

## EFT TAPPING SEQUENCE

An effective way to heal current problems in your life is to apply EFT to the painful memories that are the source of those problems. You do this by accessing the feeling/emotion attached to it.



### Here is how the basic EFT tapping sequence works:

**Identify the problem you want to focus on:** It can be general feeling related to the distressing memory or it can be a specific situation or issue which causes you to feel distress about it. Most of our current emotional problems are due to distressing experiences stored as a memory from either the distant or even recent past.

**Rate the intensity level of the problem or situation:** How do you feel about it right now? Rate the intensity level of your distress. With zero being no distress and ten being the highest you could possibly feel.

**Compose your set-up statement:** Your set-up statement should acknowledge the problem you want to deal with, and then follow it with an unconditional affirmation of yourself as a person.

**Examples:** (Use three for the Set-Up statement)

"Even though I feel \_\_\_\_\_, I deeply and completely accept myself."

"Even though I'm \_\_\_\_\_ about \_\_\_\_\_, I deeply and completely accept myself."

"Even though I'm feeling this \_\_\_\_\_ about \_\_\_\_\_, I deeply and completely accept myself."

"Even though I \_\_\_\_\_ when I think about \_\_\_\_\_, I deeply and completely accept myself."

"Even though I'm \_\_\_\_\_ about how to \_\_\_\_\_, I deeply and completely accept myself."

"Even though I'm \_\_\_\_\_, I deeply and completely accept myself."

### Perform the set up

With four fingers on one hand, tap the Karate Chop point on your other hand. This is the point on the outer edge of the hand, on the opposite side from the thumb.

Repeat the set up statement three times aloud, while simultaneously tapping the Karate Chop point.

Now take a deep cleansing breath.

Here are some tips to help you achieve the right technique:

- You should use a firm but gentle pressure, as if you were drumming on the side of your desk or testing a melon for ripeness.
- You can use all four fingers or just the first two (the index and middle fingers).
- Tap with your fingertips, not your fingernails. The sound will be round and mellow.
- The tapping order begins at the top and works down. You can end by returning to the top of the head, to complete the loop.

Tap 5-7 times on the meridian points in the following sequence:

**Top of Head:** The crown, center, and top of the head. Tap with all four fingers.

**Eyebrow:** The inner edges of the eyebrows, closest to the bridge of the nose. Use two fingers.

**Side of Eye:** The hard area between the eye and the temple. Use two fingers. Feel out this area gently so you do not poke yourself in the eye!

**Under Eye:** The hard area under the eye that merges with the cheekbone. Use two fingers, in line beneath the pupil.

**Under Nose:** The point centered between the bottom of the nose and the upper lip. Use two fingers.

**Chin:** This point follows symmetrically with the previous one, and is centered between the bottom of the lower lip and the chin.

**Collarbone:** Tap just below the hard ridge of your collarbone with four fingers.

**Top of the Head:** (completing the sequence)

Take a deep cleansing breath.

Now that you have completed the sequence, focus on your problem again. How intense is the distress now, in comparison to a few minutes ago? Give it a rating on the same number scale.

If your distress is still higher than "2", you can do another round of tapping. Keep tapping until the distress is gone. You can change your set up statement to take into account your efforts to fix the problem, and your desire for continued progress.

"Even though I have some remaining \_\_\_\_\_, I deeply and completely accept myself."

"Even though I'm still \_\_\_\_\_ about \_\_\_\_\_, I deeply and completely accept myself."

And so on. . .

Now that you have focused on dispelling your immediate distress, you can work on installing some positive feelings instead. By using positive phrases and EFT tapping to tune into the very real energy of positivity, affirmation, and joy that is implicit inside, you are actually changing your body's energy into a more positive flow, a more positive vibration.

You can use the example phrases below with the same EFT tapping points and sequences described above.

"I have faith in my ability to change."

"I am joyful about these positive changes."

"I am accomplishing so much."

"I enjoy the calm and peace that I have."

"I love the person that I am."

"I am becoming a more relaxed and joyful person."

**Congratulations! You have completed your first EFT sequence.**



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