

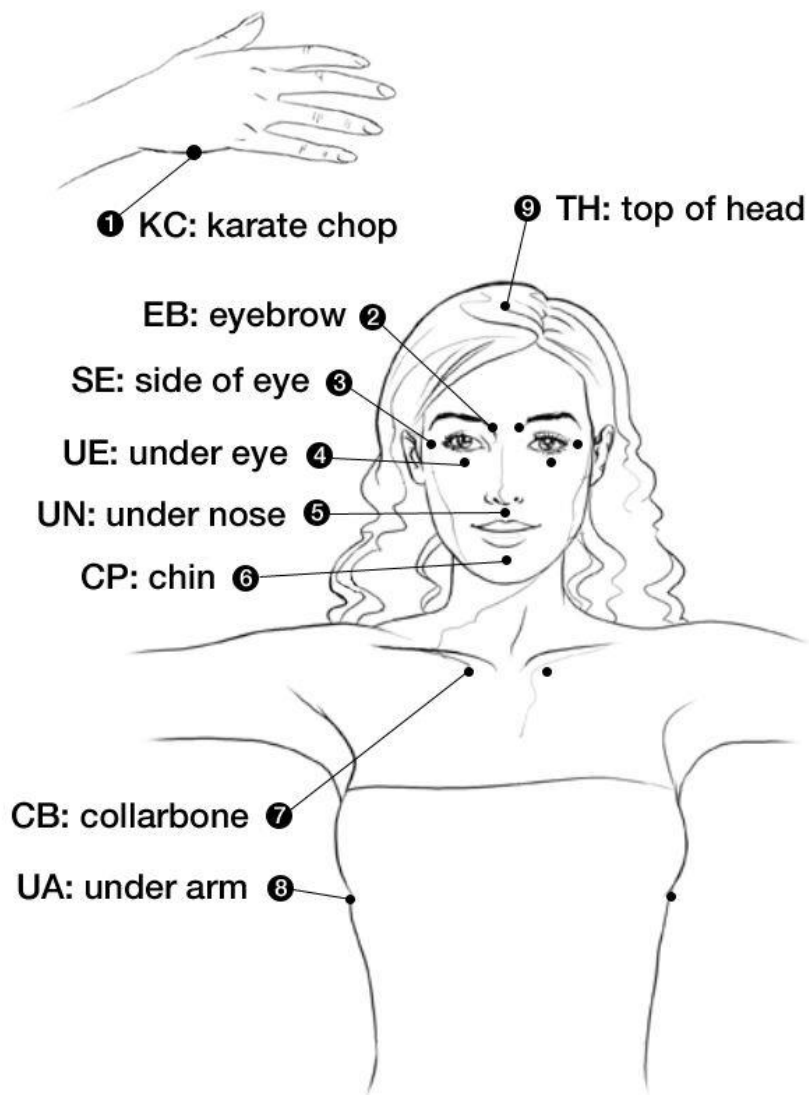
EFT (Emotional Freedom Techniques) Tapping Practice

What is EFT Tapping and how does it work?

EFT Tapping therapy is based on the combined principles of ancient Chinese acupressure and modern psychology. Tapping with the fingertips on specific meridian endpoints of the body, while focusing on negative emotions or physical sensations, helps to calm the nervous system, rewire the brain to respond in healthier ways, and restore the body's balance of energy.

EFT Tapping often works when nothing else does. It helps with PTSD, depression, anxiety and worry, chronic physical pain, emotional problems, addictions, disorders, phobias, and much more.

Diagram of Tapping Points:



THE SETUP

1. Focus on a SPECIFIC issue, rate the intensity on a 0-10 scale.
2. Repeat Three Times:
“Even though I have this problem, I deeply & completely accept myself”.
3. While continuously tapping the “Side of the hand/KC” point.

THE SEQUENCE

4. Tap about 5X on each point while repeating *“This Problem.”*
5. Focus on the ORIGINAL problem and re-rate the intensity. If not yet at a zero, repeat the tapping procedure again.