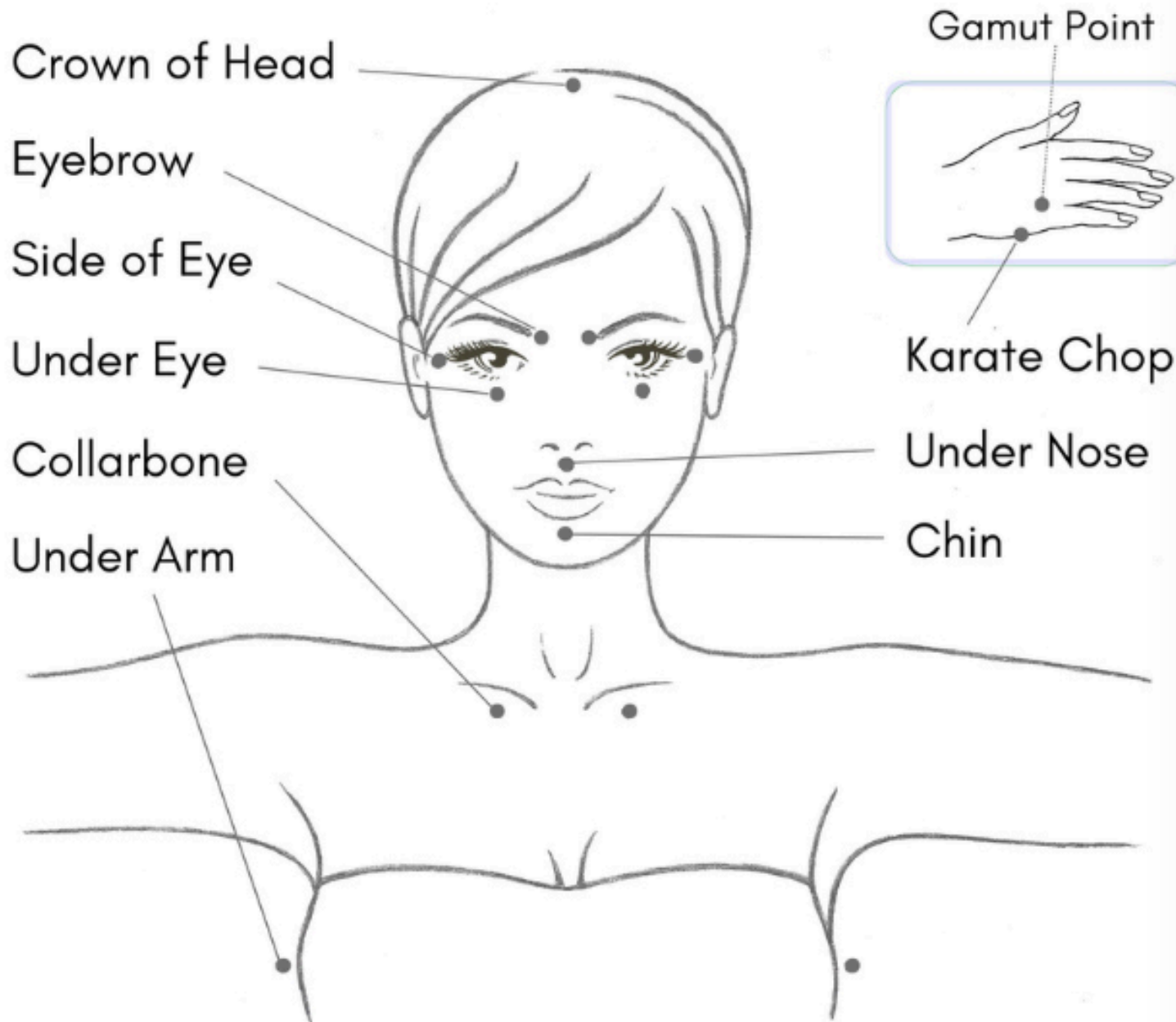


EFT Tapping Points



Emotional Freedom
Technique



1. Focus on ONE issue
2. Rate Intensity 1 - 10
3. Begin tapping : Speaking the Issue & Acceptance
4. Tap w/ Honest Wording
Focusing on:
Story → Change → Goal

5. Start:
Side of hand
Crown of Head
Eyebrow
Side of Eye
Under Eye
Under Nose
Chin
Collarbone
Under Arm (Armpit)

6. Deep breaths between Story, Change and Goal using full inhale & exhale
7. Repeat cycle 3 times
8. "I am safe and calm now"
9. Now rate intensity 1 - 10

Use as often as you want for any emotional situation