem

C.B. - This problem

U.A. - This problem

T.H. - This problem

Deep Breath

EFT Tapping Points



E.B.



S.E.



U.E.



U.N.



C.H.



C.B.



U.A.



T.H.



K.C.

E.B. - Eye Brow

U.E. - Under Eye

S.E. - Side Eye

U.N. - Under Nose

C.H. - Chin

C.B. - Collar Bone

U.A. - Under Arm

T.H. - Top Head

K.C. - Karate Chop

G.P. - Gamut Point

Tap as much as possible!