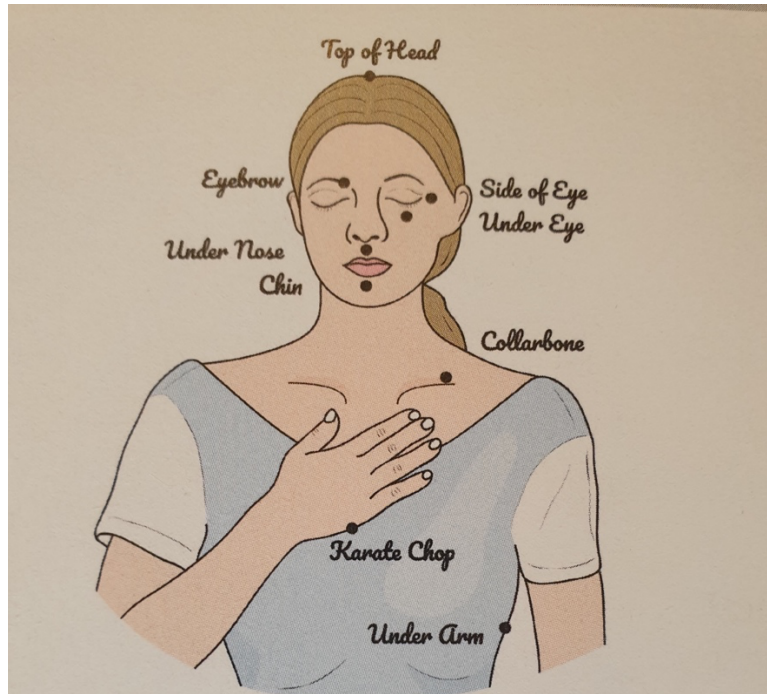


Tapping / Emotional Freedom Technique (EFT)

These are the tapping points



EFT tapping in 5 steps

EFT tapping can be divided into five steps. If you have more than one issue or fear, you can repeat this sequence to address it and reduce or eliminate the intensity of your negative feeling.

1. Identify the issue

In order for this technique to be effective, you must first identify the issue or fear you have. This will be your focal point while you're tapping. Focusing on only one problem at a time is purported to enhance your outcome.

2. Test the initial intensity

After you identify your problem area, you need to set a benchmark level of intensity. The intensity level is rated on a scale from 0 to 10, with 10 being the worst or most difficult. The scale assesses the emotional or physical pain and discomfort you feel from your focal issue.

Establishing a benchmark helps you monitor your progress after performing a complete EFT sequence. If your initial intensity was 10 prior to tapping and ended at 5, you'd have accomplished a 50 percent improvement level.

3. The setup

Prior to tapping, you need to establish a phrase that explains what you're trying to address. It must focus on two main goals:

- acknowledging the issues
- accepting yourself despite the problem

The common setup phrase is: "Even though I have this [fear or problem], I deeply and completely accept myself."

You can alter this phrase so that it fits your problem, but it must not address someone else's. For example, you can't say, "Even though my mother is sick, I deeply and completely accept myself." You have to focus on how the problem makes you feel in order to relieve the distress it causes. It's better to address this situation by saying, "Even though I'm sad my mother is sick, I deeply and completely accept myself."

4. EFT tapping sequence

The EFT tapping sequence is the methodic tapping on the ends of nine meridian points.

There are 12 major meridians that mirror each side of the body and correspond to an internal organ. However, EFT mainly focuses on these nine:

- karate chop
- top of head
- eyebrow
- side of the eye
- under the eye
- under the nose
- chin
- beginning of the collarbone
- under the arm

5. Test the final intensity

At the end of your sequence, rate your intensity level on a scale from 0 to 10. Compare your results with your initial intensity level. If you haven't reached 0, repeat this process until you do.