

## EFT Instruction Page

Preparation: Focus on a specific issue or a problem. Be as specific as possible. Notice the emotions that come up and rate their intensity on a scale of 1-10.

### The EFT Tapping Sequence:

- 1) **The Karate Chop Point:** Tap the Karate Chop Point while repeating the following **Affirmation**.



**Affirmation:** Even though \_\_\_\_\_, I love and accept myself as best as I can.

Ex.: Even though I hate my boss, I love and accept myself as best as I can.

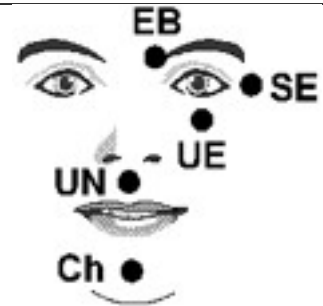
Repeat this Affirmation **3 times**.

- 2) **Sequence:** Tap each **Point** while repeating a **Reminder Phrase**. The Reminder Phrase helps focus on the Affirmation while tapping each point.

Ex Reminder Phrase: I hate my boss.

#### **Points:**

Eye Brow (EB)  
Side Eye (SE)  
Under Eye (UE)  
Under Nose (UN)  
Chin (Ch)  
Under Collar Bones (CB)  
Under Arm (UA)  
Wrist (tap both inner wrists together) (Wr)  
Top of Head (tap all around the crown of head) (H)



- 3) **Subsequent Rounds:**

Complete enough rounds to release your issue or problem. Use your Affirmations and Reminder Phrases each round. Feel free to change them as you go along. **Get as close to 0 as you can**, which means the issue now feels neutral. This may not happen the first try.

- 4) **Use of the words “Remaining” & “Still”**

When using the same Affirmation more than once, using the words “**remaining**” and “**still**” may help.

**Ex Affirmation:** Even though I “**still**” **hate** my boss.

**Ex Reminder Phrase:** This “**remaining**” **hate**.