

Emotional Freedom Techniques Basic Tapping Instructions

PLEASE NOTE: This is handy as homework and to do between sessions. However, people find that often work with a professional practitioner is still necessary, even if only monthly, to address the deeper core issues that are hiding and that keep triggering stress in various ways in our lives.

Before starting, identify your specific event (past, present, or future), your emotion, where in your body you feel it, and evaluate the level of intensity from 0-10.

1. Side of Hand: Setup Statement x 3
 - (Even though I am feeling (emotion) in (body part) thinking of (specific event/ situation, + acceptance phrase (I deeply and completely accept myself)
2. Top of head: This _____(feeling + body part for the rest)
3. Brow
4. Side of eye (temple)
5. Under eye
6. Above lip
7. Below lip
8. Below clavicles
9. Side of ribs

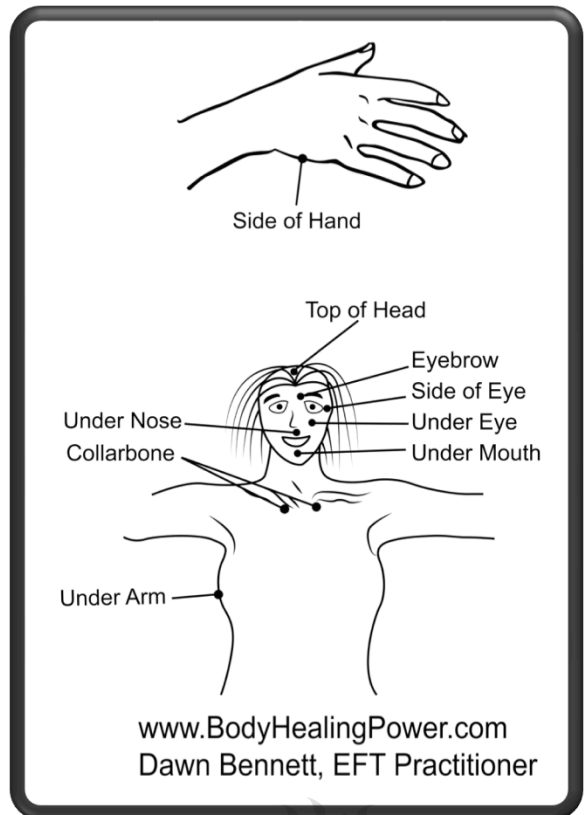
Pause, breathe, take a sip of water.
Evaluate level of intensity.
Repeat until it reaches 0 or changes.

If you are working on a specific situation, there may be different emotions involved, so you may have to tap for each individual strong emotion in the situation.

Please reach out if you have questions.

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