

# EFT TAPPING PROCEDURE

## # 1- THE SET UP

REPEAT THE FOLLOWING AFFIRMATION  
3 TIMES WHILE TAPPING ON THE KARATE CHOP  
POINT, SHOWN IN FIGURE 1 WITH THE TIP OF YOUR  
MIDDLE FINGER. "EVEN THOUGH I HAVE THIS\_\_\_\_I  
DEEPLY AND COMPLETELY ACCEPT MYSELF."

\*FILL IN THE BLANK WITH THE ISSUE YOU WANT TO  
CLEAR UP.

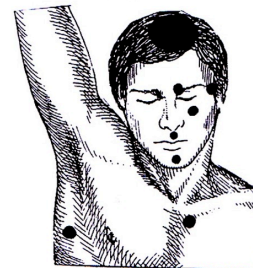
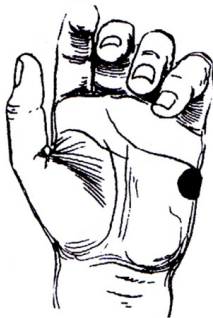
## #2- THE SEQUENCE

USING THE TIP OF YOUR MIDDLE FINGER, TAP 5 TIMES  
ON EACH OF THE POINTS SHOWN IN FIGURE 2 WHILE  
FOCUSING ON AND STATING THE ISSUE USED IN THE SET UP.  
EX: WHILE TAPPING ON EACH POINT IN FIG. 2, YOU WILL SAY  
"THIS \_\_\_\_\_"

**#3- REPEATING STEP 1 AND 2**  
ON STUBBORN ISSUES, IT IS RECOMMENDED  
TO REPEAT STEPS 1 AND 2 WITH SOME  
MODIFICATIONS. EX: "EVEN THOUGH I STILL  
HAVE SOME OF THIS\_\_\_\_\_, I DEEPLY  
AND COMPLETELY ACCEPT MYSELF." IN STEP 2  
YOU WILL TUNE INTO AND STATE "THIS  
REMAINING \_\_\_\_\_" WHILE TAPPING THE POINTS.

Figure 2

Figure 1



# PHYSICAL, BIOCHEMICAL AND EMOTIONAL APPLICATIONS

## A. PHYSICAL APPLICATION

1. IDENTIFY THE SPECIFIC AREA TO WORK ON.
2. SCORE IT; 10 BEING THE WORST AND 0 IS PERFECT.
3. DO THE "SET UP" FOLLOWED BY THE "SEQUENCE".
4. RE-SCORE IT
5. RE-APPLY THE "SET UP" AND "SEQUENCE" TO CLEAR ANY REMAINING DISTRESS.

## B. BIOCHEMICAL APPLICATION

1. SMELL FOOD & DO THE "SEQUENCE".
2. CHEW/TASTE FOOD & DO THE "SEQUENCE".
3. SWALLOW FOOD & DO THE "SEQUENCE".

## C. MENTAL EMOTIONAL APPLICATION

1. ID SPECIFIC "FEELING" OR EMOTION TO WORK ON. (IT CAN BE FROM PAST, PRESENT, OR FUTURE)
2. SCORE INTENSITY; 10 IS THE WORST AND 0 IS PERFECT.
3. DO THE "SET UP" FOLLOWED BY THE "SEQUENCE".
4. RE-SCORE IT
5. RE-APPLY THE "SET UP" AND "SEQUENCE" TO CLEAR ANY REMAINING DISTRESS.

Figure 1

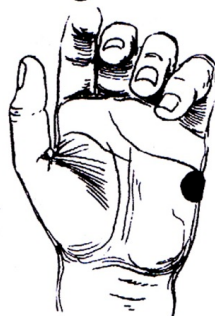


Figure 2

