

EFT Tapping Points

Choose your words for the problem to be addressed, write them down. i.e. This ??? (pain or emotion) is ?? (frightening/unbearable/frustrating), use your own words, it can be just one word or you can use a short phrase.

Remember you are looking for and using words for negative emotions.

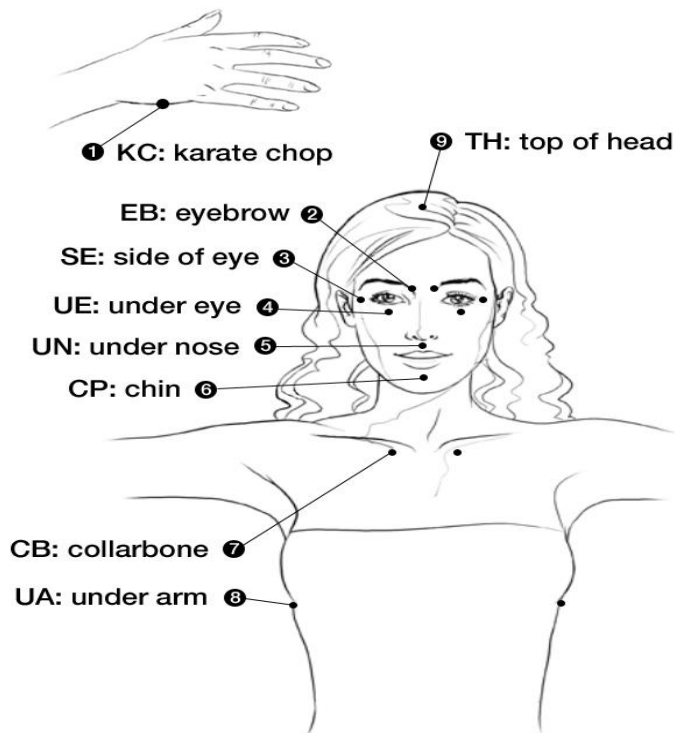
If you like you can rate intensity of the problem on a scale of 1-10, 10 being the worst, then rate again after you have tapped.

Start:- Tap on the Karate chop point (side of hand) as you focus on the issue/problem and repeat the set-up phrase saying

Even though this ??? is (frightening/frustrating/upsetting – your words) also occasionally make sure you say: “I truly love and accept myself” often it is helpful to do the positive words on the tapping point on the top of your head so that you remember to do it.

Tap through each of the tapping points 1-9 whilst repeating your words, do this 4 or more times, sitting quietly when you have finished for a few minutes, sometimes further issues can arise, then carry on and tap on them too.

You cannot do this wrong, if you miss a tapping point it doesn't matter you can do it the next time around, if you do a different side or use a different hand, again, it doesn't matter, just continue to tap and relax.



1. Karate Chop
2. Eyebrow
3. Side of eye
4. Under eye
5. Under nose
6. Chin (in crease beneath lip)
7. Collar Bone
8. Under arm
9. Top of head