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

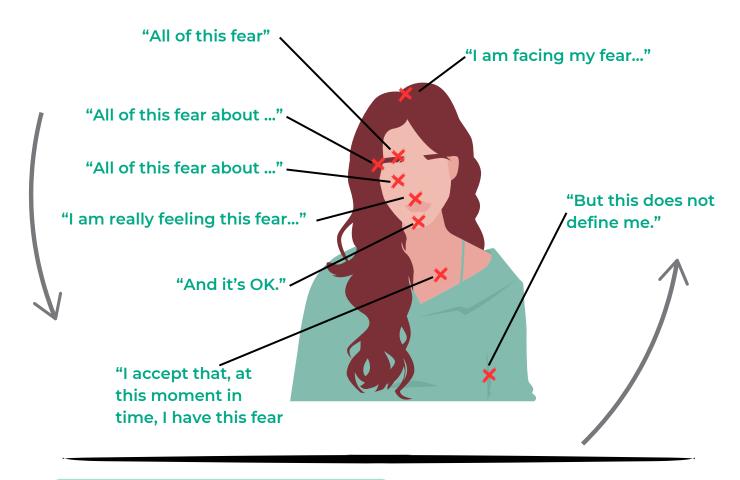


- Acknowledge your issues and reate its intensity from 0 to 10
- Start tapping on the soft part of your hand (between the little finger and the wrist) and repeat the Setup sentence three times.

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.

