

# \*Emotional Freedom Techniques

## INSTRUCTIONS FOR EVERYDAY EFT TAPPING

1. Name the [problem] bothering you and the [emotion] you feel about it. Consider noticing where you feel the [emotion] in your body.

You can rate the intensity of the [problem] with how it feels today on a scale of 0-10 where 10 means extremely problematic and 0 means not problematic at all.

2. While gently tapping the side of your hand between the pinky finger and the wrist, repeat the following Setup Statement three times:

“Even though I have this [problem] and I feel [emotion], I deeply and completely accept myself.”

3. Tap approximately 7 times on each tapping point (no need to count) while saying, “This [problem]” or “This [emotion]”

The tapping points on either or both sides of the body:

- Eyebrow—at the bridge of the nose
- Sides of eye—on the bone right next to the eye
- Under eye—on the bone under the middle of the eye
- Under the nose
- Chin—crease under the lips
- Collarbone—open palm where a tie knot would be
- Under the arm—about a hand’s width down on the side of the body
- Top of head

4. After tapping on the last tapping point, take a gentle deep breath. Re-rate the level of intensity and repeat the sequence if needed. On repeat rounds use this Setup Statement: “Even though I still have some [problem] and/or I still feel some [emotion], I accept myself anyway” until your level of intensity is a 0, or wherever you feel enough relief. You can tap on it again another time.

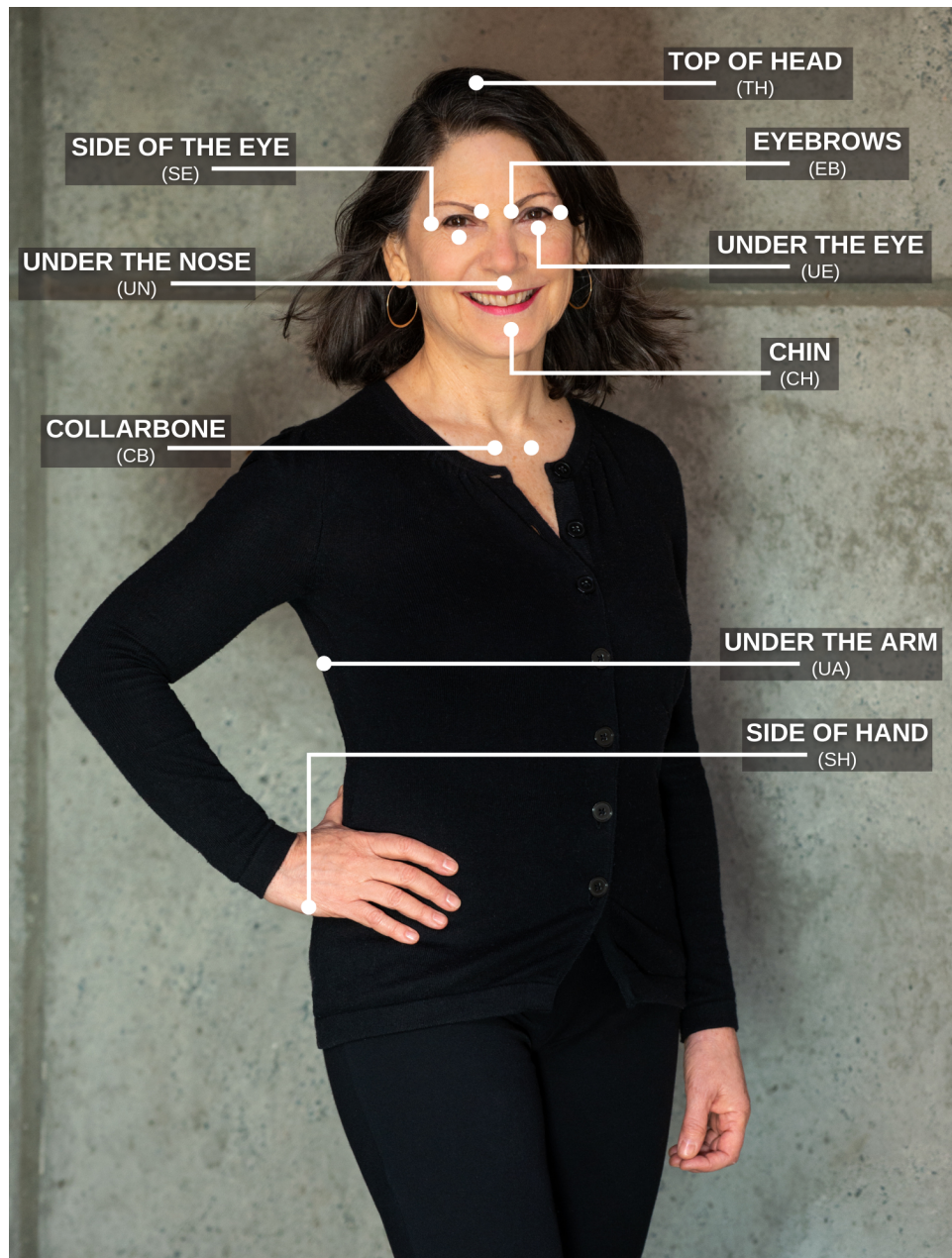
A general guide for what to say:

- With high intensity 8-10, say only the truthful negative thoughts/statements.
- With medium intensity 4-8, alternate negative and positive thoughts/statements.
- With low intensity 1-3, say mostly positive thoughts/statements

5. Pay attention and note any arising issues to tap on separately.

6. Notice positive changes.

## Emotional Freedom Techniques EFT TAPPING POINTS



### Ready to Take EFT Tapping Further?

If you'd like **personalized support** or **training for your colleagues or staff**, I'm here to help.

I'm **Suzanne D. Alfandari, MS, LMFT (MFC #36334)**, a **Certified Expert EFT Practitioner**, contributing author to the ***Clinical EFT Handbook: A Definitive Resource for Practitioners, Scholars, Clinicians, and Researchers, Vol. 1***. I specialize in helping individuals and professionals integrate EFT Tapping for lasting transformation.

**Let's connect!** Reach out for a consultation at [suzannealfandari.com](http://suzannealfandari.com)

I look forward to supporting your growth!