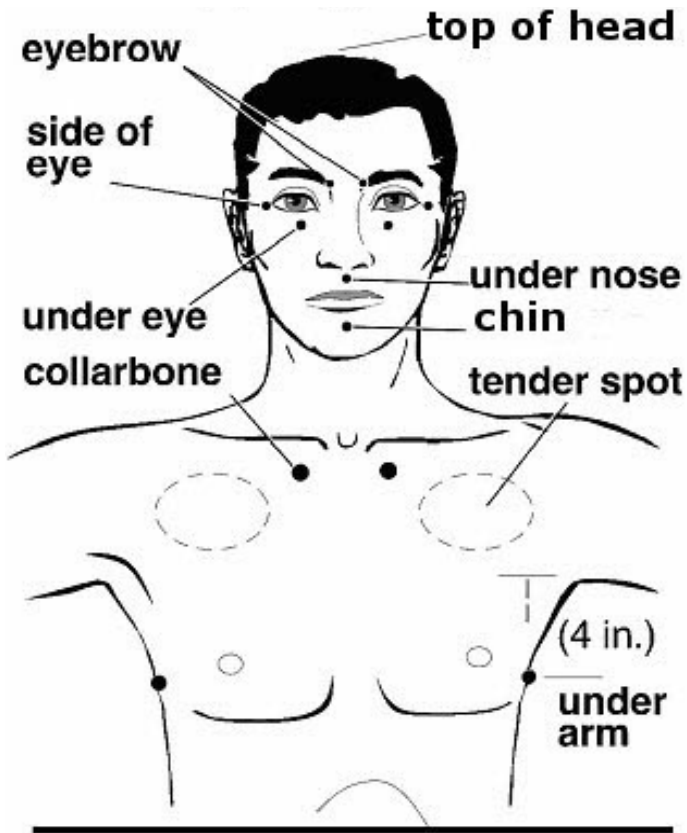




### EFT Shortcut Tapping Points



### Emotional Freedom Techniques (EFT) Basic Instructions

- 1) Think of your emotion/issue/pain. Note your starting intensity (0-10): \_\_\_\_\_
- 2) While tapping on the karate chop point, say the following three times, stating your physical or emotional pain as *specifically* as possible (the "set-up")

"Even though I feel this \_\_\_\_\_, I deeply and completely accept myself."

- 3) Tap on each of the points in sequence, approximately 5-7 times each, stating your emotion/issue/pain (the "reminder"): "This \_\_\_\_\_".

- |                |                  |
|----------------|------------------|
| *1 - Eyebrow   | *2 - Side of eye |
| *3 - Under eye | *4 - Under nose  |
| *5 - Chin      | *6 - Collarbone  |
| *7 - Under arm | *8 - Top of head |

- 4) Take a deep breath!
- 5) Note your ending intensity (0-10): \_\_\_\_\_. If above a "2," repeat the steps above. You can also make the following changes:

- Making the statement more specific; what is the best way to describe what you are *now* feeling?
- You can modify the set-up statement in step (2) to "Even though I *still* have some of this \_\_\_\_\_, I deeply and completely accept myself."
- Make the reminder phrase as you tap the points "Remaining \_\_\_\_\_."



Please note that these instructions refer to the shortcut form of EFT which produces good results for reducing anxiety, dissolving fears and diminishing physical pain. If this method is not producing results for you, please download the full EFT instructions from [www.EFTireland.net](http://www.EFTireland.net).