

EFT Tapping Procedure

1 The Set Up

Repeat the following affirmation 3 times while tapping on the karate chop point, shown in figure 1, with the tip of your middle finger.

“Even though I have this _____ * I deeply and completely accept myself.”

*Fill in the blank with the issue you want to clear up.



Figure 1

#2 The Sequence

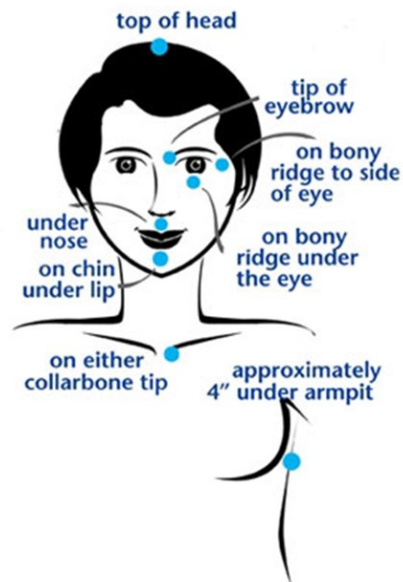
Using the tip of your middle finger, tap 5 times on each of the points shown in figures 2a and 2b **WHILE** focusing on and stating the issue used in the Set Up.

Ex: While tapping on each point in fig. 2, you will say “This _____”

Figure 2a



Figure 2b



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#3 Repeating Steps 1 and 2

On stubborn issues, it is recommended to repeat Steps 1 and 2 with some modifications.

EX: “Even though I **still** have **some** of this _____, I deeply and completely accept myself.”

In step 2 you will tune into and state “this remaining _____” while tapping the points.

Physical, Biochemical and Emotional Applications

A. Physical Application

1. Identify the specific area to work on.
2. Score it; 10 being the worst and 0 is perfect.
3. Do the "Set Up" followed by the "Sequence".
4. Re-Score it
5. Re-apply the "Set Up" and "Sequence" to clear any remaining distress.

B. Biochemical Application

1. Smell Food & do the "Sequence".
2. Chew/Taste Food & do the "Sequence".
3. Swallow Food & do the "Sequence".

C. Mental Emotional Application

1. ID specific "feeling" or emotion to work on. (It can be from past, present, or future)
2. Score intensity; 10 is the worst and 0 is perfect.
3. Do the "Set Up" followed by the "Sequence".
4. Re-Score it
5. Re-apply the "Set Up" and "Sequence" to clear any remaining distress.

D. Positive Intention Application

1. After clearing associated negative emotions, consider what a best outcome or state would be.
2. Do the set up using phrase "I choose _____*"
*positive intent
3. Do sequencing while using " _____*"

Homework

1. Take some time to list all the past negative/traumatic experiences in your life.
2. Each time you find yourself alone (in bath, shower, etc.), take 20 seconds to tap on one item on the list.
Within a few weeks, you can clear a lot of old patterns. Go for it!