

EFT TAPPING INSTRUCTIONS

Step 1. Define the Issue

I'm feeling stressed about what happened. I'm anxious about the upcoming meeting. I have a throbbing pain in my shoulder...Be as specific as you possibly can about the situation, emotion, sensation. For best results get specific about the issue, so if you are talking about anxiety, tune in to a recent event that caused anxiety, or something in the future that is making you feel anxious.

Optional: Notice if this distress is located anywhere in your body

Step 2. Rate the intensity

Guess at your level of distress on a scale of 0-10, with 0 being no distress and 10 being the worst ever. write that down.

Step 3. Start with the Set-Up Statement

Tap on side of hand point, while saying "Even though I am feeling (this issue), I deeply and completely accept myself" Can use variation like, "I am still okay", or "I am willing to deeply and completely accept myself". Repeat the set up statement three times.

Step 4. Tap Through the Points

Move through the points while repeating "this headache", "this anxiety", or whatever this issue is. Stay with ONE issue through the whole round. Include body areas you have located associated with the issue.

For example: "This anxiety, like a burning in my stomach", "This anger like a red ball in the pit of my stomach", "This throbbing pain in the lower part of my left hip."

NOTE: If other issues pop into your mind as you tap through the points, jot them down to tap on once you have finished with the one you are working with.

Step 5. Re-Assess Your Rating

After one or two rounds, take a breath and reassess the intensity from 0-10. If it is still pretty high, do a few more rounds. Your goal is to tap it down to 0, or at least 3 or below.

Step 6. End by tapping in something positive

This works best if you've reduced the distress to 3 or below. Go through the points finding positive or hopeful things to say related to the issue. Use your own words, and say things that you know are also true about the situation and that make you feel better. You can also state your more positive choice, such as For example, "Right now I choose calm," "I choose to find peace."

