

# EFT: Emotional Freedom Technique

Step 1: Start by identifying the issue you would like to work on by naming it.

Step 2: Rate the intensity of the feeling in the current moment on a scale of 0-10 (10 being the most intense and 0 being not intense at all).

Step 3: Start by tapping the “karate chop point” while saying 3 times, “Even though I have this [emotion/feeling], I fully love and accept myself.”

OR

“I love and accept myself, but I am ready to let go of [emotion/feeling].”

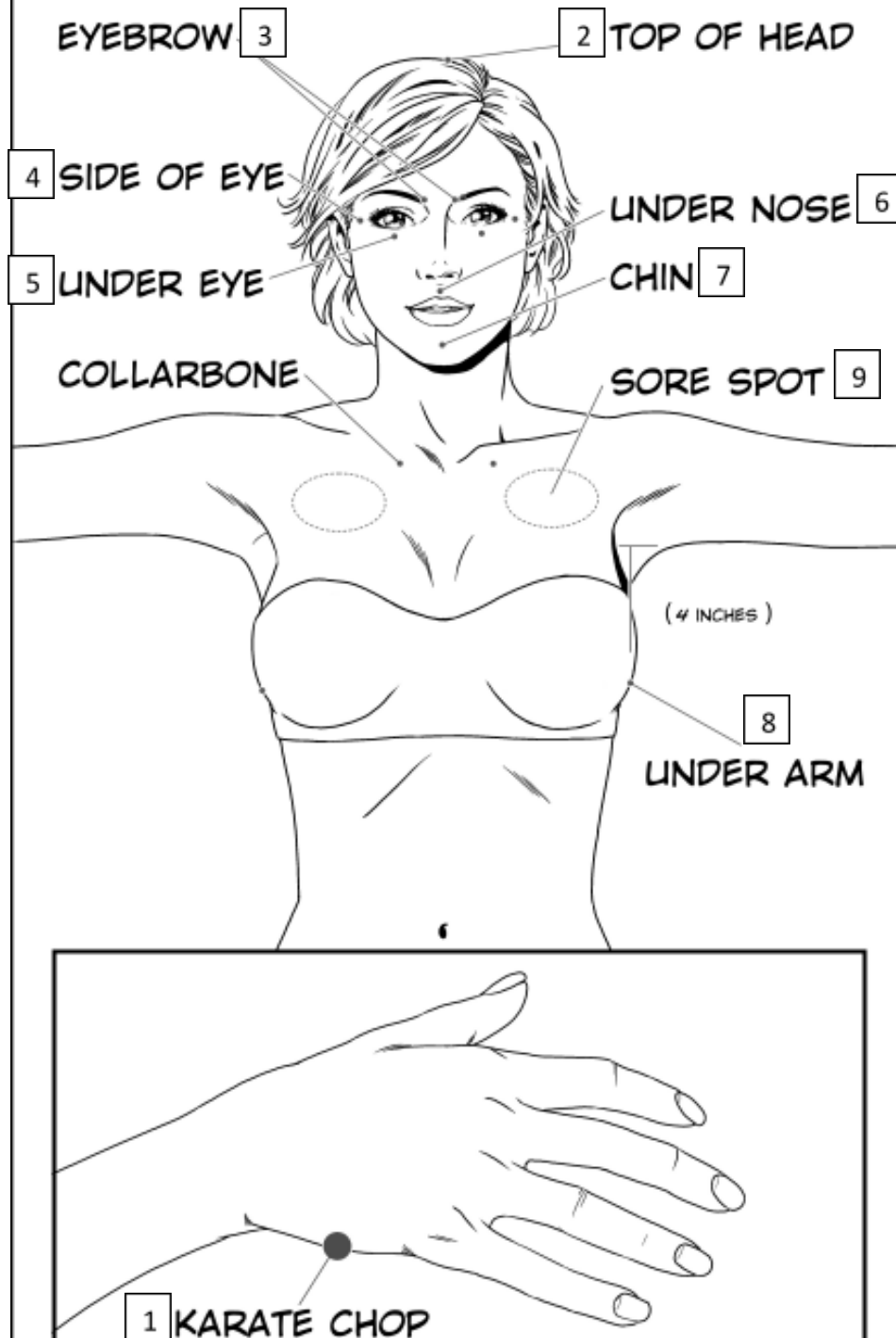
Step 4: Tap through each point about 5-7 times, following the guide below, starting from the top of the head and working your way down the body, finishing with the point under the collarbone.

Step 5: Repeat tapping sequence for a total of 2 times.

Step 6: Reassess intensity of feeling on a scale of 0-10.

- After 2 rounds of tapping, you should experience at least a 2-point decrease in intensity.
- If not, assess to see if the emotion or experience has shifted to reflect something else. Then, name that emotion and begin the process as before.
- After a positive improvement has been noted, can continue to tap until you feel relief and/or are ready to move on.

# Tapping Points



Courtesy of [www.ThrivingNow.com](http://www.ThrivingNow.com) & [www.Joy-Connection.com](http://www.Joy-Connection.com)  
Visit us for free reprint information and energy tapping tips  
© 2009 - Reprint information and links must remain with the image