

## Emotional Freedom Technique (EFT) – Tapping

### What is EFT tapping?

Emotional freedom technique (EFT) is an alternative treatment for physical pain and emotional distress. It's also referred to as tapping or psychological acupressure.

People who use this technique believe tapping the body can create a balance in your energy system and treat pain.

### How does EFT tapping work?

Similar to acupuncture, EFT focuses on the meridian points — or energy hot spots — to restore balance to your body's energy. It's believed that restoring this energy balance can relieve symptoms a negative experience or emotion may have caused.

Tapping allows you to access your body's energy and send signals to the part of the brain that controls stress. By stimulating the meridian points EFT tapping can reduce the stress or negative emotion you feel from your issues, ultimately restoring balance to your disrupted energy.

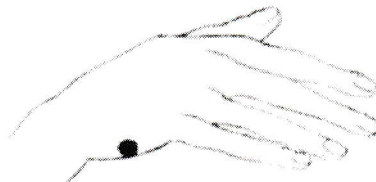
### EFT tapping in 5 steps

**1. Think about your 'issue'**, (by focusing on the feeling that arises, EFT can help remove this fear/stress/panic etc.) **Where in your body** do you feel the emotional issue most strongly?

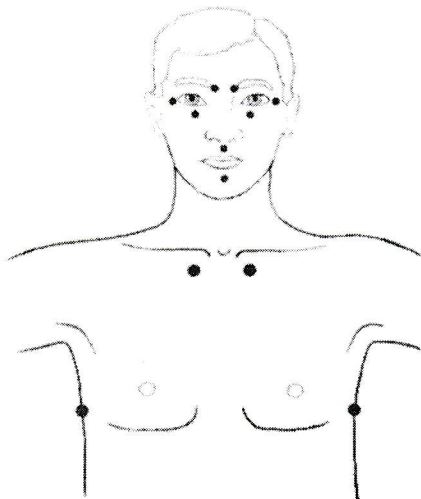
**2. Determine the distress level** in that place in your body on a scale of 0 to 10, where 10 is maximum intensity and 0 is no intensity: 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, 0

**3. The Setup:** Repeat the following statement 3 times, while continuously tapping the Karate Chop point on the side of the hand (large dot on hand diagram, either hand is fine).

*"Even though I feel (name the feeling/issue (e.g. utter panic at the thought of public speaking)),  
I deeply and completely accept myself."*



**4. The Tapping Sequence:** Tap about 8 times on each of the energy points in the diagram below, while repeating a brief phrase that reminds you of the problem, e.g. "*panic of public speaking*". Do a couple of 'rounds' of tapping, (you may like to do 1 round on each side.)



**5. Determine your distress level** again on a scale of 0 to 10 again. **If it's still high, start from the beginning again say:**

*"Even though I have some remaining (anxiety/panic/stress etc.),  
I deeply and completely accept myself."*

**6. Repeat until** your distress level is as close to 0 as possible.