

Directions for E.F.T. tapping

Identify the feeling. What is the severity of the feeling, from 1 to 10, 10 being the strongest? Write that down.

Create the statement; Even though a part of me feels _____(what emotion)-

_____ I deeply and completely love and accept all aspects of myself. This process is to feel the feelings and embrace them fully throughout the entire process.

Now the sequence is:

Tap the pinky sides of the hands together (karate chopping your hands towards each other, saying the feeling.).

example:

Even though a part of me is sad, I deeply and completely love and accept all aspects of myself.

Continue tapping and repeat the fraise 3 times (giving yourself total permission to feel what your feeling, throughout the entire sequence).

Then tap each of these points, while feeling and saying the emotion your tapping.

1-Third eye

2-side of temple bone near eye brow.

3-Cheek bone under eye.

4-Under nose, just above teeth.

5-Below bottom lip at crease.

6-Upper chest open handed.

7-Under arm pits against upper chest area.

8-The center of top of head.

Tap each point until you feel it's time to move to the next point.

Then sit back and re-evaluate your feelings. On a scale of 1-10 assess your feelings.

The # should be less than 3, if not tap the sequence again.

Re-assess.

Tap out the next feeling.