

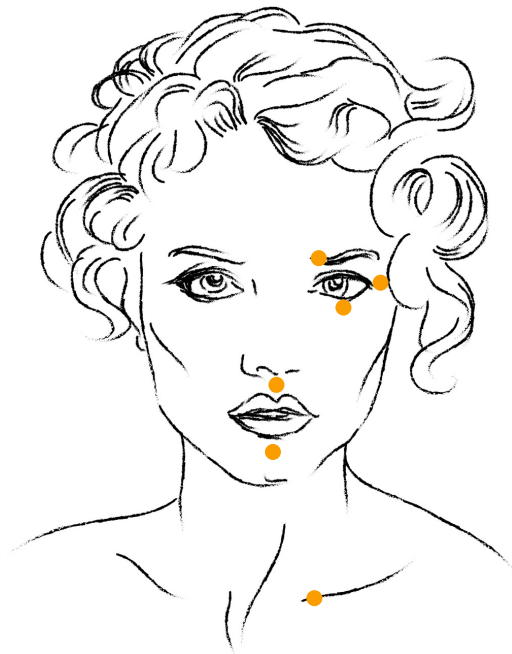


EFT How to guide

Points used:

- Karate Chop Point – 1/2 way between knuckle and wrist
- Inner edge of eyebrow
- Outer edge of eye
- Middle of under eye
- Below nose/above lip
- Between lip and chin
- Inside edge of collar bone
- 1 hand below armpit
- It does not matter which side you do this to.

You use 2 fingers together to gently tap the points in this order while repeating your statement (we will come to the statement soon).





Tapping Routine:

- 1- Clarify the issue or emotion you wish to work on. E.g. anxiety.
- 2- Notice how it feels, where is it in your body. Give it a level -10 being the worst it can be. 0 is not feeling it at all. Note the level.
- 3- Create your statement using the instructions above. Using our example of anxiety - 'Even though I have suffered from anxiety, I deeply and profoundly love and accept myself.'
- 4- Now the tapping part – 1st use the Karate Chop Point – tap 5 times saying your statement. This can be out loud or in your mind.
- 5- Proceed through the points in the order above, tapping 5-7 times at each point while repeating your statement.
- 6- After tapping the Armpit Point – go back to the Karate Chop Point and tap 15-20 times while saying your statement.
- 7- Pause, take a deep breath. Let it go. Relax.
- 8- Re assess the issue or emotion, what level is it at now?
- 9- If the level is -3 or better, great you can finish. If it worse than -3, then repeat this process again until it is -3 or better.
- 10- If you have become stuck at a level worse than -3 and cannot go beyond it, consider if there is something else that may be influencing how you are feeling. E.g. It is not general anxiety but anxiety about a specific person you have to meet soon. Then you can create a more focused statement to redo the process with. E.g. 'Even though I have been anxious about meeting Mr Smith, I deeply and profoundly love and accept myself.' This usually gets the number towards 0 quickly.