



Emotional Freedom Technique (EFT or tapping)

Source: www.123eft.com as modified and adapted by Laura Rain.

Begin by creating an affirmation statement.

Basic Statement Examples:

"Even though I feel _____, I deeply and completely love and accept myself." OR

"Even though I'm afraid _____, I deeply and completely trust _____."

- Find the heart spot.

Go to the center of your chest. Move over to the left until you find a sore or tender spot. Begin to rub that spot in a circular fashion.

- Take 3 Long Deep Breaths.

In through the nose and out through the mouth. Letting Go.

- Begin the Tapping Sequence.

(Stating your affirmation and repeating throughout the sequence)

- Top Of The Head - The highest point on the top of your head.
- Third Eye Point - In the center of your forehead.
- Start Of The Eyebrow - Where the bone behind your eyebrow turns into the bridge of your nose.
- Corner Of The Eye - On the bone in the corner of your eye.
- Under The Eye - On the bone just below your eye, in line with your pupil if you look straight ahead.
- Under The Nose - Between your nose and your upper lip
- Under The Mouth - In the indentation between your chin and your lower lip
- Under The Collarbone - In the angle formed by

Make a
ur eyes,
. Look

nter

nce

e
[com](http://www.123eft.com)