



EFT Tapping – Energy Freedom Technique

There are 5 basic steps to EFT Tapping which are summarized below.

This is just a simple quick guide as there are so many approaches to tapping. There are fabulous resources available (a few listed at the end of this handout) that include video demonstrations and very detailed descriptions of Tapping so I encourage you to rely on those for support and to find the best fit for you.

EFT accesses the amygdala – the part of the brain that initiates our fight or flight response to fear – by tapping on the Meridian points throughout the body where energy flows.

1. Focus on the Negative Energy / Identify the Issue:

The first step is to focus on what the issue is that you will be targeting. For instance, physical pain, fear, stress, finances, situation, etc. The more specific the better, so if it helps you can close your eyes and really tune into exactly what the issue is, where the pain is, etc. It is recommended to focus on one issue at a time to not compromise the results.

Example: I am completely stressed out about _____ (you fill in the blank)

2. Establish Initial Intensity:

Now that you have the issue, let's rate the intensity. This is helpful to notice any shifts as you go through the sequence.

Example: My stress level on a scale of 1 to 10 is an 8

3. The Setup:

This is the process of assigning and repeating a statement that acknowledges the issue (truth) and includes a positive affirmation while tapping on the outer soft part of your hand (the karate chop).

Examples: "Even though I have all this stress in my life about _____ (you fill in the blank), I deeply and completely accept myself" or "even though I am extremely stressed out about this, and I'm having a hard time letting it go, I choose to relax now." Repeat 3 times – It does not matter which hand you are tapping and the phrases can vary each time.

While it may seem backwards to focus on the negative, it is essential to disrupt the energy and neutralize. There is power in acknowledging the issue.

4. The Tapping Sequence:

Now that you have your target, statement, and have completed the setup, you can begin the tapping sequence. This is the process of tapping 5-7 times (this may vary) on the meridian points that stimulate/balance the body's energy pathways. Meridian points run along both sides of the body so it doesn't matter which side you tap (you can tap both together), and you can use one or both hands. During this phase you will just be stating a condensed version of your initial statement as a **reminder** of the issue as you tap on each point.

Example: "All This Stress"

Here is the list of points with their abbreviations.

- Soft side of the hand (KC – karate chop)
- Beginning of the Eyebrow (EB)
- Side of the Eye (SE)
- Under the Eye (UE)
- Under the Nose (UN)
- Chin Point (CH)
- Beginning of the Collarbone (CB)
- Under the Arm (UA)
- Top of the Head (TOH)

5. Breath:

In between rounds, pause and breath. Did you notice any changes to your initial intensity, did anything else come up for you, etc. You can do 2-3 more rounds of this as needed and as you notice shifts occurring you can add positive affirmations to your tapping sequence.

There are many slight variations to tapping and additional Meridian points to explore, as well as tons of resources available. Here are few to get you started. Have fun with this!

www.thetappingsolution.com – Nick Ortner

www.thetappingsolution.com/tappingsolutionebook.com

<https://eftinternational.org/wp-content/uploads/EFT-International-Free-Tapping-Manual.pdf>

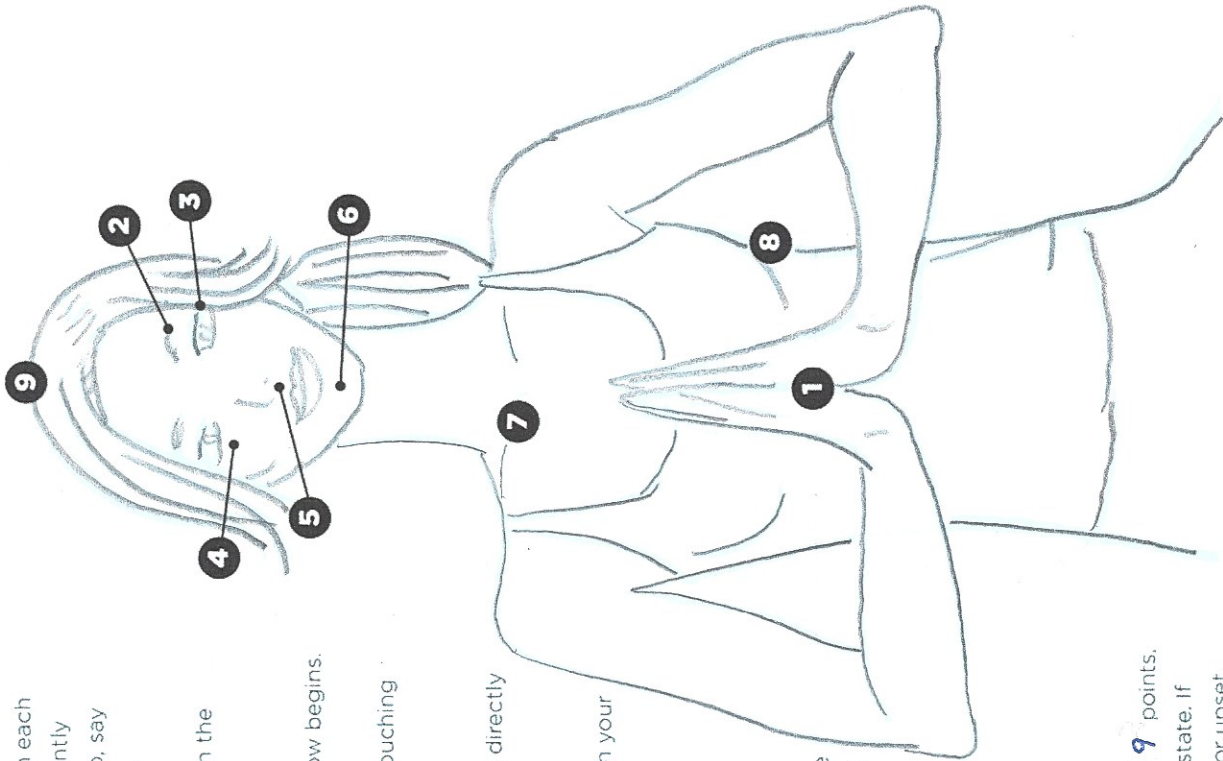
ENJOY!

The Tapping Sequence

Using two or three fingertips, you will tap on each of the following meridian points, in order, gently and quickly from six to ten times. As you tap, say your full emotional-focus sentence out loud.

- ▶ Point 1: The soft side of the hand between the wrist and little finger.
- ▶ Point 2: The point where the inner eyebrow begins.
- ▶ Point 3: The outside of the eye, but not touching the eye.
- ▶ Point 4: The lower rim of your eye socket directly under your eye.
- ▶ Point 5: The fleshy indented area between your nose and upper lip.
- ▶ Point 6: The indentation on your chin that sits just below your lower lip.
- ▶ Point 7: The area about an inch below the lowest edge of your collar or breastbone.
- ▶ Point 8: Three to four inches directly under your arm pit, where there is a soft and slightly tender spot.
- ▶ Point 9: The crown of your head.

Finish: After you have completed tapping all **9** points, take a moment to reevaluate your emotional state. If you are still intensely or moderately stressed or upset, repeat the sequence two to four more times until your emotions are in control and you are at peace.



Tap each of these nine meridian points in the numbered order during a tapping sequence.