

How To Do EFT

Pick a specific emotional or physical complaint. Rate it on a scale of 0-10, with 10 being the worst.

Tap the side of your hand near the knuckle of your little finger (karate chop)

While tapping this you are going to say your set up statement three times:

Even though I have this lower back pain I deeply and completely accept myself.
The key here is to be very specific. For example if you are angry you must say what it is about. For example, “Even though I’m angry because my boss was rude to me I deeply and completely accept myself.”

Then tap the following points 7-10 times while saying a reminder phrase such as “this back pain”.

The points are:

Inner end of eyebrow (by nose)
Outside end of eyebrow
Under eye (on the bone right under the eye)
Under nose
Under lower lip (above chin)
Under collarbone one inch from midline
Directly under breast (or 4th rib) in line with nipple
Under arm at center of where bra would be
On top of head

Take a deep breath and then tap the points again. It does not matter which side you do.

Then rate your emotion or pain again and continue until you get it down to a desired level. When you continue again for the same issue you have already tapped for, you say “Even though I *still* have this back pain.... Then the reminder phrase will be “*remaining* back pain.”

Brain balancer – experiment with using this at the end of a tapping round.

While tapping the point on your hand between little and ring finger....

Close your eyes
Open your eyes
With head straight, look down to right
With head straight, look down to left
With head straight move eyes in a circular motion clockwise
With head straight move eyes in a circular motion in the opposite direction
Hum a few bars of any song you’d like
Count out loud from 1-5
Hum again