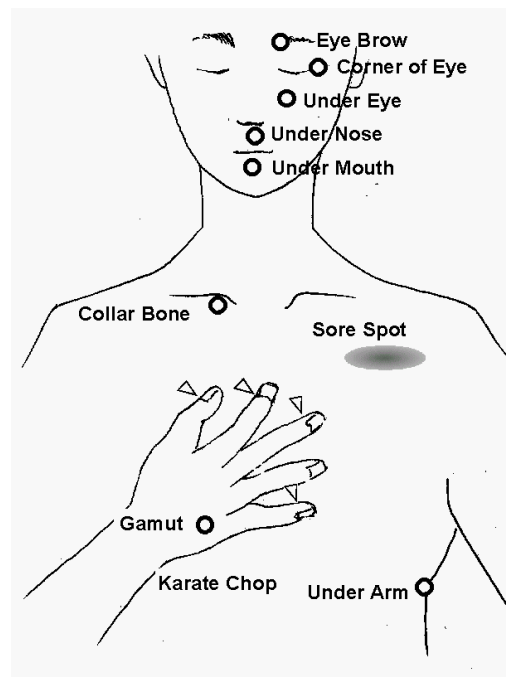


## **EFT Basic Tapping Procedure**

1. Select the issue
2. Formulate a specific statement that best describes how you feel
3. Grade the feeling or sensation on a scale of 1 to 10 (10 being “acute”)
4. Rub Sore spot or tap Karate chop while repeating 3 X  
“Even though I..... **(name the problem/issue)**..... I deeply and completely accept myself”
5. Shorten to reminder phrase to:  
“This... **problem/issue..**”
6. Tap points: eyebrow  
corner of eye  
under the eye  
under the nose  
chin (under the mouth)  
collarbone  
under the arm  
thumb  
index finger  
middle finger  
little finger  
karate chop  
gamut point



Repeat procedure

### **Take a deep breath**

Scale the problem again

If reduced but not gone completely repeat the process changing the statement to  
*Even though I still have some.....I deeply and completely accept myself*

Repeat all of the above until the scale is at zero or an acceptable level