

# Emotional Freedom Technique (EFT)

## Tapping Points

- Side of hand (karate chop point)
  1. Inside of eyebrow
  2. Beside the eye
  3. Under the eye
  4. Under the nose
  5. On the chin
  6. On the collarbone
  7. Under the arm towards the back
  8. Crown of the head

Use either hand, just switch the collarbone and underarm points to the other side.



## EFT Tapping Rounds

- 1 Acknowledge your issues and reate its intensity from 0 to 10



- 2 Start tapping on the soft part of your hand (between the little finger and the wrist) and repeat the Setup sentence three times.

Even if I feel overwhelmed/worried by/about ..., I accept I feel like this, and I still love and accept myself



3 Round 1



4 Round 2, and repeat as necessary.

