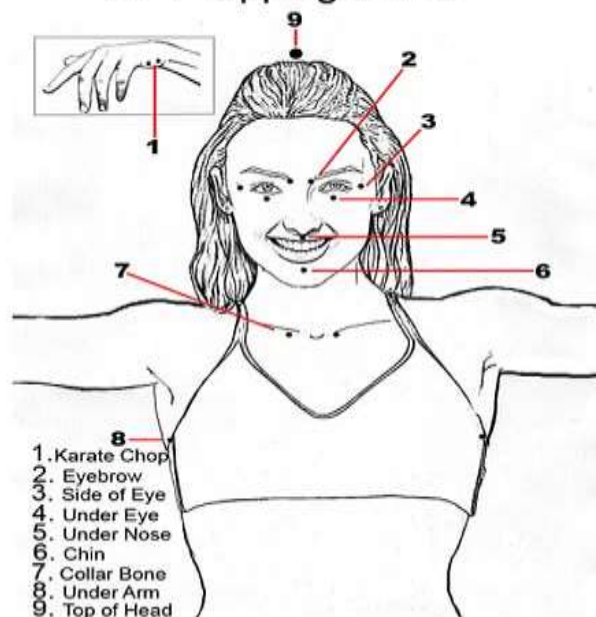


## EFT Tapping Points



## The Emotional Freedom Techniques Instructions

Adapted from work by Gary Craig and others

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### Tapping Instructions – EFT Basic Recipe

1. Choose a problem that you wish to address and/or resolve.
2. Rate the intensity of the problem using SUD, from 0 – 10.
3. Set Up Statement: While tapping on the karate chop point repeat 3x: “Even though I have [this problem], I deeply love and accept myself.”
4. Move to the eyebrow, and use a reminder phrase, which is a very brief problem restatement e.g. “this anger at \_\_\_\_\_”, “this awful fear”, “my sadness about \_\_\_\_\_”.
5. Continue to tap on each point in sequence, while staying focused on the problem, and stating the reminder phrase or something similar at each point.
6. Remember to breathe during the process. If you feel upset while tapping, **keep breathing** and **keep tapping**.
7. Repeat the statement of acceptance periodically as you are tapping i.e. the second half of the set-up statement (optional).
8. When you feel the intensity has decreased, re-evaluate by rating again, using the SUDS. Ideally you want the rating to go down to 0, or at least to 2 or 3.
9. It is not unusual for other issues to come to mind as you are tapping. These are generally related issues, sometimes called “emerging aspects”. Sometimes these will cause your SUD to increase. You can tap on these issues as well if you wish, either in the same tapping session or at another time. These emerging aspects will generally prevent your initial SUDS rating from going down, until you have tapped on these aspects of the problem, as they are effectively helping to hold the problem in place.