

Tapping Points

Please refer to the graphic overleaf

- KC Karate Chop for the set-up phrase, edge of the hand under the little finger**
- 1 Top of the head, where the crown is**
- 2 Inside the eyebrow, on the bone**
- 3 Outside the eyebrow, on the bone**
- 4 Under the eye, on the bone**
- 5 Under the nose**
- 6 Chin; in the dip**
- 7 Collarbone; just in the dip**
- 8 Under the arm, level with the nipples / bra strap**
- 9 Wrist; Inside the wrist, across the whole wrist**
- 10 Thumb; Either side of the thumb, in line with the base of the nail**
- 11 Forefinger; either side of the finger in line with the base of the nail**
- 12 Middle Finger; either side of the finger in line with the base of the nail**
- 13 Ring Finger; either side of the finger in line with the base of the nail**
- 14 Little finger; either side of the finger in line with the base of the nail**
- 9G 9-Gamut; on the back of the hand, in the dip between the ring and little fingers.**

EFT - How to Tap



To begin we first need tap on the Karate Chop point (See graphic) while we create a 'Set-up Phrase'. We do this so that we can tune into the emotion or problem.

We start the set-up phrase with "Even though" to enable us to accept what we perceive as shortcomings/ failures. We then insert what is bothering us and where we feel that in the body.

For instance:

"Even though I feel all this anger in my chest when I think about (insert what the issue is), I completely love and accept myself".

Be as clear as possible on what is bothering you. How strong out of ten is that feeling; 1 being hardly any feeling at all and 10 being as bad as it can get, we call it a SUDs level, Subjective Units of Distress. Note it down.

"To begin with, if you are uncomfortable with "I completely love and accept myself", you could use, "I love and accept myself anyway" or "I acknowledge how I feel" or "I'm ok", then move gradually to "I love and accept myself"

While you are tuning in and tapping on the karate chop point notice where you feel that emotion, the size, the colour, the texture, what it's made of. Add that information into the set-up phrase. If you don't know, guess; you cannot go wrong, honest!

Repeat the set-up phrase 3 times; this gives us the opportunity to really tune into the issue, where we are feeling it and how it is making us feel. If you are experiencing more than one emotion, chose the one that feels the strongest first, then address the other once the first is at about a 0,1 or 2 out of ten.

Once we have done the set-up phrase we can then begin to tap through the other points from top of the head downwards, using "reminder phrases". The reminder phrase could be something like:

"all this anger in my chest" "red anger in my chest" "big red anger" etc.

Cont'd overleaf