



EFT on a Page

1. Where in your body do you feel the emotional issue most strongly?

2. Determine the distress level in that place in your body on a scale of 0 to 10, where 10 is maximum intensity and 0 is no intensity:

10, 9, 8, 7, 6, 5, 4, 3, 2, 1, 0

3. The Setup: Repeat this statement three times, while continuously tapping the Karate Chop point on the side of the hand (large dot on hand diagram below):

“Even though I have _____ (name the problem), I deeply and completely accept myself.”

4. The Tapping Sequence: Tap about 7 times on each of the energy points in these 2 diagrams, while repeating a brief phrase that reminds you of the problem.

5. Determine your distress level again on a scale of 0 to 10 again. **If it's still high, say:**

“Even though I have some remaining _____ (problem), I deeply and completely accept myself.”

6. Repeat from Step 1 till your distress level is as close to 0



Tapping Points

